

## 6 Officers in Attendance

Chair Person:	Scott N.	X	Secretary:	Laura T.	X
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	X	*Porterville, Monday	X
*Atascadero, Friday	X	*Salinas, Thursday	X
*Carmel, Wednesday		*Santa Barbara, Friday	X
*Gilroy, Thursday	X	*Scotts Valley, Friday	X
*Monterey, Tuesday	X	*Seaside, Monday	X
*Monterey, Saturday	X	*Simi Valley, Saturday	X

*\* Indicates a registered group*

## Quorum Summary

Total Meetings	Registered Meetings	Current Quorum
12	12	7

## Agenda Summary

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## 1. Introductions and Roll Call

- A) Announce number of voting members - Chair
  - i) 11 groups present out of a possible 12 groups.
  - ii) Quorum (51%) = 7 of 12 registered groups.
- B) Read Traditions and Concepts of Service

## 2. Adoption of Minutes of Previous Assembly

- A) Motion to approve minutes for the Assembly of October 26, 2014 as submitted  
Arnie first, Ruth second, carried unanimously

## 3. Motions from Last Meeting

- A) Reading of the motions from the October 26, 2014 Assembly - Vice Chair  
Scott read the motions that were approved at previous Assembly

## 4. Comments and Reports

- A) Chair report on the RSA since the previous assembly - Scott N.  
This is a learning process for all & we are all learning from each other. Cathy from WSO reported that the next World Service Conference is scheduled in Torrance CA April 28-May 2, 2016
- B) Delegate and Alternate Delegate - Chantal M. and Sandi S.  
Chantal reported that there has not been much activity since October, we have 3 new GSR's present and she is looking forward to visiting meetings
- C) Secretary - Laura T.  
Thanks to everyone who assisted with minutes from October, Take Back to Meetings documents will be posted on Yahoo Groups, please share with your meeting
- D) Treasurer – Tony M.  
See attached

### E) Group Reports – GSRs See Attached GR Reports

Santa Barbara-Joselyn reported that the meeting was short on funds for Prudent Reserve, members stepped up to meet financial need of meeting

Atascadero Friday-Ethel is new and happy to be of service

Atascadero Tuesday-Michael reported that group is struggling but is hoping to have a visit from delegate to help

Carmel-Chantal reported new meeting doing well and new people stepping up for service, currently do not have a GR so not represented at Assembly

Monterey Saturday-Tony reported it is a strong, flourishing meeting

Monterey Tuesday-Arnie reported meeting has grown, especially lately

Porterville-Georgia reported meeting started in November, now 8-10 people

Simi Valley-Vicki reported 10-25 people, meeting had been unstructured until recently & Vicki is relatively new to GSR position. There are attempts to create structure and make meeting healthier

Scotts Valley-Terri reported 9-10 core members, meeting is 5 years old, Adrienne reported Nar-Anon has been invited to speak at The Camp Recovery Center

Gilroy-Pat reported the meeting is 9 years old and has grown to a core group of 12 people

Seaside-Cyndy reported 4-5 regular attendees at the oldest meeting in Monterey

Salinas-Ruth reported 4 years old meeting with 3 core people with lots of newcomers

### F) Area Reports – ASRs

Monterey Area-Sandi reported Monterey Area is doing well with 6 meetings with strong service and program

### G) Delegate and Alternate Delegate - Chantal M. and Sandi S.

## 5. Communications Corner

### A) Website Report – Scott N.

See attached

### B) Directories - Chantal M.

The directory has been created by Chantal, directory may be a service opportunity at some later point, discussion about Yahoo Groups as a discussion forum

## 6. Literature

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

Chantal reported the committee will be picking up again in Feb after the holidays, she encouraged members to submit items to be included in Nar-Anon literature

## 7. Outreach

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

Part of GLS says region has outreach committee, at this point CCR does not have one. Scott asked if anyone would be interested. Kathy said she knows a person in FL who has chaired Outreach Committee and would be interested in being a service sponsor to assist if any member would like to serve on CCR Outreach Committee

#### i) Hospitals and Institutions

#### ii) Public Outreach

##### a) Bakersfield Convention Report

This year's convention will be held on February 21. Scott reported the idea to have an all California convention with long range goal to have Western US convention.

