

### Officers in Attendance

Chair Person:	Scott N.	X	Secretary:	Laura T.	
Vice Chair Person:	Scott C.	X	Delegate:	Chantal M.	X
Treasurer:	Tony M.	X	Alternate Delegate:	Sandi S.	X

### Meetings in Attendance

Meeting	Present	Meeting	Present
Atascadero, Tuesday	GSR Michael	Salinas, Thursday	GSR Ruth
Carmel, Wednesday	GSR Chantal	Santa Barbara, Friday	GSR Steve
Gilroy, Thursday	GSR Pat	Scotts Valley, Friday	GSR Teri
Monterey, Tuesday	GSR Arnie	Seaside, Monday	Alt GSR Nancy
Monterey, Saturday	GSR Tony	Simi Valley, Saturday	not represented

### Quorum Summary

### CCR Elections - October 2014

Total Meetings	(*) Registered Meetings	Current Quorum
10	9	5

### Elections Assembly:

Introduction and Elections – Meeting opened at 1pm as Tony led group in Serenity Prayer

- 1) Introduction - Tony
- 2) Group Service Representative Introductions, all GSR's listed above were in attendance along with Cyndy, and Sandi from Monterey and Jocelyn, Scott N and Scott C from Santa Barbara
- 3) History - Tony from Monterey recapped the formation of the Central California Region
- 4) Elections - Scott N and Chantal M lead Elections
  - a) Motion to use Robert's Rules of Order for Assembly Elections  
Tony made motion, Arnie seconded, passed unanimously
  - b) Motion to formally thank the Interim Officers from CCR  
Steve made motion, Arnie seconded, passed unanimously
  - c) Motion to accept CCR Formation Committee Report as adopted – Tony  
Arnie made motion to accept CCR Formation Committee report submitted by Tony, Pat seconded, passed unanimously

- d) Motion to dissolve the CCR Formation Committee with Gratitude  
Terri made motion, Arnie seconded, passed unanimously
- e) Arnie made a motion that if a person is elected to two position, they will chose their position and the second will go to the next person with most votes, Steve seconded, passed unanimously
- f) Hold Elections: Ballot open to floor nominations  
Tony nominated Cyndy for position of treasurer, Cyndy declined with gratitude
  - i) Regional Elections
    - (1) Nominations for Chair: Scott N. & Chantal M
    - (2) Nominations for Vice Chair: Scott C, Tony M & Laura T
    - (3) Nominations for Treasurer: Tony M, Pat C. & Dennis
    - (4) Nominations for Secretary: Laura T & Sandi S
    - (5) Nominations for Delegate: Chantal M, Scott C & Scott N
    - (6) Nominations for Alternate Delegate: Sandi S, Lynn B, Chantal M & Tony M
  - ii) Regional Elections closed; Ballots counted; Election Results

### Break - 15 Minutes

- a) Motion to ratify the officers made by Ruth, seconded by Terri M, approved unanimously.

### New Officers to Take Leadership

Chair	Scott N	9 votes
Vice Chair	Scott C	5 votes
Treasurer	Tony M	6 votes
Secretary	Laura T	6 votes
Delegate	Chantal	8 votes
Alternate Delegate	Sandi S	7 votes

## 1. Introductions and Roll Call

- A) Announce number of voting members - Chair
  - i) 9 groups present out of a possible 10 groups.  
Chantal (GSR, Carmel), Pat (GSR, Gilroy), Arnie (GSR, Monterey Tuesday), Lynn (Alt GSR, Monterey Tuesday) Tony (GSR Monterey Saturday), Ruth (GSR, Salinas), Terri (GSR, Scotts Valley), Nancy (GSR, Seaside Monday), Steve (GSR, Santa Barbara Friday)
  - ii) Quorum (51%) = 90% (5 groups as 9 meetings are registered).
    - a) Tony made a motion made to allow officers that are GSR's be allowed to vote today for purpose of this meeting only, Arnie seconded, passed unanimously
- B) Concepts of Service read by Jocelyn

## 2. Adoption of Minutes of Last Assembly

- A) Motion to approve all prior CCRFC meeting minutes and associated documents  
Arnie motioned that Assembly vote to approve all previous meeting minutes, Steve seconded, passed unanimously

## 3. Comments and Reports

- A) Treasurer – Interim Treasurer Report of Funds: Report by Tony, see attached CCR Treasurer Report: Tony reported that on 2/1/14 CCR started with a zero balance. We have since opened an account for Central California Region and currently have balance of \$726.57. Arnie made a motion to create budget sub-committee to create a draft budget, Terri seconded, passed unanimously. Committee volunteers are Scott N, Arnie, Cyndy, Jocelyn, Scott C with Tony as chair.
- B) Group and Area Reports – GSRs: See attached Group and Area Reports  
Supporting documents includes the reports, Scott recommended the reports reflect how the region can best support the individual groups. This is a great forum to report successes and also challenges in the spirit of sharing experience, strength and hope in relationship to our groups.
- C) Delegate and Alternate Delegate – Chantal and Sandi gave brief introductions of Nar-Anon affiliation and service

