

SoCal REGIONAL ASSEMBLY MINUTES

Saturday October 10, 2020

To participate remotely, call in just before 10:00 a.m.

The Regional Assembly is open to all members of Nar-Anon

****9:45 a.m. Please login to Zoom before meeting begins**
10:00 a.m. Formal business meeting begins

To Join the Meeting

SoCal Region is inviting you to a scheduled Zoom meeting.

Topic: SoCal Nar-Anon Assembly

Time: Oct 10, 2020 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/5606110072?pwd=Y1htWncrLzFPUXBBWVM1QU1YaW1Edz09>

Meeting ID: 560 611 0072

Passcode: 374596812

One tap mobile

+16699006833,,5606110072#,,,,,0#,,374596812# US

Dial:

+1 669 900 6833 US (San Jose)

Meeting ID: 560 611 0072

Passcode: 374596812

The **Regional Assembly Sign-In Form** is attached in this package. Please tear it off, fill it out, and give it to our regional secretary.

If you are a GSR, Alternate GSR, or Substitute GSR, and this is the first Regional Assembly you have attended this calendar year (2020) in that service position, then please also tear off the **GSR Registration Form** fill it out, and give it to our regional secretary.

Southern California Region – Nar-Anon

Email SoCalRegion@Nar-Anon.org

English www.naranonsocal.org/

Español www.naranonespanol.org/

Service sites.google.com/nar-anon.org/socalregion-rsc/

World www.nar-anon.org/

The Nar-anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program – we offer our help by sharing our experience, strength, and hope.

Higher Power, guide me on my journey to peace and serenity.
Help me let go of self-will and turn my life over to your care.

. If you have suggestions or comments, please send an email to SoCalRegion@nar-anon.org.

1. Opening

Open with the Serenity Prayer

- Announce that this business meeting is being recorded
- People connected remotely - please keep your phone on mute until you speak
- Everyone - please silence your cell phones during the meeting
- Ensure there is a secretary for this meeting
- Read Concepts of Service - Terry!

Visitors-

Mike Temecula

Gardner-Brea

Patricia - Hesperia

Roxanne

Ken

Esther

Trudi

Jane

Regional Service Committee

Positions that currently vote in RSC Meetings (voting members =8 quorum = 5)

Roll Call		Voting members present
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	SCR Voting Members	Present	Visitors	
Esther	Regional Chair	x		
open	Vice-Chair			
Trudi	Secretary	x		
Jane	Treasurer	x		
	Sub-Committee Chairs			
Interim-Trudi	Finance			
	*Guidelines			
	*Literature			
Ken	Narateen	x		
Dottie	Narathon			
	Outreach			
Gerber	Website			
	Area Service Reps			
Roxanne	Inland Empire	x		
Andrea	San Diego			
Angie	Delegate			
Ken	Alternate Delegate	x		
8	Registered voting members	Quorum =5		

- Are there any members here today attending for the first time in 2020?
- Please announce your name, your position, and your group.

During Roll Call please announce your first name, position representing your group, or visitor.

Each Group has only (1) vote - by GSR, Alternate GSR or Substitute.

		Southern California Region		2020		
		40 groups total (15 GSRs registered in 2020 *)			Quorum = <u>8</u> (registered + 1)=	
		Los Angeles (10 groups, GSRs in 2020)			San Diego Area (4 groups, GSR in 2020)	
		Beverly Hills			Carlsbad - Sunday	
*	Peter-Alt	*Chatsworth - Wednesday			Escondido - Thursday	
		Culver City - Wednesday			SD/La Mesa - Tuesday	
		* Lakewood - Friday			*Linda vista / San Diego	
*	Yukiko	* Long Beach - Monday				
		North Hollywood - Monday				
*	Terryl	*San Gabriel - Thursday			North/Northwest (5 groups, GSRs in 2020)	
*	Maureen	* Torrance - Saturday				
		Torrance - Thursday			Bakersfield - Friday	
		Whittier - Monday				
					Lancaster - Wednesday	
		Farsi (1 group, 0 GSRs in 2020)		Eliz	• Santa Clarita - Tuesday	
		Encino - Monday (Farsi)				
				Jack	Thousand Oaks - Thursday	
		Orange County (6 groups, GSRs)				
*	Gardner	* Brea/Fullerton - Wednesday				
		Dana Point - Tuesday			Spanish Meetings (8 groups, GSRs in 2020)	
*	Gerber	*Fountain Valley - Thursday			Buena Park - Tuesday	
*	Dottie	* Mission Viejo - Sunday		Leticia	*Paramount - Monday	
		Orange - Monday			* Pico Rivera - M, T, W, Th, F	
		San Juan Capistrano-Saturday			San Diego – Wednesday	
					Santa Ana E17 - M, T, Th	
		Inland Empire Area (9 groups, GSRs)			Santa Ana W17 - M, W, Th	
		Barstow - Sunday				
*		*Claremont-Monday				
*		*Hesperia - Thursday				
		Highland - Tuesday			Group changes since prior Assembly:	
*		*Moreno Valley - Tuesday				
	Amy	Ontario - Thursday			Thousand Oaks Sp – Thurs - Closed	
		Palm Desert				
		San Bernardino-Weds				
		Temecula - Monday				