BREAK: Motion to take 10 minute break, Tony first, Arnie second, carried unanimously

8:40 return, did roll call, all meeting represented except Carmel & Monterey Tuesday. 10 of 12 meetings represent, we do have a quorum at 83%

## 8. Events

- A) Monterey Convention January 2015 "Journey to Serenity" – Chantal  
Chantal reported that NA offered us a table on the NA side, and has Nar-Anon signage included with their information. We appreciate the relationship we have with NA working in unity.

## 9. Old Business

- A) Report from the Budget Subcommittee - Tony
- i) Motion to adopt the 2015 budget as returned by the subcommittee (see attachment)  
Tony reported committee met to create budget with GLS as footprint, make note of change, area contributions should be \$300 (not \$100), 7<sup>th</sup> tradition estimates were explained as a suggestion not an expectation  
Tony motion to accept as submitted, Georgia 2<sup>nd</sup>, carried unanimously
- B) Report from the CCR Guidelines Subcommittee – Michael  
Michael reported committee consisting of Tony, Chantal, Sandi, Scott N. and Michael has worked on this diligently and will be addressed in motions below. See attached report

## 10. New Business

- A) Motion to accept Sandi S. as the Alternate Delegate for the Region in consideration that she holds the Monterey Area Chair service position through the end of the 2015 calendar year.
- i) Rationale: Tradition Nine calls us to be flexible and spontaneous, never to be too organized. Though the Traditions were not designed for the service structure, I feel spiritual principles can be applied in any situation. In this situation, the GLS is calling for an absolute: Area servants shall not hold office (including Delegate and Alternate Delegate) at the Regional level. In our new fledgling region, we are in need of wonderful trusted servants to be of service. Absolutes and inflexibility may not be in the best interest of the member, the region or the fellowship.

Tony motions, Ruth second, 9 accept, 1 abstention, motion carried

- B) Motion for the Region to adopt a help line telephone number and create a regional service position to attend to the line - Sandi S.
- i) Information: Monterey Area has an 800 help line service. The company we use is called Pat Live, and the charge is \$14.95 per month.  
Sandi motion, Michael second, 1 accept, 10 opposed, motion does not carry
- C) Motion to add to the Vice Chair commitment the duty of maintaining a "motions log" in the form of an Excel Workbook (XLSX) to contain a listing of all regional assembly motions, their firsts, seconds, amendments and outcomes.
- i) Rationale: the Regional needs a single searchable historical archive to allow Regional members to easily lookup and find the motions and outcomes at each assembly.
  - ii) Example attached  
Tony motion, Pat 2<sup>nd</sup>, discussion to number the motions and who is responsible for creating document, motion carried unanimously as submitted
- D) Motion to adopt the following annual schedule of CCR meetings.
- i) A Regional Service Assembly (RSA) will be held in January to coincide with the Monterey Area convention. If the convention is not held in a year, then the RSA will be held at a venue, date and time of the assembly's choosing. The purpose of this assembly is for all Group Service Representatives (GSRs) to meet in-person. All groups are strongly encouraged to send GSRs to this assembly as it will not be available by means of internet or conference call.
  - ii) A Regional Service Committee (RSC) meeting will be held on the second weekend of April. The meeting may be held in person, by means of internet, conference call, or a combination as the RSC determines.
  - iii) An RSA will be held on the second weekend of July. The meeting may be held in person, by means of internet, conference call, or a combination as the RSA determines.
  - iv) A RSC meeting will be held on the second weekend of October. The meeting may be held in person, by means of internet, conference call, or a combination as the RSC determines.

In order to have a vote in an RSA, a group must register their GSR (and Alternate GSR if they have one). For a group to register the GSR and / or Alternate GSR must complete the "Group/Alternate Group Service Representative Registration Form" from the Guide to Local Services (GLS) section 13-5 and submit the completed form to the RSC or RSA at the first RSC or RSA they attend each year. Groups must register each calendar year. The count of registered meetings is the number used to determine the quorum at RSAs.

