

Central California Nar-Anon Take Back to Meetings for January 2017

December 7, 2016

Group Service Representatives (GSRs) please bring this announcement to your meeting. Read for several weeks. Some items may better be addressed during monthly business meetings.

Summary of Announcements

Save the dates:

2/15/2017 – **Narathon Committee Meeting via Skype.** We will have our second Skype meeting for the Narathon Committee on February 15th a Wednesday from 6 till 7 pm. I will host again “ScottfromLompoc”. All members are welcome!

2/18/2017 – **Nar-Anon Bakersfield Convention.** Central California is responsible for steps 8 & 9 for one hour and another One hour speaker/discussion on steps 10 and 11. At the end of the day, there will be a business meeting. *Please print and distribute the attached event flyer.*

3/11/2017 – **Central California Narathon.** The Santa Barbara groups have voted to run the Narathon again. It will be held at the Trinity Lutheran Church, in the Fellowship Hall. Fellowship will be at 9:30 and the Narathon will run from 10 am until 4 pm. There is a \$5 suggested donation. Fundraising will include a silent auction, a drawing, 50/50. In addition, items for sale are being added to fundraising. Carpooling is suggested. *Please print and distribute the attached event flyer.*

7/22/2017 – **Assembly.** The next assembly will be held on Saturday, July 22nd, in Hollister (venue to be determined), tentatively from 9 am to 11 am. There will be a workshop on recovery after the assembly, tentatively, from 11 am to 4 pm (again, venue to be determined)

The Literature and Outreach Committees are looking for members. You can also get on these skype meetings to contribute ideas without joining the committees. Literature Committee is still working on MESH. Meetings are the last Wednesday of the month at 7:15.

The Outreach Committee has gotten smaller. They continue to meet and the next meeting will be on the third Wednesday of February at 8 pm. The chair is Brenda L. and, if you are interested in participating, add her skype address to your contacts (brenda.lane888). Mention Nar-Anon in your message so she knows the nature of your request.

Examples of some of the current outreach that they are doing:

- Business cards with the WSO website address to find meetings
- Having members contact 211 in their counties to add Nar-Anon as a resource
- Craigslist ads
- Emails to therapists

The World Service Literature Committee is now meeting to create a piece on Tradition Two. They are looking for ideas on text and for personal shares. Guidelines are available if you are interested.

The next RSC meeting will be held on Wednesday, March 1, 2017 on Skype from 6:00 PM to 7:00 PM. All members are welcome. If you would like to attend, please let Scott N. know at Chair@NarAnonCentralCA.org.



“Awakening the Joy from Within”

Santa Barbara Narathon

March 11, 2017

Trinity Lutheran Church – Fellowship Hall

909 N La Cumbre Road, Santa Barbara

Fellowship - 9:30a.m.

Narathon - 10a.m. to 4p.m.

Donation at door - \$5 Suggested

Fundraising – Silent Auction, 50/50 Drawing, Items for Sale

Statement of Purpose: The Narathon raises funds for the Central California Region in support of Central California Nar-Anon Family Groups. The Narathon Day of Fellowship provides experience, strength, and hope from speakers and panel discussions. Please Come!

10 am “Just for Today; From Misery to Joy” Group Discussion; SESH page 108

11 am “Step Four – Searching and Fearless Inventory” Speaker

12 pm Pot Luck Lunch and Fundraising

1 pm “Twelve Steps and Twelve Traditions” Speakers

2 pm “Courage to Recover” Group Discussion; SESH page 96

3 pm “Sponsorship” Panel Discussion

4 pm Closing

Stepping into Hope

Saturday February 18, 2017



Help for friends and families affected by someone else's addiction

Open meetings
Saturday from 9 AM until 5 PM

Information table

Friday Feb 17 from noon to 7 PM
 Saturday Feb 18 from 9 AM to 7 PM

* We need Nar-Anon members to help with the information table.

Saturday Meetings from 9 AM until 5 PM		
Start	Meeting Theme	Meeting Leaders
9 a.m.	Steps 1, 2 and 3	Vicki and ? - Simi Valley
10 a.m.	Step 4	- Santa Clarita
11 a.m.	Nar-Anon before the steps	Ed W. - Torrance
12 Noon	Spanish Language	Lisa B. - Fresno
1 p.m.	Steps 5, 6 and 7	Wendy - Oakland and Paula - Martinez
2 p.m.	Steps 8 and 9	JT - Hollister
3 p.m.	Steps 10 and 11	Scott N. and Scott C. - Santa Barbara
4 p.m.	Step 12	Ed H. - Oakland Ed W. - Torrance Scott N. - Santa Barbara
5:30 p.m.	Dinner break - all invited - location to be determined	
7:00 p.m.	Business meeting for the 3 California regions	

Meetings will be recorded and CDs will be available for purchase.

Meetings will be held in the **Hammons Room**, down the hallway southeast from the hotel front desk at the **Bakersfield Marriott, 801 Truxtun Ave, Bakersfield, CA 93301**. For directions to the hotel call 661-323-1900.