	2020
2	Groups represented for the first time this year in this Assembly
15	Groups represented in prior Assemblies this year
17	Total number of groups registered this calendar year
9	Quorum is 51% = (total registered groups) /2 (+1)
yes	Yes / No - Is a quorum present today?

2. Adoption of Minutes of the Prior Assembly – (8 voting members)

Members read minutes before the meeting and advise of any errors or omissions

- Please abstain if you were not present during that assembly
- Request a motion to adopt the minutes from the July 11, 2020 Assembly,
- Motion by Jane - Second Leticia 4 yes / 5 abstain

(Debbie, Yukiko, Terryl, Kay, Gerber, Dottie, Leticia, Miguel)

OPENING

- Chair – Esther A
Announcements – Jane, Treasurer is resigning. Esther explained the voting process for officers and treasurer. Jane came in mid-term and served another full year term. Thank you Jane for your service. We are now looking for a treasurer. We also need a Vice-Chair

**** Dotte – GSF from Mission Viejo joined the call - Attendance now 10 – quorum still 9.**

- Secretary – Trudi C – Please fill out registration forms and email
- Treasurer - Jane L. - Reports were attached. Jane explained the financial reports.
- The donate button will be changed to donation rather than Narathon. Gerber will meet with Jane to do that.
- Finance report and Narathon reports were given.

2021 Budget - Please review the budget, committees and GSR's make any suggestions, email your questions or change. Be ready to vote in January.

Comment –Please remind your groups donations are down. Appeal to groups for donations

Jane explained mobile banking and also sending donations to her address.

New Business

Recommendations from RSC

- Sub-Committee General Guidelines – for approval

Trudi explained the purpose of the document

Motion by Dottie to approve the Sub-committee information. Second – Yukiko

Discussion and comments - Guidelines are helpful. Maureen – Believe the board is working on guidelines for virtual meetings. Ken – How to start a zoom meeting.

Dottie – Spoke about Lessons learned after running zoom meetings. Guidelines are helpful

General information for sub-committees. Terry - shows emphasis on communication.

Decided to change the name to *General information for subcommittees*.

We will post them on website - presented to assembly for approval.

Yes - 9

Some members left the meeting ?? Jack – Mike Patricia Amy – we no longer have a quorum

PROPOSAL GIVEN FROM KEN - - Ken explained his proposal. This is a 7-page report explaining why he does not like the World Service Website. Discussions ensued. Felt that the letter was too harsh – this is one person's opinion and should be reviewed and investigated if member wish to vote for it. This is a group conscience which is an informed decision.

It was suggested that letter be reworded to be more specific what he is asking the WS Website and WSO to do. GSR's were asked to take the information back to their groups, however there is no written information to take, only the information that Ken described. Ken and Esther will prepare a new letter explaining what exactly Ken wants to do. A suggestion was made to vote by email once we receive the revised letter. It was suggested that everyone carefully review the website to determine if they are in favor of the proposal. There are statements made that you would need to agree with in order to vote. . Visitors please take the information presented back to your group. Let's take out the quips and just list the concerns.

Suggest everyone visit the WS website click on the links – visit regional, area and group websites. Groups need to be informed.

