

RECOVERY IS A HIKE

Let's get our boots on!



NCRNFG XXXI Sacramento, CA
April 19-21, 2019



Sacramento Convention Center, 1400 J Street, Sacramento CA 95814

Friday

- 5:00 – 7:00 PM Early Registration
- 7:00 – 8:30 PM Deciding to Hike
Debbie S., Galt
Sharing Meeting

Saturday

- 8:00 – 8:45 AM Preparing for My Hike
Linda H., Elk Grove
Sharing Meeting
- 9:00 – 9:45 AM Mapping Out My Trail
Lisa B., Fresno
Karen S., Oakland Monday
- 10:00 – 10:45 AM Trail Guides – Sponsorship
Pat S., San Francisco
Judy M., Oakland
- 11:00 – 1:00 PM Lunch Break
11:15 – 12:30 PM Assembly
Old Spaghetti Factory
- 1:00 – 1:45 PM Staying on My Trail
Tracy C., Roseville
Amber M., Oakland Monday
- 2:00 – 2:45 PM Carrying My Equipment
Carolina J., Oakland Monday
Michelle L., Novato
- 3:00 – 3:45 PM Trail Blazers
Panel on starting a new meeting*
- 4:00 – 4:45 PM Recovery Celebration/Raffle
- 5:00 – 7:00 PM Dinner Break
- 7:00 – 8:30 PM Campfire Stories
Ask It Basket – Judy M., Oakland

Sunday

- 9:30 – 10:45 AM Reflecting on My Hike
Paula L., Martinez
Guided Meditation
See "Important Info" box
for meeting location

Important Info

Registration Table
Main Lobby Convention Center.
Friday: 5:00 – 7:00 pm
Saturday: 8:00 AM – 5:00 pm

Literature/Merchandise Table
Open 8:00 am – 5:00 pm
Saturday ONLY.

Raffle Tickets
Available at the
Literature/Merchandise and
Registration Tables.

All meetings are Open Meetings
and will be held in room 304 except
Sunday morning which will be held
at California State Capital Park
1300 L Street weather permitting.

*Panel Members:
Sheri B., Westwood, Joseph O., Chico,
Debbie S., Galt, Paula L., Martinez,
Lisa B., Fresno

Welcome!

Thank You!

To NA for inviting Nar-Anon

To the speakers and presenters

*To all who travelled to be of
service*

*To the local Nar-Anon members
who stepped up for service*

*To the Northern Regional
Convention committee
members*

*To all Nar-Anon and NA
members attending*

*Without your support, this
recovery weekend would not be
possible.*

Per our 7th Tradition, all funds raised at
Convention go towards funding this and future
Conventions and other costs of our region.
Funds collected above our region's prudent
reserve are donated to our World Service Office.