

<h1 style="margin: 0;">Agenda</h1>	<h2 style="margin: 0;">Nar-Anon Family Groups Central California Region Assembly</h2> <p style="margin: 0;">Saturday, January 20, 2024, 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:	Sunny J.
Treasurer:	Les P.		Alternate Delegate:	

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 (Hybrid)</i>	6:30 PM	131-028	
Monterey	Saturday	<i>Circle of Hope (Hybrid)</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	
Atascadero	Wednesday	<i>Candlelight 2</i>	5:30 PM	131-160	

**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.	Technology Services	Larry B.
Literature	<i>position vacant</i>		

Quorum Summary

Total Groups	Registered Groups	Current Quorum
18		

Agenda Summary

1.	Call to Order, Prayer, Roll Call, and Readings	2
2.	Adoption of Minutes of Previous Assembly	3
3.	Adoption of the Agenda	3
4.	Old Business	3
5.	New Business	3
6.	Lunch Recess	3
7.	Reconvene for Optional Discussion	3
8.	Group and Sub-Committee Reports	4
9.	Administration	4
10.	Adjournment	4

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

11:00 AM to 11:15 AM

A) **Meeting via Zoom** (web-based video conferencing tool)
 Meeting Link: <https://us02web.zoom.us/j/7459777458>
 Dial-in 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*.

Agenda

2. Adoption of Minutes of Previous Assembly

11:15 AM to 11:20 AM

- A) A motion is requested to approve minutes for the Assembly of July 22, 2023.
See the Draft Assembly Minutes

3. Adoption of the Agenda

11:20 AM to 11:25 AM

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

4. Old Business

11:25 AM to 11:30 AM

- A) Formation of an Ad-hoc Inter-Regional Committee to establish Narateen in California.

5. New Business

11:30 AM to 12:30 PM

- A) 2024 Budget Discussion and Adoption – Les P.
See the Treasurer's Report section of this packet.
- i) Regional Treasurer's Report for 2023.
 - ii) Request for a motion to rollover surplus 2023 funds of \$10,809.17 into the 2024 Budget.
 - iii) Discussion regarding budget change to allocate \$1,500 additional for Narateen to be available if a lawyer is needed.
 - iv) Additional 2024 Budget discussion.
 - v) 2024 Budget Adoption.
- B) World Service Conference: Common Welfare Topics
C) Next Assembly.

6. Lunch Recess

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

7. Reconvene for Optional Discussion

1:00 PM to 1:15 PM

- A) Roll Call.

8. 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.

9. Administration

2:45 PM to 3:00 PM

- A) Take Back to Meeting Information and Announcements.

10. Adjournment

Adjourn at 3:00 PM

- A) Close the assembly with the Serenity Prayer

Regional Chair's Report

Report from the Central California Regional (CCR) Chair

For January 2024 Regional Assembly

What did we do in the months since the July Assembly?

July - The Regional Service Committee (RSC) became aware of problems other regions were having with their Narateen program

August - First emails about the Interim World Service Conference in April 2024

September - A wonderful Narathon with great speakers and successful fundraising

October - Opportunity to attend the Policy & Guidelines world service roundtable

November - Page added to our CCR website about what can be screen shared in meetings

December - Special meeting with World Service Narateen, and regional Narateen facilitators from Central California, Southern California, Ontario Canada, and the Pacific Northwest Region where we formulated a plan for moving forward with Narateen in California

What will we be doing next?

January 20 - Regional Assembly - we need to review / revise the budget and plan for 2024

January 20 - Email from World Service Conference (WSC) Committee should be sent to our Delegate with a ballot for our region to vote on which three of the Common Welfare Topics we think are the most important

February 10 - Western Regions Convention - we are one of the hosting regions

February 16, 17 - NA Convention in Bakersfield - we are doing outreach

March 20 - Regional reply due regarding our Common Welfare Topic selection

March 20 - WSC Committee will announce the three Common Welfare Topics with the most votes

April 19 to 21 - Interim World Service Conference

What else?