We need group input. Yukiko explained her hybrid meeting. We have a zoom host – secretary brings a device to get a hotspot. If the secretary is not there on a given night they do not have a virtual meeting.

Maureen – not a lot of information for Spanish. Jane - as we are transitioning we need to look into Hybrid meetings.

Take to groups for discussion - Letter to submit to world will have 2 weeks for review and input Oct 24 – Will vote by the end of October.

General Comments -

Patricia –found my group on the website – I think it was the regional website

Mike will be the point of contact for Temecula

Patricia said Hesperia has a GSR - Monique

Action items from prior assembly

- Google calendar for groups on Zoom – Gerber
(To allow groups to use the region zoom account for monthly meetings)
No action yet on this - no requests yet. At this point we use Zoom for RSC, Assembly, Events such as Narathon. Free zoom is only 40 minutes. Groups can contact the region for discussion. Need to work out the details. Roxanne has an area zoom account for meetings. Some groups who cannot afford a Zoom account would qualify for help.
MV has a zoom account. San Gabriel – has a zoom meeting.

Delegate/alternate delegate reports – No Report

Events –

Western Regions Convention of Nar-Anon Family Groups WRCNFG – Roxanne liaison.

Discussed vision statement and what the convention will look like - Feb 2021 –it will be virtual – from 10-3.

Combinations of sharing experience, strength and hope and business meeting. First will be sharing from the 5 regions – Northern Calif – Southern Calif – Central Calif Rocky Mountain Region and High Desert Region. 30 minutes time slot for each

region – Each region will pick one of the 5 bullet points. All info will be listed on the website.

Area Reports

Roxanne – Inland Empire - Some groups have no GSR's. Last meeting discussed whether to disband the area. Changed to meeting 3 times a year rather than 4. 9 meetings – 7 are doing virtual – 2 not meeting at all. Some are looking at starting to resume in person meetings. Some may be hybrid.

Sub Committee Reports

Narateen Ken - Committee meeting was last month – we had an informational meeting. Need to get approved for background checks thru Dept of Justice. Working on the forms needed to get started. A Chatsworth member has some experience with the forms so she will help. Next step would be getting facilitators. Meetings will be virtual. Easier for kids to join and for transportation issues. Currently Ken is the only officer. Donna is deciding to be secretary. Will need an NTTP to help train the facilitators. Will be another meeting scheduled in the near future – after we receive the paperwork and get it started. Changes on the WS NT committee – Narateen is not as well known in Nar-Anon. WS committee is working to get better recognition for Narateen. Only 2 current virtual meetings – 1 in Canada and 1 in Florida. Take back to meetings – in addition to volunteers and help we would like speakers from Narateen to come to the meetings and speak about Narateen. Please respond to our Narateen email.

Dottie sent Ken a speaker who speaks at High Schools.

Website Committee – Gerber - Setting up the next meeting for Oct 31. Will send a notice when confirmed with the agenda. We have 4 members. Will be focusing more on the website committee guidelines. We are researching moving the website to a different platform from Square Space. Squarespace limits our information and logins. Committee

will prepare a proposal for the assembly with costs and details of what it would take to change to a new website. Some things have been changed already to make it more presentable. Are discussing updates and are continually making changes. Are always looking for committee members.

Narathon Committee - Dottie - Sept 12, 2020 Narathon. Was a big success. It was rocky at first as we decided to go virtual. Everyone worked together and did a good job. Donations were as much as in person. Speakers were excellent. Next time we would like to reach more members. Thanks to everyone who made it a success. Thanks to Dottie for chairing. Looking for a chair for next year. Next year we should send the flyer to WSO to put on the WS website. Narathon recording is on the SoCal website.

Group Announcements – None

Comments

Events – Ken suggested we could start other types of meetings – There is a men’s meeting – could be Women’s, spouses, lgbtq etc.

Check the WS website for step studies, traditions, concept studies, roundtables, speakers etc.

Reminders: Would like to have the TBTM instigated again. Esther will talk with Trudi. Ken will work on the new letter and we will email it.

Next Assembly January 9, 2021 - Zoom

- Motion to close this Regional Assembly - Terryl – Second Dottie
- Serenity Prayer

Closing – Meeting adjourned at 1:04 p.m. with the Serenity Prayer