## 4. Motions from Last Meeting

- A) Suspended until next assembly - Vice Chair

## 5. Communications Corner

- A) Website Report – Scott N. presented Central California Analytics of the website which he walked group through, pointing out highlights and options
  - i) Site launched Monday, October 6, 2014  
Domain is <http://www.naranoncentralca.org>  
Can locate meetings by list and also a meeting search map, geographical location is important. Also includes list of events. Mail chimp is our resource to send emails and to archive email addresses. Officers and delegates will have email aliases such as [chair@naranoncentralca.org](mailto:chair@naranoncentralca.org) which allowed trusted servants to have anonymity and makes rotation of service transfers easier.  
136 visits (mostly Scott during set up) and will allow us to monitor the visits, length of time on site, how accessed (ie: mobile & desktop...), most popular pages, search terms
  - ii) Encourage members to go to the site and sign-up for the email list.  
<http://www.naranoncentralca.org/contact/email-list-sign-up/>
- B) Directories – This is a service position to create meeting directory that would be updated prior to each assembly and available on the website. Chantal volunteered to provide that service. This service opportunity will be taken back to groups
- C) GSR Liaison – Southern California has this service position as they have 40+ meetings but decision was made that since we only currently have 11 meetings this service can be provided by our Delegate and Alternate Delegate

## 6. Literature

- A) Update on the World Service and California Literature Committees – Chantal reported

## 7. Outreach

### A) Outreach Committee (section 6-6 of the GLS)

CCR has an open position for Outreach, Sandi S has volunteered to assist committee chair

- i) Hospitals and Institutions
- ii) Public Outreach

Take back to meeting the opportunity for service on CCR Outreach Committee

## 8. Events

### A) Monterey Convention January 2015 "Journey to Serenity" – Chantal

Convention committee is making great progress

There is discussion of an All-California event sometime in the future

Will have assembly on Friday night before convention, January 23

## 9. Old Business

### A) Suspended until next Assembly

## 10. New Business

### A) Motion to use Robert's Rules of Order at CCR Assemblies, Meetings and Sub-Committee Meetings.

Motion made by Tony, Arnie seconded, passed unanimously

### B) Motion to adopt the GLS and GWS as guiding documents for CCR.

Motion made by Lynn, Tony seconded, passed unanimously

### C) Motion to create an Ad Hoc Committee to draft a Guide to Regional Services and report back at our next Assembly.

Motion made by Tony, Ruth seconded, passed unanimously

Committee volunteers are Tony, Chantal, Sandi, Michael, and Scott N.

- D) Motion to hold four regional assemblies per year. Assemblies may be held in different locations within the region. GSRs are encouraged to attend at least one meeting per year in person. GSRs will be able to attend by Skype when technology permits.

After discussion to amend origin motion, Tony makes a 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, Lynn seconded, passed unanimously

- E) Motion for Assembly to accept CCR funds and associated documents as created by interim officers. Tony made motion, Sandi seconded, passed unanimously.

Motion to put Consent Calendar motions F, K & L, Scott made motion, Pat second, passed unanimously

- F) Motion to schedule a Narathon and fundraiser for the Region for September 2015.

- G) Motion to create a sub-committee to create a draft budget for the Region and return a proposal to the next Assembly.

Motion made by Arnie, Terri seconded, passed unanimously

Committee will consist of Scott N. Cyndy, Arnie, Jocelyn, Scott C. and Tony will chair

- H) 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 made motion, Pat seconded, passed unanimously

Chantal, Scott C & Scott N volunteer for committee

- I) 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 made motion, Steve seconded, passed unanimously

- J) Motion to make a donation to the World Service Office to be determined at the Assembly

Decision to table the motion as CCR currently does not have a budget or funds

- K) Motion to hold the next assembly on Friday, January 23, 2015 at 6:00 PM at the Monterey Convention. Details to be forthcoming.

- L) 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

(<https://groups.yahoo.com/neo/groups/NarAnonCentralCA>) and on the Nar-Anon Central California Region website (<http://www.naranoncentralca.org/>).

## 11. Next Assembly

A) Friday, January 23, 2015 at 6:30 PM at the Monterey Convention.

# Supporting Documents

**Central California Region  
Elections Assembly  
Atascadero, October 26, 2014**

**Chair**  
Chantal Carmel 1  
Scott N Santa Barbara 3

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**Vice Chair**  
Laura T Monterey/Sat 1  
Scott C Santa Barbara 1  
Tony M Monterey/Sat 3

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**Secretary**  
Laura T Monterey/Sat 2  
Sandi S Monterey/Tues 2

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**Treasurer**  
Dennis Gilroy 1  
Pat C Gilroy 3  
Tony M Monterey/Sat 1

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**Delegate**  
Chantal M Carmel 5  
Scott C Santa Barbara 1  
Scott N Santa Barbara 1

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**Alternate Delegate**  
Chantal M Carmel 2  
Lynn B Monterey/Sat 1  
Sandi S Monterey/Tues 3  
Tony M Monterey/Sat 1

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**Central California Region  
Elections Assembly  
Atascadero, October 26, 2014**

**Chair**  
Chantal Carmel 1  
Scott N Santa Barbara 3

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**Vice Chair**  
Laura T Monterey/Sat 1  
Scott C Santa Barbara 1  
Tony M Monterey/Sat 3

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**Secretary**  
Laura T Monterey/Sat 2  
Sandi S Monterey/Tues 2

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**Treasurer**  
Dennis Gilroy 1  
Pat C Gilroy 3  
Tony M Monterey/Sat 1

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**Delegate**  
Chantal M Carmel 5  
Scott C Santa Barbara 1  
Scott N Santa Barbara 1

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**Alternate Delegate**  
Chantal M Carmel 2  
Lynn B Monterey/Sat 1  
Sandi S Monterey/Tues 3  
Tony M Monterey/Sat 1

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# Group Reports

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*October 24, 2014*

- 1) Atascadero  
Tuesdays, 6:00 PM
- 2) Carmel  
Wednesdays, Noon
- 3) Gilroy  
Thursdays, 7:30 PM
- 4) Monterey  
Tuesdays, 6:30 PM
- 5) Monterey  
Saturdays, 9:00 AM
- 6) Salinas  
Thursdays, 6:30 PM
- 7) Santa Barbara  
Fridays, 6:00 PM
- 8) Scotts Valley  
Fridays, 6:30 PM to 7:45 PM
- 9) Seaside  
Mondays, 6:30 PM
- 10) Simi Valley  
Saturdays, 7:30 PM

Candle Light Nar-Anon Family Group  
Group #13133  
6:00-7:00 PM Tuesdays  
Lutheran Church of the Redeemer  
4600 El Camino Real, Atascadero  
10/20/14 Group Report

*Meeting History:* First meeting was 12-4-12.  
Appropriately - Twelve Traditions for Twelve Principals.