Tony motioned, Terri second,

Motion amended:

- i) A will be amended to have Central California Region Assembly held in January/February.

"A Regional Service Assembly (RSA) will be held in **January/February** to coincide with the Monterey Area convention. If the convention is not held in a year, then the RSA will be held at a venue, date and time of the assembly's choosing. The purpose of this assembly is for all Group Service Representatives (GSRs) to meet in-person. All groups are strongly encouraged to send GSRs to this assembly as it will not be available by means of internet or conference call."

- iii) C will read July/August

"An RSA will be held ~~on the second weekend of July~~ in **July/August**. The meeting may be held in person, by means of internet, conference call, or a combination as the RSA determines."

Tony made motion to accept the amended motion, Ruth seconded, 9 in favor, 1 abstention

Back to original motion on the floor with amendment, motion in favor 8, opposed 2, motion carried

B) Motion to create a standing regional Technology Services Subcommittee

This subcommittee provides technology infrastructure to the region, areas, groups and members. It oversees and maintains the region's Internet website; email / contacts list; directories; meeting workbook; online calendar; website analytics; phone line; computer support; conference calls; public address systems; recording; and supports the region with new and emerging technologies.

Michael motion, Georgia seconded, motion carried unanimously

C) Motion to create a standing regional Non-Area Group Subcommittee

The purpose of this committee is to provide the groups that are not members of an Area Service Committee with a vote on the RSC. The committee chairperson is to communicate with committee members that are the GSR's of those groups; informing them of decisions and actions proposed by the RSC and informing the RSC of the committee member's opinions. The chairperson shall vote as representative of those opinions.

Michael made motion, Terri second, carried unanimously

D) Discussion with the outcome of deciding the day, time and place (or medium) of the April, 2015 assembly.

Motion to have next Assembly August 8, 1 pm by video conference & in person in Santa Barbara

Vicki motion, Tony seconded, carried unanimously

## 11. Next Assembly

A) Sometime at some place in Central California.

Respectfully Submitted,

Laura T.  
Central California Region Secretary



# Supporting Documents

# CCR Motions from the Previous Assembly

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Assembly of October 26, 2014

*January 19, 2015*

# Nar-Anon Central California Region Motions Archive

Assembly Date	Motion	First	Second	Outcome
10/26/2014	Motion to approve all prior CCRFC meeting minutes and associated documents	Arnie	Steve	Unanimous
10/26/2014	Motion to create budget sub-committee to create a draft budget	Arnie	Terri	Unanimous
10/26/2014	Motion to use Robert's Rules of Order at CCR Assemblies, Meetings and Sub-Committee Meetings	Tony	Arnie	Unanimous
10/26/2014	Motion to adopt the GLS and GWS as guiding documents for CCR	Lynn	Tone	Unanimous
10/26/2014	Motion to create an Ad Hoc Committee to draft a Guide to Regional Services and report back at our next Assembly: Tony, Chantal, Sandi, Michael, and Scott N.	Tony	Ruth	Unanimous
10/26/2014	Motion to hold quarterly regional assemblies per year, assemblies may be held in different locations within the region with a minimum of one assembly per year where all participants are physically present	Tony	Lynn	Unanimous
10/26/2014	Motion to put Consent Calendar motions F, K & L	Scott C.	Pat	Unanimous
10/26/2014	Motion to schedule a Narathon and fundraiser for the Region for September 2015			Consent Calendar
10/26/2014	Motion to create a sub-committee to create a draft budget for the Region and return a proposal to the next Assembly: Scott N. Cyndy, Arnie, Jocelyn, Scott C. and Tony will chair	Arnie	Terri	Unanimous
10/26/2014	Motion to create a subcommittee to effect CCR participation in an "All-California" Nar-Anon convention in cooperation with the Central California Region of Narcotic Anonymous (February 20, 21, and 22) in Bakersfield: Chantal, Scott C. & Scott N.	Chantal	Pat	Unanimous
10/26/2014	Motion to initiate the Regional Delegate Fund with the goal of sending the Central California Regional Delegate and Alternate Delegate to attend the World Service Conference 2016	Pat	Steve	Unanimous
10/26/2014	Motion to make a donation to the World Service Office to be determined at the Assembly			Tabled
10/26/2014	Motion to hold the next assembly on Friday, January 23, 2015 at 6:00 PM at the Monterey Convention. Details to be forthcoming			Consent Calendar

