

<h1 style="margin: 0;">Agenda</h1>	<h2 style="margin: 0;">Nar-Anon Family Groups Central California Region Assembly</h2> <p style="margin: 0;">Saturday, July 22, 2023, from 11:00 AM to 3:00 PM PDT Web-based video conferencing tool</p>
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RSC Officers and Delegates in Attendance

Chair:	Robert P.		Secretary:	Barbara S.	
Vice Chair:	<i>position vacant</i>		Delegate:	J.T.W.	
Treasurer:	Les P.		Alternate Delegate:	Sunny J.	

Groups Represented

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

**Groups re-register each calendar year and may register at any time with the CCR Secretary (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	Mary O.	Outreach	Kim K.
Literature	<i>position vacant</i>	Technology Services	Larry B.
Narateen	Alijah M.	NTPP	Stephanie K.

Quorum Summary

Total Groups	Registered Groups	Current Quorum
17		

Agenda Summary

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9.	Group and Sub-Committee Reports	4
10.	Administration	4
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1. Call to Order, Prayer, Roll Call, and Readings

11:00 AM to 11:10 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 _____ registered groups.
 - ii) Quorum (51%) = _____ of _____ registered groups.
- E) Reading of the *Twelve Traditions*.
- F) Reading of the *Twelve Concepts of Nar-Anon Service*.

Agenda

Nar-Anon Family Groups Central California Region Assembly

Saturday, July 22, 2023, from 11:00 AM to 3:00 PM PDT
Web-based video conferencing tool

2. Adoption of Minutes of Previous Assembly

11:20 AM to 11:25 AM

- a. A motion is requested to approve minutes for the Assembly of January 28, 2023.

See the Draft Assembly Minutes.

3. Adoption of the Agenda

11:25 AM to 11:30 AM

- a. Call for new business.
- b. Call for order of business.
- c. Call for consensus on the agenda.

4. Chair's Report

11:30 AM to 11:35 AM

5. Old Business

11:35 AM to 11:35 AM

None

6. New Business

11:35 AM to 12:30 PM

- a. Elections of Officers and Subcommittee Chairs
- b. 2024 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 roll over surplus 2023 funds into the 2024 Budget.
- c. 2024 Budget discussions and 2024 Budget adoption motion.
- d. Next Assembly.

7. Lunch Recess

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

Agenda

8. Reconvene for Optional Discussion

1:00 PM to 1:15 PM

- A) Roll Call

9. Group and Sub-Committee Reports

1:15 PM to 2:45 PM

- a. Group Reports – GSRs
See the Group Reports section of this packet.
- b. Topic or topics to be determined by the assembly for further discussions.

10. Administration

2:45 PM to 3:00 PM

- a. Take Back to Meeting Information and Announcements.

11. Adjournment

Adjourn at 3:00 PM

- a. Close the assembly with the Serenity Prayer.

Chair's Report

Assembly Report from the Central California Regional (CCR) Chair

July 2023

Hello from the Regional Chair,

Narateen

Thanks to the hard work from the Narateen committee, our region is getting closer and closer to the day when we will have a Narateen meeting in Central California. The process takes time, however, because there are many laws and regulations designed to protect children and teens and we must carefully follow all of those rules. Recently another Nar-Anon region encountered issues with their Narateen groups. We can learn from their experience and take steps now to protect our Narateen groups. That region had to close their Narateen meetings. We do not want our Narateen meetings to run into the same issues. Therefore, Sunny has prepared a report on what happened in that other region, and I have created proposed amendments for our Narateen guidelines and training materials.

Consensus Based Decision Making

Within the Regional Service Committee (RSC), we are continuing to use Consensus Based Decision Making (CBDM) and shifting away from parliamentary procedures. At the July 2023 Regional Assembly, we should be able to use CBDM for all of our decisions. However, we will probably stay with parliamentary procedures regarding the budget. Basically, that means that after discussion we will ask for a Motion to adopt proposed budget changes for 2023, and then ask for a Motion to adopt the proposed budget for 2024. Motions will be helpful if there are any questions about whether or not we formally approved those budgets.

Financial Situation

There have been a few updates from the World Service Budget & Finance Committee since we met in January 2023. The World Service Office (WSO) is continuing to spend more money than they have coming in, although there are many extenuating circumstances. Some of the expenses are one-time expenses. Some of the reduction in income might be temporary. At this time, the WSO and the World Service Board are both asking groups and regions to increase the amount they are giving to WSO with the expectation that increasing giving will allow WSO to avoid drastic changes.

For the latest information about Nar-Anon financials - check the [Budget & Finance page](#) on the world service website.

Interim World Service Conference (IWSC)

There will be an Interim World Service Conference in April, 2024. This IWSC will be more interactive with a focus on discussion rather than voting. The proposed cost will be much lower than the WSC in 2023 because the focus will be on discussion and not on voting. That means the IWSC will not pay for the Facilitator, Parliamentarian, and Secretaries to travel. Instead of charging \$1,950 per Delegate like in 2018, or \$500 per Delegate like in 2023, the cost for 2024 will be \$56 per Region. Not per Delegate, but per Region. This is a one-time experiment. The WSC in 2025 will probably go back to \$500 or maybe a bit more.