*Attendance:* Candle Light Group regularly has between 4 to 8 attendees with a few meetings having near 15. Approximately 10 core members are regular attendees to the Group.

*Newcomers:* Newcomers drop in on a regular basis, with many attending as a family. Newcomers find our meeting through the Internet, members, Outreach literature, Al-anon and NA groups.

*Donations:* Candle Light members were pleased to recently make donations to both the CCR and to the WSO.

*Treasurer:* Currently; Candle Light Group has paid its \$20 monthly rent for three months in advance, kept a three months rent prudent reserve, and maintained a reserve for literature purchases for meetings and outreach.

*Other Information:* Candle Light Meetings are topic meetings with open sharing of experience, strength, and hope based on member's desires and needs at the moment of sharing.

## *Serenity by-the-Sea*

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**Carmel, Wednesday @ Noon**

**Group Code: 13175**

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**Opened:** February 2014 (8 months)

**Attendance:** 5 people average

This is the only daytime meeting during the week in Monterey Area. Members attend sporadically because they come during their lunch hour. The (average) 5 who attend are not the same 5 people each week. Regulars are mothers with children in school or retirees who live in town.

### **Newcomers**

Newcomers have heard about this meeting from other groups, or word-of-mouth from a friend, who goes to night or weekend meetings, but they cannot.

### **Donations**

Serenity by-the-Sea has not made donations yet. A donation will be made before the end of this year, 2014.

### **Treasurer**

Someone just stepped up this month as a treasurer! In eight months the following has been paid from 7<sup>th</sup> Tradition funds.

\$160 rent paid (\$20/month)

\$60 - a three month prudent reserve as suggested in GLS

\$80 - for a well stocked literature table

We hope to have a real treasurer's report at our next business meeting.

### **Other Facts**

- Monterey Area gave \$50 seed money to get this group started.
- Two members have been alternating the secretary position.
- We just got a treasurer!
- No GSR at this time, but hopeful.
- Regular business meetings are held on the first Wednesday of the month.

Submitted: October 2014 by secretary.

## Guide to Serenity

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**Gilroy, Thursday @ 7:30 PM**

**Group Code: 13109**

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**Opened:** June 2006 (8 Years)

**Attendance:** Average 12 - In the last couple of months our regular attendees has increased from 7 people to 12 people much to our delight.

**Newcomers:** Word of mouth, some N/A members have brought their loved ones to our meetings, and some find us thru the internet.

**Donations:** We make regular donations to WSO when funds are available.

**Treasury:** Current balance \$103.19 - Rent is \$25 per month which is paid quarterly. Literature is purchased as needed which varies on the number of newcomers.

### **Other Facts:**

N/A Speaker on the 5<sup>th</sup> Thursday of months having 5 Thursdays (usually 4 times per year).

Business meeting scheduled for 4<sup>th</sup> Thursday of each month.

Nar-anon speaker on the 3<sup>rd</sup> Thursday of each month.

Submitted by: Pat Cameron, GSR- 10/19/14

## *In The Solution*

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**Monterey, Tuesdays @ 6:30 p.m.**

**Group Code: 13128**

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**Opened:** September 20 2011 (3 years)

**Attendance:** 4 people average, fluctuates between 3 and as many as 8. Most attendees are longer time Nar-Anon members, with a handful of newcomers.

### **Newcomers**

Most newcomers hear about the group from a web search or using the Nar-Anon web site locator.

### **Donations**

There have been periodic donations, which are 50% to the Monterey Area, 25% to the Central California Region, and 25% to the World Service Office.

### **Treasurer**

We have just rotated the Treasurer position.

Coming in to October, there was a balance of \$214.32.

A \$160.00 donation was made by group conscience: \$80 to Monterey Area, and \$40 each to Central California Region and WSO.

Our rent is \$25/month

We have a prudent reserve of \$60, which will be increased to \$75 by a \$5 addition each month to reach the 3-month rent reserve suggested by Monterey Area

### **Other Facts**

- This meeting was originally started as a step study meeting
- The first few meetings were at the Recovery Center and had very high attendance
- Shortly thereafter the meeting was permanently moved to St. James Church, and attendance gradually dwindled
- After about 6 months, by group conscience, the format was changed to be more like a "regular" meeting
- We currently rotate each week between studying a step, and reading from SESH, reading from other literature.

Submitted: October 2014 by GSR.



Saturday Circle of Hope  
Central California Region Assembly Report  
10/20/14

- We have been a Group since February 2010
- Our meeting has between 15-30 participants, with a core group of approximately 15.
- 7<sup>th</sup> tradition given to Central Region, Monterey Area, and the WSO.
- Cyndi, Sandy H., and Lisa share the Secretary duties from July through December 2014.
- Cyndi is our Treasurer
- We are participating in Traditions Study and continue to meet every month.