# Nar-Anon Central California Region Motions Archive

Assembly Date	Motion	First	Second	Outcome
10/26/2014	Motion for the Secretary to create a "Take Back to Meeting" summary, based on the conscience of the Assembly, of the minutes for the purpose of sending to them to GSRs to help them with regional meeting announcements. The "Take Back to Meeting" should be produced as quickly as possible after the assembly and posted on the Nar-Anon Central California Region Yahoo Groups site ( <a href="https://groups.yahoo.com/neo/groups/NarAnonCentralCA">https://groups.yahoo.com/neo/groups/NarAnonCentralCA</a> ) and on the Nar-Anon Central California Region website ( <a href="http://www.naranoncentralca.org/">http://www.naranoncentralca.org/</a> ).			Consent Calendar

# Group Reports

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January 18, 2015

- 1) Atascadero  
Tuesdays, 6:00 PM
- 2) Atascadero - *Candle Light Meeting*  
Fridays, Noon
- 3) Carmel - *Serenity by-the-Sea Meeting*  
Wednesdays, Noon
- 4) Gilroy - *Guide to Serenity Meeting*  
Thursdays, 7:30 PM
- 5) Monterey - *In the Solution Meeting*  
Tuesdays, 6:30 PM
- 6) Monterey - *Circle of Hope Meeting*  
Saturdays, 9:00 AM
- 7) Porterville - *Breaking Our Chains*  
Mondays, 7:00 PM
- 8) Salinas - *Sweet Serenity Meeting*  
Thursdays, 6:30 PM
- 9) Santa Barbara - *I Can Be Free Meeting*  
Fridays, 6:00 PM
- 10) Scotts Valley - *Sharing Experience, Strength, and Hope*  
Fridays, 6:30 PM to 7:45 PM
- 11) Seaside - *Monday Nite Miracles Meeting*  
Mondays, 6:30 PM
- 12) Simi Valley - *Saturday Night Serenity Group*  
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  
1/17/15 Group Report

*Meeting History:* The Candle Light Group's first meeting was 12-4-12.  
Appropriately - Twelve Traditions for Twelve Principals.

*Attendance:* Since the October 2014 Group Report; Candle Light Group regularly has between 4 to 8 attendees with a few meetings having near 12. Core group membership has appeared to drop from approximately 10 to 8 regular Group attendees.

*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 Group has not recently made any donations to 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. The Treasurer has not been able to attend some recent meetings, so an accounting of funds is unavailable. The reimbursement funding of it's new GSR's travel expenses to the January CCR Assembly is a new agenda item that will be addressed at the Groups's Business Meeting scheduled for 1/20/15.

*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.

*Group Concerns:* The Candle Light Group is concerned about group member's individual recovery while maintaining existing and expanding new membership within a healthy group that is consistent with Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts of Service. The Candle Light Group is a young group that is actively pursuing this goal through outreach efforts and in the growth of member's awareness and understanding of these Nar-Anon Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

Submitted in gratitude,

Michael F.  
Group Service Representative

January 12, 2015

Group Code: 13175

Carmel is the newest of Monterey Area's groups started in March 2014. There is no GSR at the time of this writing.

There are usually five people in attendance, but not the same five members. This fluid attendance is most likely due to midweek lunch hour schedule. On Christmas Eve there were sixteen! We also were open on New Years Eve. We've had 3 sets of out-of-town visitors.

Serenity by-the-Sea meeting is completely self-supporting.

- Prudent Reserve: \$40
- GSR Fund: \$10
- WSO Appeal: \$23 donated
- Convention Gift Card Raffle: \$25 donated
- 7<sup>th</sup> Tradition donated to Monterey Area: \$80 in December (1<sup>st</sup> donation)
- Literature has been purchased.

This meeting is intimate and comfortable in a downtown Carmel cottage. This location comes with parking in the church lot! Often members go for coffee for a meeting after the meeting.