Screen Sharing

Selective screen sharing of Nar-Anon Conference Approved Literature (CAL) during a Nar-Anon meeting is now permitted. I sent out a report in June regarding Motion 43 for a specific list of shareable items. I shared a report in July regarding purchased copies of electronic literature (eBooks). In August and September I will send out two additional reports on other results from the World Service Conference (WSC) 2023.

Regional Treasurer's Report

Financial History 2018-2023

PRELIMINARY and UNVERIFIED	2018	2019	2020	2021	2022	2023	BUDGET
<i>Description</i>							
Cash on hand from Prior Year	\$ 3,623.35	\$ 6,053.64	\$ 4,310.59	\$ 6,651.35	\$ 9,197.57	\$ 8,970.62	\$ 8,970.62
Income							
<i>Description</i>							
Narathon Annual Regional Convention and Fundraiser	\$ 2,051.02	\$ 594.00	\$ 1,847.44	\$ 1,499.77	\$ 699.37		\$ 1,700.00
Group Donations	\$ 1,812.18	\$ 2,972.01	\$ 2,187.49	\$ 2,261.45	\$ 3,307.01	\$ 857.88	\$ 2,300.00
Total Income	\$ 3,863.20	\$ 3,566.01	\$ 4,034.93	\$ 3,861.22	\$ 4,006.38	\$ 857.88	\$ 4,000.00
Expenses							
<i>Description</i>							
Outreach	\$ 382.78	\$ 385.13			\$ 212.32		\$ 200.00
Postal Services	\$ 82.00	\$ 92.00					
Checking account expense		\$ 20.05					
Zoho					\$ 84.00		\$ 250.00
MailChimp						\$ 65.00	\$ 250.00
Chip card reader					\$ 83.21		
Region website expense	\$ 151.31	\$ 216.00		\$ 216.00		\$ 252.00	\$ 300.00
1 Year Zoom Account			\$ 149.90	\$ 149.00	\$ 108.42		\$ 150.00
Delegate WSC expense (equalized expense and incidentals)		\$ 1,950.00	\$ 744.27		\$ 515.00		\$ 500.00
Alternate Delegate WSC expense (equalized expense and incidentals)		\$ 1,950.00			\$ 515.00		\$ 500.00
Delegate/Alternate Delegate travel expenses	\$ 316.82	\$ 95.88					
Additional contributions to WSC					\$ 515.38		
Conventions			\$ 300.00		\$ 450.00		\$ 500.00
Events		\$ 150.00					
Narateen						\$ 249.00	\$ 300.00
New Meeting Start Up	\$ 100.00	\$ 50.00					\$ 300.00
Donation to WSO	\$ 400.00	\$ 400.00	\$ 500.00	\$ 950.00	\$ 1,750.00	\$ 300.00	\$ 1,200.00
Total Expenses	\$ 1,432.91	\$ 5,309.06	\$ 1,694.17	\$ 1,315.00	\$ 4,233.33	\$ 866.00	\$ 4,450.00
Ending Cash on Hand							
<i>Description</i>							
Cash on hand at end of year	\$ 6,053.64	\$ 4,310.59	\$ 6,651.35	\$ 9,197.57	\$ 8,970.62	\$ 8,962.50	\$ 8,520.62
Net change	\$ 2,430.29	\$ (1,743.05)	\$ 2,340.76	\$ 2,546.22	\$ (226.95)	\$ (8.12)	\$ (450.00)

Proposed
Revisions to
the Adopted
2023 Regional
Budget

Proposed Revisions to the already approved 2023 CCR Budget

	Adopted 2023	Proposed Change	Revised 2023
Cash on hand December 31, 2022	\$8,970.62		\$8,970.62
Income			
Description			
Fundraisers	\$1,700.00		\$1,700.00
Individual/Group Donations	\$2,300.00		\$2,300.00
Total Income	\$4,000.00		\$4,000.00
Expenses			
Description			
Outreach	\$200.00		\$200.00
MailChimp	\$250.00		\$250.00
Narateen	\$300.00	\$200.00	\$500.00
Zoho	\$250.00		\$250.00
Region website expense	\$300.00		\$300.00
1 Year Zoom Account	\$150.00		\$150.00
Delegate WSC expense (equalized expense and incidentals)	\$500.00		\$500.00
Alternate Delegate WSC expense (equalized expense and incidentals)	\$500.00		\$500.00
Delegate/Alternate Delegate travel expenses			
Conventions	\$500.00		\$500.00
Events			
New Meeting Start Up	\$300.00		\$300.00
Donation to WSO	\$1,200.00		\$1,200.00
Contingency	\$300.00		\$300.00
Total Expenses	\$4,750.00		\$4,950.00
Estimated cash on hand for December 31, 2023	\$8,220.62		\$8,020.62
Net	(\$750.00)		(\$950.00)
Prudent Reserve	\$515.00	\$549.00	\$1,064.00