In gratitude,

Tony M  
Circle of Hope Group Service Representative

NAR-ANON  
Central Coast Region  
Monterey Area

**“CIRCLE OF HOPE” – Saturday Meeting / 9:00 am @ St. Timothy’s Church, Monterey**

**TREASURER’S MINUTES**  
Monthly Business Meeting – 10/4/2014

**\$370.25 – BALANCE FORWARD**

\$155.25 – 7<sup>th</sup> Tradition & Literature Sales  
\$115.00 – Prudent Reserve  
\$100.00 – Group Representative Fund  
\$ 0.00 – World Service Appeal Letter Donations

**Group Conscience Discussions:**

CONFIRMED – Treasurer’s position is 6 months.

CONFIRMED – RENT is \$35.00/month (\*discussion to raise the amount will be done at end of the year).

CONFIRMED – Group Representative Fund is \$100.00.

CONFIRMED – Prudent Reserve is 3X the rent amount.

$$\$35.00 \times 3 = \$105.00$$

\*\* The binder was transferred to the newly appointed Treasurer (Cyndy G.) with \$115.00 in the Prudent Reserve envelope. However, there was no discussion about moving the extra \$10.00. Thus, it will have to be addressed at the next monthly meeting.

AGREED – WSO Appeal Letter for Donations (Sandi S presented it): An envelope for separate donations is to be included with the 7<sup>th</sup> Tradition basket.

AGREED – A longer monthly business meeting will be held on 12/6/2014 10:15 am @ St. James Church to address subject matters (\*) that need revision.

# Salinas Thursday Night

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*October 20, 2014*

## Group Report

Our meeting has been in existence for 3 1/2 years and has between 4-10 attending. Most of our visitors learn about our group from attending other meetings, the Nar-Anon website, or the phone number. We use the SESH book as the format. In 2013 we did a Step study using the yellow book, and we will be doing this again once per month following the regular meeting. Our group contributes, but not regularly. As of October 1, we had approximately \$73 available, not including

\$50 prudent reserve and \$50 GSR fund.

Respectfully,

Ruth K.

GSR/treasurer, Salinas Sweet Serenity Group

I Can Be Free Nar-Anon Family Group  
6:00-7:00 PM Friday  
Trinity Evangelical Lutheran Church  
909 N. La Cumbre Road, Santa Barbara

*Meeting History:* This group has been in existence for more than a decade. This is the only Nar-Anon meeting in the Santa Barbara area.

*Attendance:* Our group attendance is strong, we regularly have between 20 and 25 attendees with a few recent meetings attracting as many as 30. We draw people from roughly a 25 mile radius (Santa Ynez to Carpinteria). We have a very strong group of core members.

*Newcomers:* Although it varies in number, we tend to have newcomers on a regular basis, with as many as four at a recent meeting. Obviously not all newcomers return, but many do since this group has more than doubled in size since I started attending nearly five years ago. The most common route through which newcomers find our meeting seems to be the internet, although some have reported learning about us through members, distributed Outreach literature, and from local NA groups.

*Donations:* Our group made donations to both the S. Calif. Region and to WSO on a regular basis. We recently agreed that at the end of each quarter, we will send a voluntary contribution of 30% of our surplus to WSO and 70% of the surplus to the Central California Region.

*Treasurer:* At a recent business meeting we took a group conscience to pay our rent on a quarterly basis, and to keep a prudent reserve in the amount of one quarter's rent. We purchase literature on a regular basis, and provide meeting business cards to our members as part of our Outreach. Treasurer's reports are made at monthly business meetings and occasionally at the meeting during announcements.

*Other Information:* Our group maintains its own website ([www.naranonsantabarbara.org](http://www.naranonsantabarbara.org)) through donations of the membership. The website has both general information and a password protected "members only" area where business meeting minutes, phone lists, etc are available.

As of this date, the only service position we have open is that of Alternate GSR.

We hold speaker meetings on the last Friday of months with five Fridays.

## *Sharing Experience, Strength and Hope*

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### **Scotts Valley, Friday 6:30 pm**

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**Opened:** May, 2009 (5 ½ years)

**Attendance:** 10 people average (about 16 regular members)

The average is about 10 people per week, not always the same people. There is a core group of “regulars”, others who come sporadically, and occasionally people who have attended the Family Program at the Camp Recovery Center. Most members come from all over the Santa Cruz County area, two regulars come “over the hill” from San Jose.

#### **Newcomers**

Most Newcomers have a family member at the Camp Recovery Center. Most regular members have had a family member at the Camp at one time or another. Our members have started to attend the Family Program (twice a month) to talk about Nar-Anon.

#### **Donations**

Scotts Valley makes regular donations to the WSO, has donated to the Northern California Region and is in the process of making a donation to the Central California Region (September group conscience).

#### **Treasurer**

The treasury balance is approximately \$250. Rent is free, but in return for the use of the room, Nar-Anon literature donations are made the Camp Recovery Center Family Program. Literature expenses are high (\$700 this year), in part due to the large number of Newcomer Packets that are purchased for Newcomers to the meeting from out of town, who are encouraged to find meetings in their area. \$110 donated to WSO this year.

#### **Other Facts**

- There are two step meetings started by our group (around 6 members each) that each meet twice per month (Saturday morning and 1<sup>st</sup> and 4<sup>th</sup> Monday evenings – closed meetings) with a waiting list for a third step meeting.
- Members attend the twice monthly Camp Recovery Center Family Program to talk about Nar-Anon
- Speaker meetings are held on the third Friday of the month
- Regular business meetings are held on the fourth Friday of the month.