Thank you for the opportunity to serve Nar-Anon Family Groups.  
Submitted by group conscience.

## Guide to Serenity

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

**Group Code: 13109**

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**Opened:** June 2006

**Attendance:** The attendance this past month was down due to illness and the holidays. Last week the attendance was back up to 10 and I expect that will increase in the coming weeks.

**Newcomers:** We have not had any newcomers for awhile.

**Donations:** We make regular donations to WSO when we order literature and the funds are available.

**Treasury:** Our current balance is \$232.85

**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- 1/15/2015



**Tuesday Night “In the Solution”  
Group #13128  
Tuesdays 6:30-7:30 p.m.  
St James Episcopal Church  
Franklin & High Street  
Monterey, CA**

The Tuesday night “In the Solution” group started in September 2011 originally as a step study group. After about a year, the format was changed to a “regular” meeting, with a different reading each week (a step, the SESH book, a slogan, or CAL). Until recently, attendance varied between 3 and 9, but in the past few months it has increased substantially to 12-16 attendees. As of these are “regular” members, the group is exhibiting significant growth lately. There was rotation of service in January (terms are 3 months), with Pam as the secretary and Bre as treasurer. The group’s treasury is (as of 1/13/15):

Balance	\$213.87	(excluding prudent reserve and group rep)
Prudent Reserve	\$75.00	(3 months rent)
Group Rep	\$70.00	

Base on past group consciences, we will probably be making donations to the Monterey Area (50%), Central California Region (25%), and World Service Office (25%) following the February business meeting.

Submitted by Arnie B, Group Service Representative



## Saturday Circle of Hope Monterey Area Report 1/16/15

- 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.
- Laura T is the Alt. GSR
- Lynn B is our Secretary.
- Mary Lynn, is our Treasurer and our balance is \$245.00
- Group conscience for monthly donation will continue stay at \$35.00 for 2015.
- Our group supports the Serenity Connection Convention - we collected donations for gift cards and have signed up for volunteer positions
- 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 REPORT**  
Monthly Business Meeting – 1/3/2015

**\$245.00 – JAN Beginning Balance**

\$370.75 – December Balance Forward  
+204.25 – 7<sup>th</sup> Tradition & Literature Sales  
+ 76.30 – 2015 Convention Gift Certificates Fund  
***\$651.30 – Subtotal***  
- 76.30 – 2015 Convention Gift Certificates Fund  
- 35.00 – December Rent (paid on 12/10/14)  
- 147.50 – Disbursement to Monterey Area  
- 73.75 – Disbursement to Central CA Region  
- 73.75 – Disbursement to World Service Office  
***\$245.00 – Balance forward***  
    \$ 45.00 – 7<sup>th</sup> Tradition & Literature  
    \$100.00 – Prudent Reserve  
    \$100.00 – GSR Travel Fund

## **BREAKING OUR CHAINS**

**186 W. Walnut St., rmA**

**Porterville, Ca. 93257**

**Meets every Monday evening 7:00-8:30. This is a fairly new meeting which began 11-03-2014. We are still establishing the attendance and the average 7<sup>th</sup> tradition. The average attendance so far is 8-10 members with the typical basket collection being \$8-10 weekly also.**

**We have been contributing the entire collection to the 12 step club we rent from. They ask for \$60.00 a month from the other meetings held there, although they are in much larger rooms. I am approaching the board this week for a reduced and set amount of rent, so we can buy literature and eventually donate!**

**So far, there is a huge appreciation for this meeting and I suspect it will grow even more. There is a great need here...**

**Submitted by Georgia J. GSR for now 😊**

# Thursday Night Sweet Serenity, Salinas

Secretary: Liz A.

Treasurer: Ruth K.

GSR: Ruth K.

Our group ranges from 3-9 people, with 5 long-term members. Occasionally we have Newcomers, most of whom found our meeting through the Nar-Anon website.

Format: We use the SESH book, citing the reading for that day. Our group has just begun a Step Study on the 3rd Thursday of every month after the regular meeting. For the Step Study, we use the yellow book The Nar-Anon 12 Step Program.