Our Delegate needs an assistant to help prepare for the Interim World Service Conference

There are many opportunities to help tell others about Nar-Anon (Outreach)

We will appreciate your help with our committees for Literature, Narateen, Outreach, and Technology

Regional Treasurer's Report

Cash on Hand**Budgeted****Actual****Surplus/Deficit****Notes**

Benchmark/Reporting Dates

07/22/23 Assembly 12/01/23

12/01/23

Cash On Hand December 1, 2023**\$ 10,302.84****Income***Description*

Fundraisers	\$ 1,700.00	\$ 0.00	\$ 17.20	Deficit
Individual/Group Donations	\$ 2,300.00	\$ 639.33	\$ 249.65	Surplus
Total Income	\$ 4,000.00	\$ 639.33	\$ 232.45	Surplus

Note: Total Income YTD=\$2,549.65 (Individual/Group Donations) Narathon=\$1,682.80**Expenses***Description*

Assembly	\$ 0.00	\$ 0.00	\$ 0.00	
Outreach	\$ 200.00	\$ 0.00	\$ 200.00	
Mail Chimp (CCR=\$125 WRF=\$125)	\$ 250.00	\$ 13.00	\$ 107.00	YTD=\$143.00
Narateen Sub-Committee Request	\$ 500.00	\$ 0.00	\$ 251.00	
Zoho	\$ 250.00	\$ 120.00	\$ 130.00	
Regional Website/Squarespace Expense	\$ 300.00	\$ 0.00	\$ 48.00	Check #1014 \$252 Is 2022 Expense
1 Year Zoom Account	\$ 150.00	\$ 0.00	\$ 0.10	
Delegate WSC Expense (Equalized Expense And Incidentals)	\$ 500.00	\$ 0.00	\$ 472.00	
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 \$300.00)	\$ 1,200.00	\$ 0.00	\$ 0.00	
Contingency Fund	\$ 300.00	\$ 0.00	\$ 300.00	
Prudent Reserve (3 Months Operating Costs)	\$ 515.00	\$ 0.00	\$ 515.00	
Total Expenses	\$ 5,465.00	\$ 133.00	\$ 3,323.10	

Cash On Hand December 31, 2023**\$ 10,809.17****Note: Total Expenses YTD=\$2,141.90****Rollover Cash On Hand 1/01/2024****\$ 10,809.17****Estimated Annual Income 1/28/2023 Assembly****\$ 4,000.00****Estimated Annual Expenses 07/22/2023 Assembly****\$ 5,465.00**

Prudent Reserve (3 Months Operating Costs)

\$ 515.00

Contingency Fund

\$ 300.00**Estimated Cash On Hand for December 31, 2023****\$ 8,320.62**

December 31, 2022 Cash Carryover Of \$8,970.62 To 2023 Budget Approved At Regional Assemblies July 16, 2022 & January 28, 2023 & July 22, 2023

NON PROFIT CHECKING

Member FDIC

U.S. Bank National Association

Account Number ██████████-5341

Account Summary

Beginning Balance on Dec 1		\$	10,302.84	Interest Paid this Year	\$	0.24
Customer Deposits	# Items		365.00	Number of Days in Statement Period		31
Other Deposits	6		274.33			
Card Withdrawals	2		133.00-			
Ending Balance on Dec 31, 2023		\$	10,809.17			

Customer Deposits

Number	Date	Ref Number	Amount
	Dec 14	8913550885	365.00

Total Customer Deposits \$ 365.00

Other Deposits

Date	Description of Transaction	Ref Number	Amount
Dec 6	Electronic Deposit REF=233390089623550N00	From STRIPE 1800948598TRANSFER ST-B0V9M2B8U0K1	\$ 18.72
Dec 12	Electronic Deposit REF=233450183541190N00	From STRIPE 1800948598TRANSFER ST-M4X1N3U6S6Y3	47.25
Dec 19	Electronic Deposit REF=233520131875870N00	From STRIPE 1800948598TRANSFER ST-N2Y9V6J0S4X2	18.72
Dec 27	Electronic Deposit REF=233600214475960N00	From STRIPE 1800948598TRANSFER ST-M7G7C0W0G3I9	94.80
Dec 29	Interest Paid	2900004080	0.04
Dec 29	Electronic Deposit REF=233620136555520N00	From STRIPE 1800948598TRANSFER ST-X0P1D5P2X2W8	94.80