# Seaside Monday Nite Miracles

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October 20, 2014

## Group Report

- 1) The Seaside Monday Nite Miracles meeting celebrates 5 years today! The first meeting was October 26, 2009.
- 2) Attendance ranges from 3-8 with about 3-4 regulars.
- 3) New members have heard of Nar-Anon from the recovery centers (after care groups and family days) and therapists. We also have had word of mouth from other meetings. Sometimes people in NA refer people to Nar-Anon.
- 4) We have made periodic donations to the Area, region & WSO around 2-3 times per year.
- 5) We do a reading on the Step corresponding to the month from the Nar-Anon Twelve Step Program booklet on the first Monday of the month and do readings from the SESH book the rest of the weeks.
- 6) We have \$279.13 in the treasury which includes \$50 prudent reserve for our meeting and also \$50 in a GSR fund. We will be making disbursements at the end of November.

In service,

Carole S., GSR

Nancy U., Alternate GSR

Group #13131

## *Saturday Night Serenity Group*

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**Simi Valley, Saturdays, 7:30 PM to 9:00 PM**

**Group Code: 13168**

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- 1) 10 yrs.
- 2) About 10 that is a core group, and up to 25 sometimes more
- 3) Usually from other meetings and members
- 4) Yes we make regular donations
- 5) Not at this time!
- 6) We keep a 100.00 prudent reserve we have paid our rent for three months; we have \$192.00 at this time!

Submitted: October 2014 by GSR.

# Area Reports

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*October 20, 2014*

1) Monterey

Start date: November 5, 2011

**January 2014 in 2<sup>nd</sup> term**

Trusted servants:

Chair-Sandi S

Secretary-Ruth K

Treasurer-Tony M.

Business meetings are second Saturday of odd number months

Number of attendees- 8-15

Agenda consists of approving previous minutes, group reports, treasurer report, old business needed to be revisited and new business

**Groups:**

Monday –“Monday Nite Miracles”-Seaside 6:30-7:30 pm

Tuesday –“In The Solution”-Monterey 6:30-7:30

Wednesday-“Serenity by-the-Sea”-Noon-1:00 pm

Thursday-“Guide to Serenity”-Gilroy 7:30-8:30 pm

Thursday-“Sweet Serenity”-Salinas 6:30-7:30 pm

Saturday-“Circle of Hope”-Monterey 9:00-10:00 am

**Region**

Monterey-all groups took a group conscience to form a 3<sup>rd</sup> region in California

Date of Central California Region -February 1, 2014

Interim trusted servants:

Chair-Sandi S

Vice Chair-Chantal M

Secretary-Ruth K/Lynn B

Treasurer-Tony M

**Upcoming Events**

Five year celebration potluck & picnic-October 25, 2014

CCR Elections Assembly -October 26, 2014

MBCNA VI Convention-January 23-25, 2015

Submitted by: Sandi S. Monterey Area Chair



## **Monterey Area Outreach Committee Report**

10/17/14

Started in 2012

Number of members-5-10

### **Panels at rehabs**

Recovery Center-Thursday evenings once a month

Beacon House-Saturday mornings once a month

Sun Street Center-Sunday mornings every other month

Members share their experience, strength, and hope. Share the message of Nar-Anon, spread awareness that there is help for families and friends of addicts.

Meeting schedules and Nar-Anon Offers Hope pamphlets are handed out.

Question and answers after panel members share.

### **Relationship with NA**

There is a strong relationship with NA. We receive invites to NA events such as unity days, pig roasts, and talent shows. Tables are set up with Nar-Anon literature and meeting schedules.

### **Current Outreach**

Members are in contact with therapists they have a relationship with. Meeting schedules and Nar-Anon Offers Hope pamphlets are provided for their office. The Nar-Anon blue/green poster is offered to hang in the lobby.

We have a Nar-Anon helpline.

Reaching out to a teacher of Drug/Alcohol Program at MPC to do Nar-Anon panel.

Submitted by: Sandi S, Outreach co-chair

# Nar-Anon Central California Analytics

Oct 6, 2014 - Oct 19, 2014

All Sessions  
100.00%

+ Add Segment

## Visits

**136**  
% of Total: 100.00% (136)



## Pages / Visit

**6.04**  
Site Avg: 6.04 (0.00%)



## Bounce Rate

**21.32%**  
Site Avg: 21.32% (0.00%)



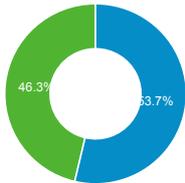
## Avg. Visit Duration

**00:07:33**  
Site Avg: 00:07:33 (0.00%)



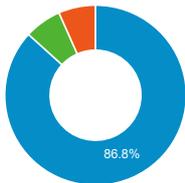
## Visits by Visitor Type

■ New Visitor ■ Returning Visitor



## Visits by Device Category

■ desktop ■ mobile ■ tablet



## Most Popular Pages

Page	Pageviews	Unique Pageviews
/	264	121
/meetings/meeting-list/	49	35
/calendar/events/	41	25
/?logout=true	35	26
/about-nar-anon/website-links/	32	28
/calendar/calendar/	28	20
/meeting/meeting-mapnew-page/	26	16
/member-services/regional-assembly/	26	18
/about-nar-anon/what-is-nar-anon/	24	21
/contact/contact/	22	18

## Most Popular Landing Pages

Landing Page	Sessions
/	97
/about-nar-anon/website-links/	12
/?logout=true	10
/meetings/meeting-list/	5
/about-nar-anon/what-is-nar-anon/	3
/home	3
/member-services/regional-assembly/	2
/calendar/calendar/	1
/meeting/meeting-mapnew-page/	1
/member-services/regional-assembly/	1

## Most Popular Referrers

Full Referrer	Sessions
(direct)	95
google	39
naranoncentralca.us9.list-manage.com/subscribe/confirm	2

## Most Popular Keywords

Keyword	Sessions
(not set)	97
(not provided)	39



*Journey to Serenity*  
*Nar-Anon @ MBCNA VI*  
*Convention 2015*

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Convention Report for Central California RSC

October 2014

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The following subcommittees were formed early in 2014. Monthly meetings have been held throughout 2014, and continue as needed between now and the convention. Each subcommittee is working on a specific part of the convention, but major decisions are done by group conscience with the group as a whole.