Rotation of Service: We have not had a rotation of service for some time, but will be doing so in February.

Finances: The Treasurer also serves as the Literature Person and orders SESH books, Newcomer's packets, and other literature directly from the website. As of Jan. 1, we had \$71.71 available, \$50 held aside as Prudent Reserve, and \$50 for the Group Rep Fund. Recently, donations to Monterey Area and Central California Region were made for \$25 to each. \$40 was raised for the WSO through the Quarterly Appeal. Another \$40 was raised to purchase gift cards to be raffled off at the upcoming Convention in Monterey. Our rent to First Methodist Church is \$30 per month.

Gratefully in service,

Ruth K., GSR

# I Can Be Free Nar-Anon Family Group

6:00-7:00 PM Friday

*Trinity Evangelical Lutheran Church 909N. 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 is currently seeing an increase of newcomers. The average attendance is currently 30 members.

**Donations:** Our group makes donations to both the S. Calif. Region and to WSO on a quarterly basis. We send 30% of our surplus to WSO and 70% of the surplus to the Central California Region.

**Treasurer:** The treasurer created an Excel spreadsheet for reporting purposes. Reports are made at monthly business meetings and occasionally at the meeting during announcements. We pay rent on a quarterly basis, and 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.

In December, it appeared the group would not have enough money for the prudent reserve let alone make any contributions. After the treasurer informed the group, members anonymously made generous donations, and the meeting is now in a good financial position.

**Literature:** After the increase in newcomers, it has been challenging to keep up with the literature orders. At the last business meeting, the group conscience agreed to sell books at the true cost which covers tax and the shipping and handling. We estimated that newcomers' packets are currently costing \$4 per person.

Alternate Group Service Representative: The current treasurer's service commitment will end in May at which time she will take the alternate group service commitment.

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.

For months with five Fridays, the 5th Friday is a speaker meeting.

## *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:** 7 people average (about 16 regular members). Attendance has been down since the holidays. The average is about 7 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.

### **Newcomers**

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

### **Donations**

Scotts Valley makes regular donations. Since the last regional meeting, Scotts Valley has made a \$50 donation to the WSO; and a \$40 donation to the Central California Region. A special collection was made to purchase a \$50 gift card to be donated to the Monterey Convention for the raffle.

### **Treasurer**

The current treasury balance is approximately \$100. 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 significant, 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.

### **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.

Submitted: January 2015 by GSR.

## **“Monday Nite Miracles” – Group #13131**

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Central California Region (CCR) / Monterey Area

Meeting Location: Seaside, CA / 6:30 pm / St. Francis Xavier Church

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**HISTORY:** Very first meeting was on 10/26/09. Just celebrated 5 yrs. of Nar-Anon being on the Monterey Peninsula with a Picnic at Toro Park in Salinas on October 25, 2014. ☺

**ATTENDANCE:** Ranges from 3 – 8 with approximately 4 – 5 regulars.

**NEWCOMERS:** Most seem to learn about this meeting through other meetings, Outreach literature and NA refers people on occasion. Some newcomers have heard of Nar-Anon from the after care groups and outreach panels done at the local recovery centers. Other referrals have come from therapists.

**MEETINGS:** On the first Monday of each month, reading of a Step from the Nar-Anon Twelve Step Program booklet that corresponds with the month. Readings from the SESH book during the other meetings. Business meetings held the first Monday of the month.

**TREASURY:** Since the last GSR report. Period covered is 10/20/14 – 1/5/15.

Balance Forward .....	<b><u>\$279.13</u></b>
<u>Collected:</u> 7 <sup>th</sup> Tradition	+115.50
WSO Appeal Letter	+ 17.00
<i>Subtotal....</i>	<i>\$411.63</i>
<u>Disbursed:</u> Rent (Aug/Sept/Oct/Nov/Dec) -	50.00
WSO Appeal Letter	- 17.00
WSO Donation	- 30.30
Region (CCR) Donation -	50.50
Area (Monterey) Donation -	121.20
Ending Balance .....	<b><u>\$142.63*</u></b>

\*Included in balance: Prudent Reserve - \$50.00  
GSR Travel Fund - \$50.00

**DONATIONS:** Done periodically, approximately 2 – 3 times a year.

**SUBMITTED BY:** Cyndy G., GSR  
Linda S., Treasurer & Alt. GSR

**DATED:** January 16, 2015



# Area Reports

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*January 19, 2015*

- 1) Monterey Area
  - a) Area Report
  - b) Area Treasurer's Report

## Monterey Area Report

1.17.15

Start date: November, 5, 2011

Second term started January 2014

### **Trusted servants:**

Chair-Sandi S.