Total Other Deposits \$ 274.33

Card Withdrawals

Card Number: xxxx-xxxx-xxxx-2768

Date	Description of Transaction	Ref Number	Amount
Dec 21	Recurring Debit Purchase ZOHO-ZOHO CORP *****2768	On 122023 HTTPSWWW.ZOHO CA REF # 24492163354000051993 US1	\$ 120.00-
Dec 22	Recurring Debit Purchase Mailchimp *****2768	On 122123 678-9990141 GA REF # 24793383355000908131 US1	13.00-

Card 2768 Withdrawals Subtotal \$ 133.00-

Total Card Withdrawals \$ 133.00-

Balance Summary

Date	Ending Balance	Date	Ending Balance	Date	Ending Balance
Dec 6	10,321.56	Dec 19	10,752.53	Dec 27	10,714.33
Dec 12	10,368.81	Dec 21	10,632.53	Dec 29	10,809.17
Dec 14	10,733.81	Dec 22	10,619.53		

Balances only appear for days reflecting change.

Date	Number	Payee	Account	Memo	Payment C	Deposit	Balance
12/06/2023			Direct Public Support:I...	Stripe Transfer		18.72	10,321.56
12/12/2023			Direct Public Support:I...	Salinas (Group ...		47.25	10,368.81
12/14/2023			Direct Public Support:I...	SOS Saving O...		365.00	10,733.81
12/19/2023			Direct Public Support:I...	Stripe Transfer		18.72	10,752.53
12/20/2023	DEBIT C...	ZOHO	Operations:Telephone, ...	E-Mail Accounts	120.00		10,632.53
12/22/2023		MAIL CHIMP	Other Types of Expens...	Monthly E-Mai...	13.00		10,619.53
12/27/2023			Facilities and Equipme...	Stripe Transfer		94.80	10,714.33
12/29/2023			Direct Public Support:I...	Serenity By Th...		94.80	10,809.13
12/29/2023			Other Types of Income	Bank Interest E...		0.04	10,809.17

Financial History 2018-2024

PRELIMINARY and UNVERIFIED	2018	2019	2020	2021	2022	2023	2023 BUDGET	2024	2024 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	\$ 10,809.17	\$ 10,809.17
Income									
<i>Description</i>									
Narathon Annual Regional Convention and Fundraiser	\$ 2,051.02	\$ 594.00	\$ 1,847.44	\$ 1,499.77	\$ 699.37	\$ 1,682.80	\$ 1,700.00		\$ 1,700.00
Group Donations	\$ 1,812.18	\$ 2,972.01	\$ 2,187.49	\$ 2,261.45	\$ 3,307.01	\$ 2,549.65	\$ 2,300.00		\$ 2,300.00
Total Income	\$ 3,863.20	\$ 3,566.01	\$ 4,034.93	\$ 3,861.22	\$ 4,006.38	\$ 4,232.45	\$ 4,000.00	\$ -	\$ 4,000.00
Expenses									
<i>Description</i>									
Outreach	\$ 382.78	\$ 385.13			\$ 212.32		\$ 200.00		\$ 200.00
MailChimp						\$ 143.00	\$ 250.00		\$ 156.00
Narateen						\$ 249.00	\$ 500.00		\$ 500.00
Zoho					\$ 84.00	\$ 120.00	\$ 250.00		\$ 150.00
Region website expense	\$ 151.31	\$ 216.00		\$ 216.00		\$ 504.00	\$ 300.00		\$ 300.00
1 Year Zoom Account			\$ 149.90	\$ 149.00	\$ 108.42	\$ 149.90	\$ 150.00		\$ 150.00
Delegate WSC expense (equalized expense and incidentals)		\$ 1,950.00	\$ 744.27		\$ 515.00	\$ 28.00	\$ 500.00		\$ 500.00
Alternate Delegate WSC expense (equalized expense and incidentals)		\$ 1,950.00			\$ 515.00		\$ 500.00		\$ 500.00
Delegate/Alternate Delegate travel expenses	\$ 316.82	\$ 95.88							
Conventions			\$ 300.00		\$ 450.00		\$ 500.00		\$ 500.00
Events		\$ 150.00							
New Meeting Start Up	\$ 100.00	\$ 50.00					\$ 300.00		\$ 300.00
Donation to WSO	\$ 400.00	\$ 400.00	\$ 500.00	\$ 950.00	\$ 1,750.00	\$ 1,200.00	\$ 1,200.00		\$ 1,000.00
Additional contributions to WSC					\$ 515.38				
Postal Services	\$ 82.00	\$ 92.00							
Checking account expense		\$ 20.05							
Chip card reader					\$ 83.21				
Total Expenses	\$ 1,432.91	\$ 5,309.06	\$ 1,694.17	\$ 1,315.00	\$ 4,233.33	\$ 2,393.90	\$ 4,650.00	\$ -	\$ 4,256.00
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	\$ 10,809.17	\$ 8,320.62	\$ 10,809.17	\$ 10,553.17
Net change	\$ 2,430.29	\$ (1,743.05)	\$ 2,340.76	\$ 2,546.22	\$ (226.95)	\$ 1,838.55	\$ (650.00)	\$ -	\$ (256.00)