Chair	Chantal/Tina	Hospitality	Tina
Lunch	Tony/Cyndy	NA Liaison	Sandi
Merchandise	Lisa/Laura	Program	Chantal/Cyndy
Registration	Carole	Secretary	open (Wes)
Treasurer	Nancy	Volunteers	Wes

### **Narcotic Anonymous**

NA has been gracious and supportive of our participation. Room rental of \$275 has been paid. They have recently offered a Sunday morning room on the NA side of the convention center.

### **Registration**

Eleven paid registrations have been received at this time. The informational flyer:

- Is posted on WSO website and CCR website
- Was sent to GSRs to be given at meetings
- Was sent to SCR and NCWSR region chairs
- Was sent to past 2013 convention participants by email
- Is being sent to new groups registering in CCR or NCWSR

### **Recording**

We will not be participating with the recording company used by NA. We are buying a microphone to be used through a laptop to give us the capability of recording our own sessions. The cds will be sold at \$5 each and available directly after the session. The cost of the microphone is \$150 and belongs to Monterey Area. We believe this will pay for itself.

### **Schedule**

The completed schedule is exciting! All speakers are confirmed. The time slot for each speaker is not finalized; sessions are 45 minutes long starting on the hour Saturday 8am. There is no lunch break. The room will continually be used during daytime hours on Saturday. New this year: 1) Men Only meeting 2) Spanish Meeting. Lunch purchases available by registering early.

### **Merchandise**

Separate subcommittee is working on merchandise to be sold at several price points. The intent is to generate funds to help defray the cost of putting on the convention and hopefully generate a donation to the WSO.



**NAR-ANON FAMILY GROUPS @ MBCNA VI**  
**MONTEREY CONVENTION**  
**January 23-25, 2015**  
**Monterey Conference Center**



# Journey to Serenity

**Hotel reservations:**  
**Monterey Marriott Hotel**  
**350 Calle Principal**  
**Monterey, CA 93940**  
**831-649-4234**  
**Room rates: \$149/night**  
**Use code "MBCNA6" to get**  
**special room rate**

**Registration \$20 if received by December 31, 2014**  
**Registration \$25 after January 1, 2015**  
**Check payable: Nar-Anon Family Groups, Inc.**  
**Attn: Monterey Convention**  
**P. O. Box 2543**  
**Monterey, CA 93942**  
**Confirmation to follow**  
**Questions?? 888-688-7834**  
**montereynaranon@gmail.com**

—RETURN WITH PAYMENT—

Saturday \$10 sack lunch **can only be ordered with early registration**

It includes: water, cookie and (indicate choices):

Sandwich:     vegetarian     turkey     ham

Salad:         beet                 carrot

-----  
 Name \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Additional registrants: \_\_\_\_\_

Enclosed check is in the sum of \$ \_\_\_\_\_ for \_\_\_\_\_ early registrations  
 and \_\_\_\_\_ sack lunch(es).

Southern California Regional Guidelines  
Nar-Anon Family Groups



*Adopted August 2005  
Revised October 2014*

# SCR Guidelines

October 20, 2014

## Table of Contents

Article I - Introduction.....	3
Article II - Boundaries.....	3
Article III - Region Service Structure .....	3
Section A - Purpose of RSA.....	3
Section B - RSC Meetings .....	4
Section C - General Membership .....	4
Article IV - Officers .....	5
Section A - Secretary .....	5
Article V - Removal of RSC Officers.....	5
Article VI - RSC Meetings.....	5
Article VII - Policies and Procedures .....	5
Article VIII - Financial Policies .....	5
Section A - Disbursement.....	5
Article IX - Subcommittees.....	6
Section A - Subcommittee Duties .....	6
Section B - Standing Subcommittees .....	6
Article X - Regional Delegates.....	7
Article XI - Assemblies.....	7
Section A - Assembly Schedule .....	7
Section B - Elections Assemblies.....	8
Every third year at the fall assembly, the region holds an election assembly to elect new RSC officers, the delegate, alternate delegate, and subcommittee chairs. All GSRs, being voting members, are required to attend. At the date/year of these revised guidelines the SCR elections will be held every three years beginning in the fall of 2014. ....	8
Article XII - Spiritual Guidance .....	8
Article XIII - Compliance .....	8
Article XIV - Amendment of Guidelines .....	8
Article XV - Special Rules of Order .....	8
Article XVI - Acronyms.....	9

# SCR Guidelines

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October 20, 2014

## Article I - Introduction

The Nar-Anon Family Groups' Southern California Region's *SCR Guidelines* document is intended to guide the SCR in serving the region, the fellowship and Nar-Anon as a whole. The SCR recognizes the principles and guidance set forth in *the Guide to Local Service* (GLS) and *Guide to World Services* (GWS) and strives to be observant of these directives.

The purpose of the *SCR Guidelines* is to guide our regional trusted servants in the service elements of our region that make us distinct and unique from other regions as outlined in the GLS and GWS. The SCR defers to the GLS and GWS with regard to regional services. The GLS and GWS are the main guiding documents for the region and GRS is meant to augment and not replace the GLS and GWS. As the GLS and GWS are modified by the Conference, it may be wise for regional servants to revisit this document to assure it is in-line with the principles and direction of the GLS and GWS. Any issue not covered by the aforementioned documents will be decided at the SCR Assembly by the voting members.