Secretary-Ruth K.

Treasurer-Tony M. through December 13, 2014

Treasurer-Arnie B. as of December 13, 2014

Business meetings have been held second Saturday of every other month.

Next meeting is February 22, 2015

Number of attendees- 8 to 15

Agenda consists of approving previous minutes, group reports, treasurer report, old business, and new business.

At business meeting Dec 13<sup>th</sup> a group conscience was done, and group was in favor of Sandi maintaining service position as chair, along with service position of alternate delegate for region.

### **Groups:**

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

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

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

### **Upcoming Events**

Region Assembly January 23, 2015

MBCNA VI Convention-January 23-25, 2015

Submitted by: Sandi S. Monterey Area Chair



# CCR Treasurer's Report

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*January 19, 2015*

October 20, 2014 through January 16, 2015

**Central California Region, NFG**  
**Treasurer's Report**  
 October 20, 2014 through January 16, 2015

<b>October 20, 2014</b>	<b>Balance Forward</b>	<b>\$726.57</b>
November 26	Deposit Salinas Sweet Serenity	\$ 25.00
	Deposit Monterey Circle of Hope	\$ 66.00
December 1	Deposit Scotts Valley <small>Sharing Experience Strength &amp; Hope</small>	\$ 40.00
December 11	Deposit Seaside Monday Nite Miracles	\$ 50.50
December 30	Deposit Monterey Circle of Hope	\$ 73.75
January 10	Deposit Santa Barbara I Can Be Free	<u>\$ 93.80</u>
	<b>Total Deposits:</b>	<b>\$349.05</b>
November 11	Expense Materials for Oct. Assembly	\$152.72
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<b>ENDING BALANCE</b>	<b>JANUARY 16, 2015</b>	<b>\$922.90</b>

Submitted by: Tony M.



# CCR Website Report

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*January 19, 2015*

October 6, 2014 to January 17, 2015


CCR Website - October 6, 2014 to January 17, 2014

Oct 6, 2014 - Jan 17, 2015

All Sessions  
100.00%


Visits (Average of 4.5 Vists per Day)

**465**  
% of Total: 100.00% (465)




Pages / Visit

**3.46**  
Avg for View: 3.46 (0.00%)




Bounce Rate

**41.08%**  
Avg for View: 41.08% (0.00%)



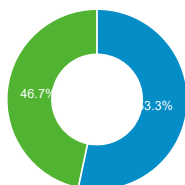
Avg. Visit Duration

**00:03:50**  
Avg for View: 00:03:50 (0.00%)



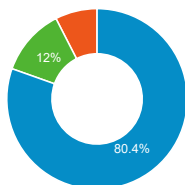
Visits by Visitor Type

■ New Visitor ■ Returning Visitor



Visits by Device Category

■ desktop ■ mobile ■ tablet



Most Popular Pages

Page	Pageviews	Unique Pageviews
/	580	360
/meetings/meeting-list/	122	102
/calendar/events/	104	74
/member-services/regional-assembly	69	56
/?logout=true	57	44
/about-nar-anon/website-links/	54	49
/member-services/regional-assembly/	51	40
/about-nar-anon/what-is-nar-anon/	42	33
/contact/contact/	37	32
/calendar/calendar/	36	28

Most Popular Landing Pages

Landing Page	Sessions
/	327
/meetings/meeting-list/	33
/about-nar-anon/website-links/	22
/member-services/regional-assembly	14
/meeting/meetings-map/	13
/?logout=true	10
/calendar/events/	9
/about-nar-anon/what-is-nar-anon/	8
/member-services/regional-assembly/	7
/home	3