Proposed 2024 Regional Budget

Proposed 2024 CCR Budget

	Revised 2023	Proposed Change	Proposed 2024
Cash on hand December 31, 2023	\$8,020.62		\$8,320.62
Income			
Description			
Fundraisers	\$1,700.00		\$1,700.00
Individual/Group Donations	\$2,300.00		\$2,300.00
Total Income	\$4,000.00		\$4,000.00
Expenses			
Description			
Outreach	\$200.00		\$200.00
MailChimp	\$250.00	(\$94.00)	\$156.00
Narateen	\$500.00		\$500.00
Zoho	\$250.00	(\$100.00)	\$150.00
Region website expense	\$300.00		\$300.00
1 Year Zoom Account	\$150.00		\$150.00
Delegate WSC expense (equalized expense and incidentals)	\$500.00		\$500.00
Alternate Delegate WSC expense (equalized expense and incidentals)	\$500.00		\$500.00
Delegate/Alternate Delegate travel expenses			
Conventions	\$500.00		\$500.00
Events			
New Meeting Start Up	\$300.00		\$300.00
Donation to WSO	\$1,200.00	(\$200.00)	\$1,000.00
Contingency	\$300.00		\$300.00
Total Expenses	\$4,950.00		\$4,556.00
Estimated cash on hand for December 31, 2023	\$7,070.62		\$7,764.62
Net	(\$950.00)		(\$556.00)
Prudent Reserve	\$1,064.00		\$1,064.00

Delegate's Report

July 22, 2023

Hello GSR's,

Whether you are here as the current, substitute or alternate, thank you for your loving and dedicated service today.

[Printable Meeting List](#) **Please review for group accuracy.** Complete listing of virtual, in-person and hybrid meeting information.

Central California Region

Groups	Meetings	Virtual	Registered with WSO on virtual meeting page*	In-Person	Hybrid	Using CCR Zoom Room
17	17	5	6	4	2	8

*Registering the group with The World Service Office as virtual, can offer more accessibility to meetings for the newcomers and members. For more information <https://www.nar-anon.org/edit-group>

Last time we all connected at the Regional Service Assembly there was abundant preparation for the World Service Conference, thank you for all for the group's voice. What's been happening?

- Welcoming four new GSRs to their first Central California Regional Assembly
- [Screen Sharing with select CAL in a Nar-Anon meeting](#) passed at WSC 2023
- Ad-Hoc Committees created at WSC 2023: Best Practices for other 12 Step Groups, IWSC Transition, Electronic CAL and Social Media
- Progress for CCR Narateen

Interim World Service Conference (IWSC) 2024

At the World Service Conference (WSC) 2023 a motion was passed to have an interim conference instead of an annual WSC. This will allow time for discussion in-between the WSCs, be shorter in duration, no motions and less equalized expenses.

IWSC 2024 the regions will gather virtually to:

- Discuss Common Welfare Topics (CWT)
- World Pool Voting
- Approval of Recovery Literature and Conference Approval Track (CAT) material
- Reports committed/referred to by previous WSC
- Discussion and the possibility of writing motions to submit to the CAR for the 2025 WSC

The following year will be the World Service Conference 2025, Serve Without Borders. Worldwide motions will be submitted and the Conference Agenda Report (CAR) will be reviewed by the groups.

What are Common Welfare Topics?

The purpose of the Common Welfare Topics (CWTs) is to give all Conference members, Delegates, World Service Board (*previously Board of Trustees*), Executive Director, and World Service Committee Chairs an opportunity to submit and select topics and issues of concern that affect Nar-Anon groups and members worldwide for discussion at Conference. [Examples of Common Welfare Topics](#). More information to be released soon.

Reminder: [Central California Region GSR PAGE](#) There is a page dedicated to the GSR on our website! Suggestions, links, contacts, information on World Service Conference and Regional Service Assembly, a presentation for how to lead a group through the CAR and more.

Some concerns members have shared that have been brought to the region

- How does the group respond to a member or speaker bringing outside issues into a recovery meeting?
- I'm not sure of the duties of my position.
- How to encourage service and rotation in a recovery meeting

Please keep sharing your thoughts so we can bring attention to the region.

In gratitude and loving service,

JT Delegate@naranoncentralca.org

Sunny altdelegate@naranoncentralca.org

Technology Services Subcommittee Report

Technology Services Subcommittee Report for July 2023

The TSS meets once a month to discuss all technology issues affecting our region, and we make every effort to find a solution.

Members:

- Robert
- JT
- Scott
- Barbara
- Sunny
- Larry

Topics Discussed:

- Website updates
- New technology initiatives
- Security and privacy
- Electronic books

The website is currently being updated to improve the user experience and make it easier for people to find the information they need.

The subcommittee is also exploring new technology initiatives that could help Nar-Anon reach more people and provide them with more effective support.

The subcommittee is committed to ensuring the security and privacy of Nar-Anon members.

The subcommittee will continue to work on the website updates and new technology initiatives. The next meeting will be held on July 17th at 6:00 PM PST.

The Technology Services Subcommittee is committed to providing Nar-Anon members with the best possible technology experience. The subcommittee will continue to work hard to improve the website and develop new technology initiatives that can help Nar-Anon reach more people and provide them with more effective support.

Outreach, Conventions, and Events

Central California Region (CCR) - Outreach Subcommittee Assembly Report July 2023

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.