Nar-Anon - Is a world-wide 12-step program to help friends and families affected by someone else's addiction. This convention is presented by the Nar-Anon Northern, Central and Southern California Regions in cooperation with the Central California Regional Convention of Narcotics Anonymous (CCRCNA XXV). More information about CCRCNA XXV is available at <http://www.ccceinc.org/>

More information about Nar-Anon can be found on the Nar-Anon World Service Organization web site at www.nar-anon.org/

World Service Literature Committee Appeal

February 5, 2017

The World Service Literature Committee is working on the Twelve Traditions, which were the first item on the 2016 Recovery Literature Priority List. At this time, we need support from the fellowship in the form of writings on Tradition Two, both text and personal shares.

Tradition Two: For our group purposes there is but one authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants- they do not govern.

- 1) What does group conscience mean to you?
- 2) Why is it important that our leaders serve with humility?
- 3) How does the group benefit when members seek direction from their Higher Power when making a group conscience decision?

For additional ideas, refer to the literature writing guidelines at:

<http://www.nar-anon.org/s/S-315-14-11-26-Literature-Writing-Guidelines.pdf>

We need your experience, strength, and hope on this tradition. Please share this request with others. Writings can be sent to LitCom@nar-anon.org. Please include a signed [Copyright Release form](#) when submitting writings. We hope to hear from you soon.

Together We Can

World Service Literature Committee

LitCom@nar-anon.org

Why Hold a Fundraiser?

February 5, 2017

To date, the Nar-Anon Family Groups Central California Region has held a Narathon fundraiser for the region once a year. The primary purpose of the Narathon is to provide a regional event where members gather to share their experience, strength, and hope with other Nar-Anon members. The secondary goal is a fundraiser for the region. To understand why the region holds a fundraiser, let's look at the group's relation to the service structure.

The primary responsibility of a Nar-Anon group is to conduct recovery meetings to welcome and give comfort to families of addicts. The groups in the Central California Region have joined together in creating a service structure that ensures services, such as outreach, workshops and conventions, literature development, supporting the World Service Office and World Service Conference, are fulfilled effectively without distracting the groups from their primary purpose.

The groups themselves have the final responsibility for, and authority over, the service structure they have created. Groups fulfill their responsibility by providing the service structure with their conscience and ideas, people, and money it needs to be of service. Groups coming together in unity to support the service structure in an event, such as a Narathon, is a healthy way to participate in service and to further our primary purpose, to help families of addicts.

For those who would like to know how Nar-Anon funds are being spent, I have attached a copy of the 2017 Budget, as adopted by conscience of the groups in the Central California Region. This document is also posted on the Central California Region website, <http://www.NarAnonCentralCA.org/>, on the Minutes Archive page.

I am open to your comments and suggestions.

In gratitude,



Scott N.
Central California Region Chair

Nar-Anon Central California Region Adopted 2017 Budget

Income

Description	Balance
Balance carried from December 31, 2016	\$ 5,894.87
Narathon Annual Regional Convention and Fundraiser	\$ 700.00
Area Contributions	\$ -
Group Donations	\$ 3,000.00
Total Income	\$ 9,594.87

Expenses

Description	Budgeted	Monthly Cost	Prudent Reserve
Assembly	\$ 125.00	\$ 10.42	\$ 31.25
Outreach	\$ 500.00	\$ 41.67	\$ -
Travel expense for RSC to assembly and other required meetings	\$ 800.00	\$ 66.67	\$ 200.00
Postal Services	\$ 70.00	\$ 5.83	\$ 17.50
Checking account expense	\$ 35.00	\$ 2.92	\$ 8.75
Region website expense	\$ 200.00	\$ 16.67	\$ 50.00
State non-profit yearly filing expense (\$0.00 Online)	\$ -	\$ -	\$ -
Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00	\$ 104.17	\$ -
Alternate Delegate WSC expense (equalized expense and incidentals)	\$ 2,500.00	\$ 104.17	\$ -
Delegate/Alternate Delegate travel expense to groups	\$ 500.00	\$ 41.67	\$ -
Conventions	\$ 500.00	\$ 41.67	\$ -
Events	\$ 300.00	\$ 25.00	\$ -
New Meeting Start Up	\$ 300.00	\$ 25.00	\$ 75.00
Donation to WSO	\$ 100.00	\$ 8.33	\$ -
Contingency Fund	\$ 300.00	\$ 25.00	\$ 75.00
Prudent Reserve (3 months operating costs)	\$ 515.00	\$ 42.92	\$ -
Carry-over to 2018 budget	\$ 349.87	\$ 29.16	\$ -
Total Budgeted Expenses	\$ 9,594.87	\$ 562.08	\$ 457.50
	Balance	\$0.00	

Notes

1. This reflects the changes that were approved by the CCR Assembly January 21, 2017
2. Postal services were increased to \$70 to reflect actual cost of PO box
3. Alternate delegate expends was increased from \$0 to \$2500
4. Projected carry-over adjusted accordingly