Delegate's Report

January 20, 2024

Hello GSR's,

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

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

Central California Region:

Groups	Meetings	Virtual	In-Person	Hybrid	Suspended
18	18	11	5	2	0

• **CA Inter-Regional ad hoc committee** We are looking for a “few good men and women” who are excited about exploring the future of Narateen in California. If this is you, please contact me and let me know. We are hoping to work together with Southern and Northern California to share facilitators and build a great program. The RSC is asking the Assembly to approve our working together across California, as California laws have been updated to make it more challenging for volunteer organizations working with youth. In order for us to make sure we are covered under these new CA laws; we will need to get legal advice. By sharing the work and the expense, it will benefit all three regions.

• **Common Welfare Topics (CWT)** The World Service Conference Committee will be releasing a list of topics for groups to review on January 20. Once it is available, I will be creating a PowerPoint for groups to use in discussing these, and a tally sheet for ranking them. I will be posting these on our website. Groups will need to choose their top three topics.

❖ **Suggestion:** Take 4 or 5 topics a week. Hold a brief meeting after the meeting to bring discussion and make an informed group conscience. I will be holding a round table to discuss the Common Welfare Topics and answer questions on Sunday, Feb. 4 at 9 am. The deadline to submit the group conscience is March 2, 2024, as I must tally these and report back to the conference committee before March 20.

In loving service and gratitude for this region,

Sunny Delegate@naranoncentralca.org

Technology Services Subcommittee Report

Technology Sevices Sub-Committee Report for January, 2024

Greetings,

The Technology Services Sub-Committee meets on the third Monday of each month at 6:00 PM to discuss all technology issues. Which includes our website, MailChimp, email, and other tech issues facing our region.

We have six members who all contribute to each meeting and engage in needed maintenance work.

Technology is changing rapidly, and this sub-committee will try to stay in sync.

In service,

Larry
Chair

Outreach
Subcommittee
Report

Central California Region (CCR) - Outreach/Events Subcommittee Assembly Report January 2024