## Article II - Boundaries

Per the Guide to Local Services (6-1),

*The region is comprised of areas located within its geographic boundaries. The region supports areas and groups by providing opportunities for them to communicate with each other, acting on behalf of their common interest and encouraging growth of the fellowship.*

The SCR acknowledges that the region's primary purpose is to support and serve the groups contained herein. The SCR also acknowledges the autonomy of each group to choose the region in which the group's conscience indicates it will be best served. The geographic boundary of the Southern California Region is therefore determined by the groups serviced by the SCR and is subject to change. Changes to the geographic boundary of the region do not need to be reflected in this document.

## Article III - Region Service Structure

The Region supports the Areas and Groups by providing opportunities for them to communicate with each other, acting on behalf of their common interest and encouraging growth of the fellowship. The service structure of the Region consists of the Regional Service Assembly and the Regional Service Committee, hereafter referred to as the RSA and the RSC respectively.

The members of this body shall perform the duties prescribed by these guidelines and any parliamentary procedures (Robert's Rules of Order) adopted by the Assembly. The body must be able to work for the common good of Nar-Anon as a whole, bearing in mind that the membership's group conscience at the meeting level is our ultimate authority, and that we must strive to place principles above personalities. All actions of members and officers should be bound by Nar-Anon's Twelve Traditions and Nar-Anon's Twelve Concepts of Service.

## Section A - Purpose of RSA

The RSA is a vital link between the groups and the Region and as such is responsible for the following:

# SCR Guidelines

---

October 20, 2014

1. Sets policy for the Region
2. Acts as a liaison between the Region and the World Service Conference (WSC) Agenda Committee
3. Reviews the WSC agenda
4. Approves the Regional Budget developed by the RSC
5. Hears Area Reports
6. Hears the Delegate's report of the proceedings and decisions at the WSC
7. Elects officers at the Elections Assembly

## Section B - RSC Meetings

RSC meetings are held to discuss the business of regional and area matters as described below. These meetings are attended by the officers, ASRs, regional subcommittee chairs, and the delegate and alternate delegate. All Nar-Anon members are welcome to attend. At the discretion of the chair, speaking by non-voting members may be limited.

The voting members are the officers (chair, vice chair, secretary and treasurer); ASRs; subcommittee chairs; and others as the region may deem appropriate. The delegate and alternate delegate are not voting members of the RSC.

The RSC:

1. Hears and discusses region and area reports
2. Hears subcommittees' reports and reviews their activities
3. Hears and discusses the delegate's report
4. Reviews ways of keeping the groups informed and unified
5. Establishes subcommittees
6. Develops policies for assembly approval

## Section C - General Membership

Attendance at the RSA/RSC shall be open to all individuals who are members of the Nar-Anon Family Groups. Members are welcome to attend as non-voting members using ASRs/Alternate ASRs as a channel by which to communicate. At the discretion of the Chairperson, non-voting members may be asked to speak.

### Paragraph 1 - Group Service Representative Form

Each area within the region must register their GSRs and Alternate GSRs. Each area is responsible for reproducing and completing a form for each GSR/Alternate GSR within the area. Only those names appearing on this form will be recognized at the Assembly as voting members. The region uses the *Group/Alternate Group Service Representative Registration Form* from section 13-5 of the GLS.

Voting members shall consist of those groups who wish to take an active voting role in the region and who are represented by a GSR or Alternate GSR. The GSR or Alternate GSR can be represented by a substitute as described in the next paragraph.

# SCR Guidelines

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October 20, 2014

If a GSR or Alternate GSR is not able to attend an assembly and a group sends a substitute, a substitution form must be filled out and presented to the Administrative Body before that representative can be recognized as a voting member. The region uses the *Group/Alternate Group Service Representative Substitution Form* from section 13-6 of the GLS.

Each GSR will re-register their meeting at the first RSA they attend each year in order to keep their status as a voting member of the RSA. Until they register by attending an RSA and completing a *Group/Alternate Group Service Representative Registration Form* they will not be considered voting members of the region.

## Article IV - Officers

The SCR acknowledges and abides by the *RSC Officers* section (6-1) of the GLS.

## Section A - Secretary

In addition to the duties prescribed by the GLS (4-1), the SCR secretary prepares the "Take Back to Meeting" notes to be posted on the SCR website and sent to GSRs via email to the GSRs and AGRs. The Technology Services committee is responsible for posting to the website and sending the broadcast email. "Take Back to Meeting" notes are produced from the minutes of each Assembly and are designed to facilitate the effectiveness of our two-way communication back to the groups. GSRs are encouraged to read some or all of the notes during the announcements period of their regular meetings. The "Take Back to Meeting" notes are enumerated by the Chair and should be distributed less than two (2) weeks after the Assembly.

## Article V - Removal of RSC Officers

The SCR acknowledges and abides by the *Removal of RSC Officers* section (6-2) of the GLS.

## Article VI - RSC Meetings

The SCR acknowledges and abides by the *RSC Meetings* section (6-3) of the GLS.

## Article VII - Policies and Procedures

The SCR acknowledges and abides by the *Policies and Procedures* section (6-4) of the GLS.

## Article VIII - Financial Policies

The SCR acknowledges and abides by the *Regional Financial Policies* section (6-5) of the GLS. All moneys accumulated from Area or Group contributions and other Nar-Anon sources shall be maintained in a bank account.

## Section A - Disbursement

All disbursements of funds will be made using the *SCR Reimbursement Request Form*. This form should be posted on the regional website.

# SCR Guidelines

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October 20, 2014

## Paragraph 1 - Budget

1. Subcommittees' expenses as budgeted
2. A Chairperson/RD mileage, postage and phone calls as budgeted
3. Yearly WSC and Workshop expenses as budgeted
4. Copy expenses as budgeted to include Article XII documents, RSC meeting agendas, data/facts reports and pre-conference materials
5. Newsletter

## Paragraph 2 - RD and Alternate RD Expenses

The committee shall make funds available to assist the RD and Alternate RD with the designated expenses incurred due to attendance at the WSC Workshops each year.