Most Popular Referrers

Full Referrer	Sessions
(direct)	242
google	120
forum.topic55473400.darodar.com/	58
nar-anon.org/related-sites/	28
yahoo	5
bing	3
naranoncentralca.us9.listmanage.com/subscribe/confirm	3
web.mail.comcast.net/zimbabwa/mail	2
aol	1
comcast	1

Most Popular Keywords

Keyword	Sessions
(not set)	335
(not provided)	119
naranon central california	2
central california nar-anon	1
list groupscentral	1
montereynaranon@gmail.com	1
nar anon conventions in california 2015	1
nar anon meetings in fresno ca	1
nar anon monterey	1
nar-anon central california	1

# CCR Convention Report

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*January 19, 2015*

Journey to Serenity

Nar-Anon @ MBCNA VI

Convention 2015





## *Journey to Serenity*

Nar-Anon @ MBCNA VI  
Convention 2015

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Convention Report for Central California RSA

January 10, 2015

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Subcommittees have worked separately for the over the holidays and last several months.

Chair	Tina C.
Treasurer	Nancy U.
Registration	Carole S.
NA Liaison	Sandi S.
Secretary	open
Lunch	Tony M.
Program	Chantal M.
Merchandise	Lisa A. and Laura T.
Raffle	Cyndy
Technology:	Wes W.
Volunteers:	Wes W.

At the end of October there was a shift in leadership as a result of Chantal being elected as delegate to the Central California Region. Tina stepped up to be the chair.

### **Registration**

At the time of this writing there are 55 registrations. This is a 25% increase, at the same point in time for the previous convention. The final program has been sent to all those who have registered.

### **Recording**

A microphone was purchased record NFG sessions (through a laptop). Cds will be sold on site for \$5 each. The microphone cost \$164.00 (including tax) and belongs to Monterey Area. Our hope is that cd purchases will pay for the microphone. We hope to post the recordings of speakers on CCR website.

### **Technology**

Wes W. has stepped up to learn process of recording with the new microphone. Also, he has volunteered to record at the convention during each session.

### **Additional Items**

NA has been supportive of our participation. We are cooperating without affiliation. Central California Region will have a Regional Service Assembly on Friday evening.

Respectfully Submitted,  
Tina C.

# CCR Budget Subcommittee Report

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*January 19, 2015*

Report to the Assembly, January 23, 2015

# Nar-Anon Central California Region Budget 2015

## Income

Description	Balance	Annual	Monthly	Per Meeting
Balance as of January 8, 2015	\$ 922.90			
Narathon	\$ 500.00			
Area Contributions	\$ 100.00			
Group Contributions (12 groups in the region)	\$ 2,290.85	\$ 190.90	\$ 15.91	\$ 3.67
<b>Total Income</b>	<b>\$ 3,813.75</b>			

## Expenses

Description	Budgeted	Monthly Cost	Prudent Reserve
Assembly	\$ 100.00	\$ 8.33	\$ 25.00
Outreach	\$ 100.00	\$ 8.33	\$ 25.00
Travel expense for RSC to assembly and other required meetings	\$ 100.00	\$ 8.33	\$ 25.00
Photocopying, postage	\$ 50.00	\$ 4.17	\$ 12.50
Checking account expense	\$ 25.00	\$ 2.08	\$ 6.25
Region website expense	\$ 96.00	\$ 8.00	\$ 24.00
Region information phone line expense	\$ 180.00	\$ 15.00	\$ 45.00
State non-profit yearly filing expense (\$0.00 Online)	\$ -	\$ -	\$ -
Delegate and alternate delegate expense	\$ 1,800.00	\$ 150.00	\$ 450.00
Convention	\$ 200.00	\$ 16.67	\$ 50.00
Events	\$ 100.00	\$ 8.33	\$ 25.00
New Meeting Start Up	\$ 300.00	\$ 25.00	\$ 75.00
Prudent Reserve (3 months operating costs)	\$ 762.75		
<b>Total Expenses</b>	<b>\$ 3,813.75</b>	<b>\$ 254.25</b>	<b>\$ 762.75</b>