The subcommittee began the year with two new chairs, Mary and Kim. Mary will focus on the events happening in the region, and Kim will focus on the Outreach panels.

Members have conducted outreach in the following ways:

- Mailed and emailed Narateen information to middle schools and highschools in the region.
- Participated in the Recovery Center's family panel (Monterey) and Sun Street Centers (Salinas). We are looking for help with this ongoing effort so members are encouraged to offer their service by contacting Kim to speak on a panel sharing their experience, strength, and hope.
- All other panels (Genesis House (Seaside), New Start Recovery (Pacific Grove) and have not met in-person since early March 2020.
- Attending the World Service Outreach quarterly meetings to share and learn ideas around Outreach.

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.

The Outreach subcommittee participates in and plans for events such as:

- Nar-Anon Convention and Monterey Bay NA Convention, Monterey which was postponed due to weather events (*January 14-15, 2023*).
- The Narathon online event is happening September 16 . The speakers from the convention have agreed to speak at the Narathon.
- Bakersfield NA Convention
- NA Pig Roast fundraiser for Hospitals & Institutions, Salinas, August
- National Recovery Month, various events, August
- International Overdose Awareness Day, various events, August 31

The World Service Outreach Committee sent the following message regarding the Nar-Anon Instagram page.

Message: In March of this year, the World Service Office and WS Outreach joined together to launch and maintain a Nar-Anon Family Groups Headquarters, Inc. page on Instagram. The page can be viewed at <https://www.instagram.com/naranonfgh/> . Posts are created by service members and are uploaded to the page two or three times a week. We are looking for help with this on-going effort. Our specific need is for service members with graphic design knowledge and/or experience. Access to Canva for Teams is available for designing and scheduling posts. Members who would like to explore the possibility of serving should email outreach@nar-anon.org .

We ask for your help in supporting our efforts by sharing this information with members in your region. If you have questions, please contact us at the above email address.

These postcards have meeting information for our region. Feel free to copy and distribute.

[CCR Postcards Oct22](#)

Meeting Time: The subcommittee meets monthly on the last Tuesday of the month via the CCR Zoom Room 7:00 – 8:00 pm. Meetings are open to all Nar-Anon members and service at all levels (one-time or ongoing) are welcome!

Next meeting: July 25, 2023, 7:00 pm To join Zoom, click link <https://us02web.zoom.us/j/7459777458>
To dial-in 1 669 900 6833, Meeting ID 745 977 7458.

Submitted by: Mary O. 831-402-6452 and Kim K. (831) 455-1930
Outreach information is available at www.nar-anon.org/outreach.
Meeting notes are saved on the Regional Service Committee's [google drive](#).

Narateen Subcommittee

Narateen Subcommittee Report, July, 2023

After the Regional Assembly approved the Narateen Safety Guidelines and Handbook at our July Regional Assembly, we submitted them for approval to the World Service Narateen Committee. They were reviewed and returned with notes for two minor corrections, which were made, and in September, the Guidelines were approved. Since then, the CCR Narateen subcommittee has been working with the Southern California Narateen subcommittee and the WS Narateen Committee to work towards establishing Narateen in our region.

In September we participated in an informational workshop presented by SoCal Narateen to answer questions for Nar-Anon members interested in becoming Narateen facilitators. The CCR Narateen subcommittee has improved our Narateen page on the Central California Nar-Anon website, added an auto reply to our Narateen email, and personalized the Narateen outreach flier.

Seeing a need for more communication, Committee member started an informal WhatsApp group chat for those members in service in Narateen and it's been well received by other facilitators around the world. Sunny and Alijah participate on the World Service Narateen Committee.

Recently there have been two new Narateen items posted on the WS website for fellowship review: a Narateen Safety Handbook and a Facilitator Training Slideshow. These are available to download and we encourage all groups to do so.

The Narateen subcommittee asked the RSC to consider whether we could apply for DOJ livescan services using the Region's EIN tax number, so we could establish our own process for fingerprinting and approving facilitators in Central CA. We had asked and been told by the world service that we were not allowed to use the World Service EIN. It turned out that CCR does use the World Service EIN, and its non-profit status, for our bank account. Perhaps in the future CCR may consider getting our own nonprofit status, but for now, CCR Narateen does not have permission to use that number. For that reason, we needed to get our own EIN for Narateen. Member applied for and received that number for us and we are now in the process of applying for the DOJ fingerprinting account, which may take some time.

Committee member found a way to be fingerprinted without a DOJ account and has had success. There is a form that a facilitator can fill out and write in the section titled Designee this is where they can write the NTPP person's name and address and the results will be sent to the NTPP person marked Confidential. In addition, member found that if a Facilitator is receiving government assistance, they can be fingerprinted for \$25.00; if they do not have any low-income services the fingerprint background check will cost them up to \$95.00.

Committee member also created Narateen Blue Book PowerPoint/PDF Slides that Facilitators can use during the meeting (not yet presented or approved by the committee)

Committee has approved the Facilitator Training Slide Presentation for Central California Region.

Committee is requesting zoom funds and Facilitator live scan funds.

Committee is working on Zoom Guidelines for minors since none have been created for zoom.

Narateen@naranoncentralca.org

Thank you.