## Paragraph 3 - Budget Changes

All motions requiring modifications to the budget require a two-thirds (2/3) majority vote of the RSA.

## Paragraph 4 - Non-Budgeted Funds

Unbudgeted expenses will not be reimbursed without an approved motion of the RSC/RSA.

## Article IX - Subcommittees

The SCR acknowledges and abides by the *Subcommittees* section (6-6) of the GLS.

## Section A - Subcommittee Duties

1. Responsible for electing their own officers, including representatives to the RSC/RSA and to have a written report for the regular RSC/RSA meeting.
2. Responsible for developing written guidelines for their committee, and to submit them to RSC/RSA for approval.
3. Responsible for preparation of an itemized yearly budget which will be submitted to the RSA for approval. A written financial report will be presented at each regular RSC/RSA meeting.
4. Responsible for holding regular business meetings at central locations.
5. Submit a written agenda of proposed activities for approval and support to the RSA/RSC meetings, respectively.

## Section B - Standing Subcommittees

In addition to the suggested subcommittees in the GLS, the SCR adopts the following subcommittees in order to provide effective services to the region.

## Paragraph 1 - Technology Services

- 1) The purpose of the Technology Services committee is to provide the region, areas, groups and members with a technology infrastructure to facilitate communications in concert with Concept 8.

# SCR Guidelines

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October 20, 2014

The committee oversees and maintains: Internet website

To include, but is not limited to:

- a) Updating meeting information (to include the current meeting directory document)
  - b) Posting assembly agendas, reports and minutes
  - c) Posting assembly approved forms and documents
  - d) Posting news and events
  - e) Posting and timely removing *Fellowship Review* documents
  - f) Posting "Take Back to Meeting" notes
  - g) Complying with the *Nar-Anon Website Handbook*
  - h) Answering email form the contact web form
- 2) Email / contacts list
  - 3) Printable meeting directory listing all of the groups in the region
  - 4) Online meeting finder map
  - 5) Google calendar
  - 6) Google analytics (and report to the assembly on visitors trends)
  - 7) The region's telephone contact lines (if any)
  - 8) Computer technical services at RSC and RSA
  - 9) Coordinating Skype access to assemblies for GSRs and Alternate AGSRs (by request)
  - 10) Assists the convention committee with sound reinforcement and recording (by requested)
  - 11) Guidance to the region with regard to new and emerging technologies in consideration with the principle of the Nar-Anon program

## Article X - Regional Delegates

The SCR acknowledges and abides by the *Regional Delegates* section (6-7) of the GLS.

## Article XI - Assemblies

The SCR acknowledges and abides by the *Assemblies* section (6-8) of the GLS, to include sections *Assembly Agendas* (6-9), *Election Assemblies* (6-9), *Nominations* (6-9) and *Interim Assemblies* (6-10).

If an officer is elected to fill a position of less than three (3) years because someone resigns or otherwise cannot fulfill their three (3) year term, this person will be allowed to serve an additional two (2) consecutive terms as stated in the preceding paragraph.

## Section A - Assembly Schedule

The SCR holds a regional assembly four (4) times a year on the second Saturday of January, April, July, and October to transact the business of the region, plan for region events, and provide resources for meetings and functions.

The Assembly is held at the Nar-Anon World Service Headquarters, 22527 Crenshaw Blvd., Suite 200B, Torrance, CA 90505.

GSRs may choose to participate via Skype by arranging this with a representative from the Technology Services committee. Skype attendance is considered the same as physical attendance.

# SCR Guidelines

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October 20, 2014

## Section B - Elections Assemblies

Every third year at the fall assembly, the region holds an election assembly to elect new RSC officers, the delegate, alternate delegate, and subcommittee chairs. All GSRs, being voting members, are required to attend. At the date/year of these revised guidelines the SCR elections will be held every three years beginning in the fall of 2014.

## Article XII - Spiritual Guidance

As suggested in the GLS, the region shall be guided by the principles of unity, group conscience, and the spiritual nature of our fellowship.

## Article XIII - Compliance

The Region shall comply in all its action with the following documents:

1. The Twelve Concepts of Nar-Anon Service
2. The Twelve Traditions of Nar-Anon
3. The Nar-Anon Family Groups' Guide to Local Services
4. The Nar-Anon Family Groups' Guide to World Services
5. The Southern California Regional Guidelines document
6. A current edition of parliamentary procedures (*Robert's Rules of Order*)
7. Past adopted region motions

## Article XIV - Amendment of Guidelines

In order to amend these guidelines, a written motion must be submitted to the Assembly, specifying Article No., Section No., and intent. After this motion has been seconded, it will further be reviewed by an ad hoc Committee. The results of this review and the exact wording of the amendment(s) will be voted on at the next regular Assembly.

## Article XV - Special Rules of Order

New business resulting from a member's report or recommendation is to be taken up in new business.

# SCR Guidelines

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October 20, 2014

## Article XVI - Acronyms

- AGSR Alternate Group Service Representative
- ARD Alternate Regional Delegate
- ASC Area Service Committee
- ASR Area Service Representative
- CAL Conference Approved Literature
- GSR Group Service Representative
- HI Outreach - Hospitals and Institutions
- NA Narcotics Anonymous
- NFG Nar-Anon Family Groups
- PI Outreach - Public Information
- RD Regional Delegate
- RSA Regional Service Assembly
- RSC Regional Service Committee
- WSC World Service Conference
- WSO World Service Office

DRAFT