1. On Thanksgiving Day, 2023, this subcommittee, our groups, and our region lost a devoted member and Co-chair Kim K. She had many service positions in several groups as well as for our region. For this committee she coordinated the Outreach Panels at The Recovery Center of CHOMP. She helped organize and publicize all Outreach Events for the past several years. She shared her recovery true to Nar-Anon's Vision Statement. We miss her terribly. In memory of Kim please consider doing service at one of our Outreach Panels, or an Outreach Event this year.
2. The committee invites all members in the Region to serve in the following ways. Check out our new [Outreach Calendar of Events](#) to sign up online or through Mary or Dave (831-595-7280).
 - 2 Panelists are needed for each of the 3 treatment centers that are once a month.
 1. Genesis House in Seaside meets on the first Sunday at 10:30am.
 2. The Recovery Center of CHOMP meets (mostly) on the first Monday at 5:30pm.
 3. Sunstreet in Salinas meets on the third Sunday at 10:30am.
 - We will have an Outreach Table at the CCRC NA Bakersfield Convention Friday 16 and Saturday 17, February 2024. Email robertp27march@gmail.com if you would like to help.
3. Since July 2023 Members have conducted outreach in the following ways:
 - Mailed and emailed Narateen information to middle schools and highschools in the region.
 - Mailed and emailed Outreach materials to hospitals and treatment centers.
 - Shared ESH at monthly family panels for The Recovery Center of Community Hospital of the Monterey Peninsula and The Sun Street Center in Salinas.
 - Started a monthly panel for families at Genesis House in Seaside.
 - Set up an Outreach Table at the annual NA Pig Roast Fundraiser with 4 members present.
 - Set up an Outreach Table at the Overdose Awareness Event in San Luis Obispo on 8/31/23 with 3 members present.
4. In September 2023, the subcommittee accomplished the annual Narathon with up to 20 members participating as speakers, technology support, or session secretaries. There were from 25 to 57 participants logged into the virtual event with most participating in the morning, successfully raising \$1,566.00 almost reaching the goal of \$1700.00.
5. These postcards have meeting information for our region. Feel free to copy and distribute. [CCR Postcards Oct22](#)
6. 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.

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: January 30, 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. Chair of Outreach/Events Subcommittee Outreach@NarAnonCentralCA.org
831-402-6452

Outreach information is available at www.nar-anon.org/outreach. Meeting notes are saved on the Regional Service Committee's [google drive](#) in the Outreach Folder.

Event Flyers

COMMON WELFARE TOPICS ROUNDTABLE



**BRING YOUR
QUESTIONS FOR THE
DELEGATE AND JOIN
THE DISCUSSION!**

SUNDAY

02/04/2024

9AM-10AM

**CENTRAL CAL
ZOOM MEETING ID:
745 977 7458**

Western Regions NFG Convention

All regions are welcome to attend

Saturday, February 10th, 2024

8:00 am - Attracting members to service

8:35pm - What is effective leadership?

9:00 am - Effective two way communication

9:30 am - Q&A Sharing

10:00 am - Unity in Diversity

10:45 am - Narateen

11:30 am - Q&A Sharing

12:30 pm - Regional Reports



[Click here to join via ZOOM](#)