Alijah, Stephanie, Megan, Sunny
Narateen Subcommittee

Event Flyers



CCR NARATHON 2023

“DREAMS OF HAPPINESS AND VISIONS OF HOPE”

Join us for a day of recovery!

10:00 AM	Introductions, Serenity Prayer, 12 Steps, 12 Traditions
10:10 AM	“We find others who understand what we are going through.” <i>Teri and Ruth share on being a Sponsor and a Sponsee.</i>
11:00 AM	The Family: “Addiction is a family disease.” <i>Family members share on their recovery journeys.</i>
12:00 - 12:30 PM	Lunch
12:30 PM	About Addiction: “It is a physical, mental, and spiritual disease that affects every area of life.” <i>Linda shares on recovery related to Dual Diagnosis.</i>
1:30 PM	Understanding our addicted loved ones: <i>Stan A and Tish P (NA members) share their experience, strength, and hope.</i>
2:30 PM	“We will carry the message of Hope.” <i>JT shares on the Gift of Service.</i>
3:30 - 3:45 PM	Our Recovery Countdown Celebration and Conclusion

Meeting Information

<https://us06web.zoom.us/j/83696717629?pwd=OXpVMzNSV01VYVhVeHZLc2RNV2hpdz09>

Zoom ID: 836 9671 7629
Passcode: 6Ncrck (case sensitive)

Introductions

Sponsor and Sponsee Shares

Addiction is a Family Disease

Recovery Related to Dual Diagnosis

NA Members Share

The Gift of Service

DATE AND TIME

Saturday
Sept 16, 2023
10:00 AM to
3:45 PM (PDT)

Group Reports

SOS (Saving OurSelves) Nar-Anon Meeting #131-024

Sundays 6:30-8:00PM Pacific Time
Group Report July 3, 2023

HISTORY: This meeting was officially started July 11, 2017. SOS existed prior but we have no written history before 2017. Our last in-person meetings were held until March, 2020 at the Sutter Maternity & Surgery Center in Santa Cruz. We shifted to the Zoom online format and have chosen to remain on-line with an audit of our SOS members every few months.

GOVERNANCE: We have a GSR (Sue R), alternate GSR (Carole S), and a Treasurer (Karen A). A group of 4 members rotate the role of facilitator each week. We do maintain an SOS email and it is monitored regularly. A short monthly business meeting is held the first Sunday of the month following the meeting.

ATTENDANCE: Our meeting attendance ranges between 10 to 14 each week. This has been an improvement since we adopted the Zoom online program. We do have newcomers regularly and some have come from outside the Monterey Bay area.

WEEKLY EMAIL: An email is sent out each Sunday as a reminder of the evening's meeting. To be placed upon our email list, we ask each week if anyone wants to place their email in the Zoom chat and then it is then added. To request deletion from the email list, the person can request that by return email. Each email contains information on how to attend our meeting along with links to CCR and WSO.

CAL: We do keep a supply of CAL literature locally that can be picked up from a member's home by appointment. Otherwise, there is a link to WSO for purchase of CAL directly.

DONATIONS: The Seventh Tradition is an announcement at the end of each meeting with an option to send a donation check to our Treasurer or to donate directly to CCR or WSO directly. We maintain a prudent balance of \$100 and generally donation an equal amount to CCR and WSO quarterly based on a group decision. We continue to explore an electronic donation system.

Sue R, GSR
SOS SavingOurselves #131-024

“Saturday Circle of Hope”

9:00 am – St. Timothy's Church, Soledad Street, Monterey, CA 93955

HISTORY: Started in February 2010

ATTENDANCE: Ranges from 8 - 20

MEETING FORMAT: This meeting shifted to fully remote in 2020 and continued to grow during Covid. Meeting transitioned to hybrid in early 2022 and attendance has remained healthy. The challenges are with technology in the room, mostly around sound, and having enough members with the skills to provide technical service with the computer connection. Through group conscience in May 2023 it was decided to have our meeting have 2 options, one in person and also one via Zoom, both held at the same time. On the first Saturday of the month the meeting will be hybrid providing an opportunity for Zoom and room in-person attendees to stay connected in our regular meeting and so everyone can participate in the business meeting.

CHALLENGES: Sound with the hybrid meeting - Zoom attendees have a hard time hearing the shares of in-person attendees. Rotation of service, most of our service positions are filled with long-term members

STRENGTHS: Good recovery with long-time members along with new members who are attending regularly. We also have a core group of people who live out of the area and provided service for the Zoom meeting. Great opportunity for fellowship when members often go across the street for coffee immediately following the meeting.

DONATIONS: People are encouraged to make 7th tradition contributions to our meeting CCR and the WSO weekly.

SUBMITTED BY: Laura T, GSR

DATED: 07/05/2023

**Monterey Saturday Circle of
Hope Treasurer Report
July 2023**

					Activity Detail	From/To
Balance forward	\$413.00					
7th Tradition			Book Sales		Rent	
week 1	\$36.00				\$60	pd. check
week 2						
week 3	\$20.00					
week 4	\$9.00					
week 5						
	7th tradition	Books	Balance Forward	total		
Receipts	\$65.00		\$413.00	\$478.00		
Expenses						
Rent	\$60.00		Donations to CCR/WSO			
Misc	\$124 Literature			Total Expenses		
sub-total	\$60.00			\$184.00		
Balance in Prudent Reserve	\$100.00					
Balance in Group Rep	\$100.00					
Balance Forward	\$294.00					

Thursday Sweet Serenity
(BACK IN PERSON since July 15, 2021)
Group Report #131-030
Salinas
FOR: July 22, 2023

History: The group began meeting in April 2011. With the pandemic in March 2020, our Salinas Sweet Serenity group was suspended. Half our group opted to go to the Salinas Monday Night Serenity virtual meetings while the other half wanted to meet back in person once the pandemic sanctions were lifted. So our FIRST in-person meeting was held again on July 15, 2021 at 6:30pm at our new location (Active Seniors Center - ASC at 100 Harvest Street in Salinas). We are no longer required to have had vaccinations at our new location (or wear masks).

Attendance: Before our meetings were suspended due to the pandemic, meeting attendance was stable with an average of 8 people. We have been fairly consistent with having 4 regulars at our weekly meetings now. At this time, meeting again in person now, we do have a Secretary, a Treasurer, and a GSR as well. We have had a few newcomers here and there but they usually have not kept coming back.

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

Treasurer's Report: The group's balance is \$138, not including the prudent reserve (\$150) and GSR funds (\$50). Recent Donations have been sent to WSO (\$100) and CCR (\$50) in May 2023. Monthly rent is \$50.

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

- We are not getting new members the way we were before the pandemic hit and we are still a smaller group now since we began meeting again in person in July 2021.
- Some previous members who attended regularly in person (before the pandemic began) still have not returned.
- + - Our ASC (Active Senior Center) location is working out ok, but it may not be as welcoming for younger newcomers.
- + Those of us who attend do appreciate being able to meet in person again.
- + We are looking for ways to grow our meeting. We have posted a flier about our meetings at our venue location (Active Seniors Center - ASC). We are patient.

All are welcome to join us (in person **only** with no hybrid option at this time):
Thursdays, 6:30 PM
Active Seniors Center - ASC (new location)
100 Harvest Street
Salinas, CA 93901

Submitted by: Kim K, GSR

“Monday Nite Miracles” – Group #13131

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

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

ATTENDANCE: Ranges from 4-5 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 1/1/2023 – 6/30/2023

Previous Balance	\$120.00
Collected: 7 th Tradition & Literature sold	+ 0.00* <small>we encourage online donations</small>
	Subtotal \$120.00
Disbursed: Rent Paid	- 0.00 Literature
	purchased - 00.00 WSO Donation
 - 00.00
	Region (CCR) Donation . . . - 00.00
Forwarding Balance	\$120.00

Included in the forwarding balance is:
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 5, 2023

Addendum: We have been discussing resuming in person meetings at least once a month. However, the response has been weak, due to the convenience of not having to travel, as well as time commitments.

JAN-JUN 2023 Treasurer Report - Seaside "Monday Nite Miracles"

	# of people ZOOM	7th Tradition & Literature Sales	Rent	Expenses	Donations
January	22	\$0.00	\$0.00	\$0.00	\$0.00
February	18	\$0.00	\$0.00	\$0.00	\$0.00
March	15	\$0.00	\$0.00	\$0.00	\$0.00
April	20	\$0.00	\$0.00	\$0.00	\$0.00
May	17	\$0.00	\$0.00	\$0.00	\$0.00
June	16	\$0.00	\$0.00	\$0.00	\$0.00
	108	\$0.00	\$0.00	\$0.00	\$0.00

Averages **18.00 people per month**
 4.50 people per meeting

<i>Bal Forward</i>	\$120.00
* 7th & Lit Income	\$0.00
<i>Subtotal</i>	\$120.00
Rent	\$0.00
Lit & Misc	\$0.00
WSO - Donation	\$0.00
Region - Donation	\$0.00
TOTAL BALANCE	\$120.00

* We encourage people to make their donations online.

Group Conscience: Keep \$20.00 for costs.

INCLUDED in balance: \$50.00 Prudent Reserve & \$50.00 GSR Travel.

ATTENDANCE

Linda	2-Jan	5	Kimberley Max Gaye Carla Linda
Linda	9-Jan	2	Linda Carla
Janet	16-Jan	4	Carla Nichole Annie Janet
Cyndy	23-Jan	4	Robert JT Cyndy Max
Janet	30-Jan	7	Max Carla Linda Nichole Cyndy Karen Janet
Linda	6-Feb	5	Linda Carla Cyndy Karen Nicole
Cyndy	13-Feb	4	Max Cyndy Mari Linda
Janet	20-Feb	3	Carla Karen Janet
Janet	27-Feb	6	Max Linda Nichole Harje Janet
Cyndy	6-Mar	5	Cyndy Max Margie Karen Maria
Cyndy	13-Mar	2	Cyndy Nichole
Janet	20-Mar	5	Carla Linda Max Karen Janet
Linda	27-Mar	3	Cyndy Linda Carla
Cyndy	3-Apr	5	Cyndy JT Max Carla Karen
Linda	10-Apr	4	Linda Max Karen Lucy
Janet	17-Apr	5	Carla Linda Max Mimi Janet
Cyndy	24-Apr	5	Cyndy Mimi Carla Linda Max
Linda	1-May	6	Cyndy Max Carla Karen Linda Stephanie
Cyndy	8-May	5	Cyndy Karen Linda Max Nichole
Janet	15-May	4	Linda Max Nichole Janet
Cyndy	22-May	3	Cyndy Linda Max
NO Mtg	29-May	0	NO MEETING Memorial Day
Linda	5-Jun	5	Carla Karen Linda Max Nichole
Linda	12-Jun	3	Linda Nichole Karen
Janet	19-Jun	3	Cyndy Maria Janet
Janet	26-Jun	5	Carla Linda Karen Nichole Janet