Zoom Meeting ID: 873 3966 3937

Password (case sensitive): wrcnfg Phone in Password: 850893

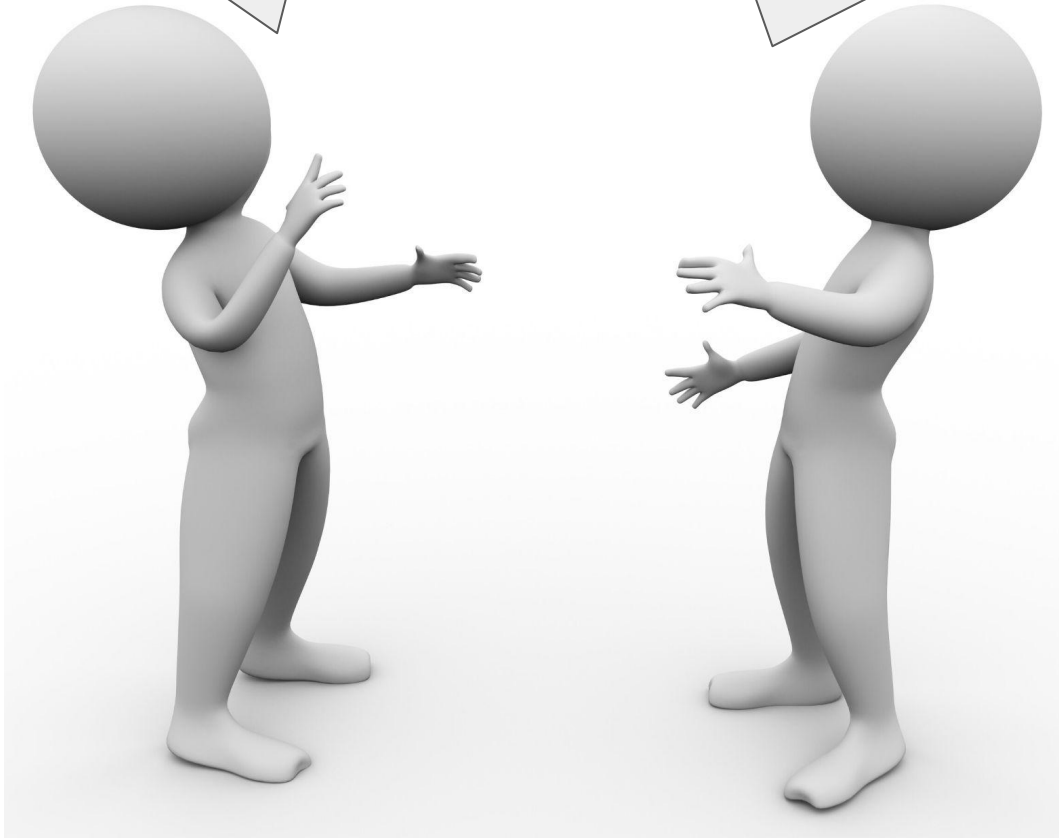
8:00 am to 2:00 pm Pacific Time

“Rooted In Service”

[Click here for more info](#) and/or email us at WRCNFG@gmail.com

There is an NA
Convention in
Bakersfield, in
February 2024

We can sign up
to tell the
friends and
family about
Nar-Anon



We need volunteers to help with the

Nar-Anon Outreach Table

at the CCRCNA Bakersfield Convention

Friday 16 and Saturday 17, February 2024

Email robertp27march@gmail.com

If you would like to help

**EXPLORE
POSSIBILITIES.**



**PARTNER WITH CENTRAL
CA REGION NAR-ANON
FOR MUTUAL GROWTH.**

Join the CA Inter-Regional
AdHoc Committee to explore
Future Narateen cooperation

For more details, please email Sunny
at Delegate@naranoncentralca.org

Group Reports

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.

Current Status – In recent months we have had meetings with wonderful shares and good recovery. We additionally have had a few speakers on the 5th Fridays that have been outstanding and been of tremendous value to our group. Speakers have been from NarAnon & NA in keeping with Tradition 5.

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

Literature – We recently voted a year ago to give out new comer packets and the Blue Booklet to new comers if interested. Over this last year we have given out several new comer packets including the small Blue Book. This seems to be a hit and very helpful.

Current Year - Our group is smaller than in past years. We now currently have about 6 to 15 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 from time to time.

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.

Scott Coffman GSR

**Simi Valley SERENITY
Group Report 131-08
Simi Valley
FOR: January 20, 2024**

History: The group began sometime in 2003 in one of the meeting rooms of Simi Valley United Methodist Church in the corner of Erringer Road and Cochran. We celebrated our 20th year in 2023! 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 newcomers coming and going.

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.

Treasurer's Report: Group has a balance of about \$50 as of January 13, 2024. 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

Winds of Change Group 131-138

Thursday 7-8 pm Register Virtual Meeting

Assembly Report January 20, 2024

Our group has been in existence since August 2019. It became a virtual meeting in October 2020.

Attendance: We average up to 15-20 members a week. We have newcomers every week.

Format: The format that is used combines the daily reader and other conference approved literature. On the 5th Thursday of the month, we have 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 up with an auto reply for those requesting information. A live person monitors and responds to emails.

Service: The hosting duties for the CCR zoom account are shared by 2 members. We also rotate service positions: topic leader, chair position, secretary, screen sharing, and phone/email list updates.

Treasury: Thank you CCR for supporting our group with the shared Zoom account. We are self-sufficient and currently do not require donations for our group. However, we encourage direct contributions to WSO and CCR by sharing the links for donations in our chat.