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GSR Report for July 2023 – Candle Light Group– 131-033

The Candle Light Group is doing well. We meet via Zoom once a week on Tuesday at 6:00 PM. We usually have between five and ten members in attendance. We get out-of-area members attending occasionally, including some overseas members.

The group is healthy because we follow the sample format for Nar-Anon Meetings. At each meeting, we rotate between a Step study, a SESH study, a Literature study, and a Tradition study. We take turns leading the discussions, followed by our shares. The shares are lovely.

The Candle Light Group is currently in the process of having an additional meeting once a month in person on Wednesday evenings. We are working with North County Connection to establish a meeting location on their campus.

Peace and Serenity.

Friday Noon Nar-anon Family Group
Group # 13134
Bridge to Serenity
12 Noon – 1:00 p.m. Friday
North County Connection
8600 Atascadero Ave, Atascadero
July 2023

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

Attendance: Our group ranges in size from 8– 18 people, with at least 10 who currently attend consistently.

Newcomers: Newcomers appear regularly. We meet in a location that conducts seventeen 12-step programs each week; consequently, many of our newcomers are also members of these other programs.

Treasurer: Treasurer's report for the last quarter of 2022 included the following:

- Literature \$157.00
- Donations: \$ 120 to WSO
- GSR Reserve: \$.00 (donated to WSO)
- Prudent Reserve: \$ 60.00
- Account Balance: \$ 293.00 (estimate)

Rent is paid through June, 2023 (\$35.00 per month)

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

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

Group Decisions:

Speaker's Meeting: At a recent business meeting, it was agreed that Speaker Meetings would be held on the odd months of the year (January, March, May, July September and November) rather than only those months that had 5 weeks. It was also agreed that the specific week of the month will be optional, depending on when a speaker is available.

Job Position Rotation Schedule: After a review of the pros and cons, it was agreed through group conscience that no formal time limit will be set for each position. An annual review will be held at the beginning of the year to give current officers an opportunity to resign and other members an opportunity to volunteer for the vacant positions.

Conference-approved Literature: A question was raised about whether or not each Nar-Anon group had the option of using only "Conference-approved" literature during a meeting. It was decided by group conscience that as long as the literature was based on 12-step material, it would be appropriate to share in the meeting.

Gratefully in Service, Ethel S.

Noon Sunday Step Group #131-035 (V).

Sunday 12pm-1pm (Virtually)

July 2023

History- The Noon Sunday Step Study Group began on September 15, 2013. It meets virtually along with the 1p.m. Sunday Step Study Group.

Attendance- We have newcomers almost every week. We average between 25 to 30 participants weekly. We have participant from across the United States and from around the world.

Format- We utilize the Nar-Anon 36 workbook, the SESH book and other conference approved literature. We started back on Step 1 in January 2023 and are currently working through Step 3.

Outreach- We are listed on the World Service Organization and the California Central Region websites. The Sunday Step Study Groups have their own website where individuals can access the zoom link. It is updated weekly so individuals can see which step is being covered and which pages to reference in the Nar-Anon 36 workbook for each meeting.

Service- The hosting duties shared by two members. Other members help host the meeting when the main hosts are not available. The group has a member that keeps the membership phone list which is shared weekly at the meetings.

Treasury- We are self-sufficient at this time and do not request donations for our group. However, it is suggested to directly contribute to the World Service Organization and the California Central Region. We display the QR Codes for both the World Service Organization and the California Central Region so individuals can make contributions.

Literature- Participants are directed to the Nar-Anon website to purchase the Nar-Anon 36 workbook.

Sincerely,

Tammy WK

I Can Be Free

Virtual Group

Friday Meeting Time at 6:00pm

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 – The literature position is currently not filled

Outreach – We have this position filled and outreach to local clinics and hospitals is on going

New Comer Packet - We recently voted to give out new comer packets and the Blue Booklet to new comers if interested. This seems to be a very good decision in that it gives the new comer information very quickly to help them keep coming back.

Current Year - Our group is smaller than in past years. We now currently have about 6 to 15 people attend which is increasing. 12 persons on Zoom is very common in our meetings. 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.

Central California Region – We originated in Santa Barbara so we seem to continue to have Santa Barbara County members in our group.

Rotation of Leadership - We are fully self-supporting and have looked at staying a healthy group. We have several new comers and hope we can have some rotation of leadership with several members gaining time in the fellowship. We added the outreach position and the other positions could change.

Scott Coffman GSR

**Simi Valley SERENITY
Group Report 131-08
Simi Valley
FOR: July 22, 2023**

History: The group began sometime in 2003 in one of the meeting rooms of Simi Valley United Methodist Church in the corner of Erringer Rd and Cochran. So, we will be celebrating our 20th year sometime this year! It has grown through the years with seamless transition between leaders: GSR and Service Positions. The church required group insurance when we returned to the in-person meeting on June 3, 2023.

Attendance: Prior to pandemic, the group attendance fluctuated between 10 to 30 participants. The group went virtual from March 21, 2020, to May 27, 2023. Zoom meeting attendance fluctuated from 4 to 25, but more recently averaged 6 to 8. Zoom meetings attracted members from Maryland, New Jersey, New York, and Florida. We returned to in-person meetings in June 2023, and we have 8 to 10 people in attendance, with 2 newcomers.

Format: We have sign-ups for weekly leaders and snacks. We start with readings from the blue book, 5-minute break for snacks and coffee, then leader shares and read from SESH book, after which we have group shares. To balance sharing, we limit shares to 3 to 5 minutes. Step Study is held on the last Saturday of every month an hour before the regular meeting. Prior to this year, Step Study was held every week an hour before the meeting.

Treasurer's Report: Group has a balance of about \$80 as of July 1, 2023. The monthly rent is \$25. The group donates to WSO and Central Region when able. Members are encouraged to donate to WSO and Central Region online.

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

- It was easier to invite speakers for zoom meetings, and we had as many as 45 in attendance during one of these meetings.
- We have regular members pre-pandemic that were not able to join our zoom meetings due to various reasons. We are still waiting for some of them to come back to meetings in-person.
- We gained regular members from other regions of CA and other states that we had to let go because of in-person meetings. We also lost regular members who prefer zoom meetings.
- We are looking for ways to grow our meeting, and to have outreach events in the future.

Submitted by Luz and Thelma, Co-GSRs

Regional Service Assembly (RSA) GSR Report for “Sunday NFG Steps study group”131-117

Group: 1PM NFG Sunday 12 Step Study group131-117

Date: 6/28/2023

This is a 12-step study group which members study the 12 steps utilizing the Nar-Anon 36 workbook, SESH, and The Nar-Anon Twelve Step Program yellow booklet. The group is led by our Host and Co-host.

This is an on line virtual12-step study group. We meet every Sunday at 1300 PDT. The meeting lasts 1 hour. We have average 20-25 attendees from different regions of US as well as worldwide. We are on the 12th step of the Nar-Anon 36 workbook and will start on the yellow 12-step program yellow book soon.

Our group is serviced by 1 host, 1 Co-host 1 GSR, and a member who maintains our group telephone list.

This group uses the CCR Regional Zoom Account. Each meeting we share with all members to make 7th tradition contribution to either CCR Region or the Nar-Anon World Service.

Thank you.

Your Grateful Group GSR

Anne L

Winds of Change Group # 131-138

Thursday 7-8 pm - Registered Virtual Meeting

July 2023

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

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

Format - The format used combines the daily reader, other Conference Approved Literature, and when there is a 5th Thursday in a month, the group asks a speaker to share their experience, strength and hope.

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. Currently, we average 5-10 requests a week. 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. There is also a member that handles screen sharing.

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 share a web link directly in our chat.

Winds of Change
Group

A) Summary of **Take Back to Meeting** items.

i) **Current Regional Service Committee Vacancies**

- a) Vice Chair
- b) Alternate Delegate
- c) Literature Subcommittee Chair
- d) Conventions / Events Subcommittee Chair

ii) **CCR Outreach Subcommittee**

The Outreach subcommittee needs more people of service to carry Nar-Anon's message of hope. Examples of service include sharing literature and our experience, strength, and hope with service providers, professionals, and at recovery events.

The next meeting is on Tuesday, **July 25 from 7:00 PM to 8:00 PM**. The subcommittee meets via Zoom. To participate, open <https://us02web.zoom.us/j/7459777458> or Dial-in Numbers: (669) 900-6833, (408) 638-0968 Meeting ID: 745 977 7458 #. You may also contact Mary O. or Kim K. with questions at Outreach@NarAnonCentralCA.org.

iii) **CCR Technology Service Subcommittee**

The next meeting is on Monday, **August 24 from 6:00 PM to 7:00 PM**. The subcommittee meets via Zoom. To participate, open <https://us02web.zoom.us/j/9622810477> or dial (669) 900-9128 and enter Meeting ID: 962 281 0477 #. If you have questions about this, please send an email to Larry B. at TSS@NarAnonCentralCA.org.

iv) **CCR Narateen Subcommittee**

All Nar-Anon members are welcome to join us as we work to establish Narateen in our region. The next meeting is on **Monday, July 24 from 4:30 PM to 5:30 PM**. The subcommittee meets via Zoom. To participate, open <https://us02web.zoom.us/j/7459777458> or Dial-in Numbers: (669) 900-6833, (408) 638-0968 Meeting ID: 745 977 7458 #. Please contact Alijah M. at Narateen@NarAnonCentralCA.org with any questions.

v) **Event Flyers**

- a) Narathon Event