Winds of Change

Anne T.

GSR

NOON STEP STUDY GROUP

HISTORY

This is a long-standing group of over ten years which takes participants through an in-depth study of the 12 steps of Nar-Anon. We began the first step again in January 2023.

We are guided by the Nar-Anon 36 workbook, as well as other conference approved literature.

MEMBERS

The group is listed on the international and regional Nar-Anon websites. Our members are from all over the world.

Format

Each week, participants read and share from the Nar-Anon 36 workbook. A phone list is maintained and updated for member contacts and sponsorship availability.

Our 7th Tradition is observed with links and QR codes for donations on the regional (central California) and general Nar-Anon website.

Each meeting includes newcomers and long-standing members, providing an abundance of support and perspective for those suffering from the family disease of addiction.

Carla B

**Thursday Sweet Serenity
Group Report #131-030
Salinas, CA
FOR: January 20, 2024**

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. Our FIRST in-person meeting was held again on July 15, 2021, at our new location (Active Seniors Inc.—ASI at 100 Harvest Street in Salinas).

Attendance: Before our meetings were suspended due to the pandemic, meeting attendance was stable with an average of 8 people. We currently have 4 regularly attending members and 2 others who are new and come when they can.

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. We have recently changed our meeting time to 6:00-7:00 pm.

Treasurer's Report: As of January 1, 2024, the balance forward is \$104 not including the prudent reserve (\$150) and GSR funds (\$50). Recent Donations have been sent to WSO (\$75) and CCR (\$50) in November and December 2023 respectively. Monthly rent is \$50.

Successes, Challenges, and a Sad Passing:

- 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.
- + - Our ASI (Active Senior Inc.) location is working out well; however, the center requires that all outside groups must include a member of ASI. Our group secretary is an ASI member and knows the necessary codes to unlock/lock the building. In the event that she is unable to attend, an ASI officer is sometimes available to let us in and lock up. During periods when the facility is closed, we do not meet.
- ++ Our members are active in service: two members participate in outreach panels at Sun Street Men's Residential Center to share experience, strength, and hope with the residents and any family members who may be in attendance. Another member is active in the CCR's Outreach Committee. A service rotation for GSR and Treasurer took place in September 2023. Our Secretary kept her position.

—We are grieving the loss of Kim K., who passed away suddenly in November after a brief illness. Kim served enthusiastically as GSR for Sweet Serenity from February 2020—with a two-year+ suspension until in-person meetings resumed July 2021—until September 2023. We miss Kim's sparkle, her commitment to service, and the joy she spread to all who were fortunate to be touched by her life.

Submitted by: Ruth 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 7/1/2023-12/31/2023

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
<u>Included in the forwarding balance is:</u>	
Prudent Reserve - \$50.00 + GSR Travel Fund - \$50.00	

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

SUBMITTED BY: Linda S., GSR

DATED: Jan. 3, 2024

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.

Candle Light Family Group (131-033) Report for January, 2024

Greetings,

The Candle Light Group meets on Tuesday at 6:00 p.m. via Zoom.

We have five to ten shares at each meeting. Members attend from all over the United States and overseas.

Our treasury has \$160.00 with no monthly expenses other than the yearly Zoom license fee.

It is a healthy meeting with members taking turns taking the lead. Each week, we rotate between the Steps, SESH, Literature, and Traditions.

In service,

Larry
GSR

Candle Light II Family Group (131-161) Report for January, 2024

Greetings,

The Candle Light II Family Group meets on the last Wednesday of each month in person at 5:30 PM. We meet at the North County Connection located in Atascadero, California.

We have three to five shares at each meeting. Members attend from the San Luis Obispo County area.

Our treasury has \$65.00. Our monthly expenses are \$35.00 for rent and a variable amount for literature.

It is a healthy meeting. We usually read and share from that day's SESH reading.

The North County Connection is in the process of setting up a Zoom conference room. Once the Zoom room is completed, the Tuesday and Wednesday groups may combine into one group or keep two separate groups depending on what the members want.

In service,

Larry
GSR