



**Northern California World Service Region
Biannual Newsletter**



Nor-Cal Notes and News

Jan 2011 - #9

Welcome to the ninth edition of the NCWSR Newsletter, "Nor-Cal Notes and News." All Nor-Cal members are welcome to submit notes and news to Connie, *Nar-Anon, Santa Cruz/Aptos* (saveyoursanity@aol.com).

NCWSR OFFICERS:

Wendy A.	Oakland	<i>Chairperson</i>
Paula L.	Concord	<i>Vice-Chairperson</i>
Audrey M.	Sacramento	<i>Secretary</i>
Jonnie G.	San Jose	<i>Delegate</i>
Karen J.	Fresno	<i>Alternate Delegate</i>
Ruth B.	Fresno	<i>Treasurer</i>

Northern California Nar-Anon Convention Sacramento, CA April 22-24, 2011 (tentative)

Please check our website to get updated information:
<http://www.naranoncalifornia.org/norcal/>

We'd love to hear from your group and would love to know what makes your group work; we hope you'll share any ideas or tips that can enhance our experiences too!

If you are traveling, please consult our WSO website for meetings around the USA and the world – if you should visit one on your travels, please submit your experience with us. <http://nar-anon.org/naranongroups.htm>



News from Aptos

Our Aptos meeting (about 6 miles south of Santa Cruz) started June 6, 2010, by a small group of Santa Cruz members: it was our way of offering one more opportunity to the *friends and families of addicts* in our county. We have been growing steadily and just had our first rotation of service. We have followed the traditions set at the Santa Cruz meeting and have designated meetings to discuss the Steps and Traditions and have a monthly NA Guest speaker who comes to share her journey to NA and how she uses the steps in "all her

affairs.” We have found that recovery is a learning process that requires a commitment of time and effort.

We are proud members of the *Greater Bay Area* (GBA) group that promotes unity and outreach and prides itself in dedicated and committed members who practice the principles of Nar-Anon, especially Tradition 1, “Our common welfare should come first; personal progress for the greatest number depends on unity.” We have enjoyed being a part of the *Monterey Convention Planning Committee* and look forward to hosting this event alongside our GBA members.

– Ron



News from Concord

Impressions from Nar-Anon Concord, CA Tuesday night meeting:

The Tuesday night meeting has grown over the past several months. I have been in recovery for almost six months and the meeting for me is like visiting with family, because the sharing of *experiences, strengths and hopes* brings support to all members. There is something special happening as newcomers *keep coming back*: it is working! – Steve

The first time I attended the Concord meeting, I was surprised at the large group in attendance; about 30 members came through the door until the room was packed; their circumstances ranged from, just realizing they had an issue, to several years of dealing with addictive behavior. During this first encounter, I came to realize that our stories were very similar and I no longer felt helpless. I had moral support, educational pamphlets to guide me, and a place to go to recharge each week. The group helps me maintain perspective and keeps me focused on regaining control over my life, not the addict’s. – Paul

I’ve been attending another 12-step program for past 26 months and was invited to attend a Nar-Anon meeting in Concord. Since accepting that invitation approximately two months ago, my life has not been the same. Wow, what a difference this meeting has made in my life. This meeting has inspired me to work even harder on my recovery path. It has really been encouraging to see, and hear, the number of men in attendance and their shares/service in the meetings. I will keep coming back to *work it*, because I have found out, that I am worth it!! – Tony



News from Fresno Area

The Fresno Area has three meetings a week. Our average attendance per meeting is between 6- 8. Sometimes we have as many as 12-14 on a Tuesday night. We also have a Step meeting, which meets two times a month. We have just finished our work on Step 12.

Our Hospitals and Institutions Committee (H & I) has been busy with panels of family members attending treatment facilities. We have just been asked to visit a treatment program and explain our Nar-Anon program to the clients; they were very interested in seeing their family members get into recovery, too. They now want us to host a meeting for family members for one hour each week. We continue to visit another facility, once each month, with a different panel and pass out meeting schedules and encourage them to come to a meeting. Our motto, "Come at least six times and after that we will refund your misery. "

We have been having *bake sales* once a month to help increase our prudent reserve so we will be able to donate to region and WSO: our area was closed for 2-3 years so we had to build up our prudent reserve again. We also have been fundraising by selling serenity prayer bracelets and discount cards to local restaurants and services.

We had a great retreat with members from Northern California at *Pismo Beach* (October 26-31, 2010). We were only a few houses from the beach and had several meetings at the beach, including a bonfire meeting at night. We are looking forward to our next retreat at Shaver Lake, in the Sierra Nevada Mountains, in June, 2011.

We host our annual Winter Celebration in the beginning of December. We have a *potluck* and an optional \$5 gift to exchange along with a slogan meeting. It is a great time for fun and fellowship for all the groups to get better acquainted.

Karen J., Area Chairperson



News from Santa Cruz

The central coast is growing Nar-Anon meetings left and right! Late last year we had the **Seaside** group start up and then early in 2010, **Monterey** started up. With all that recovery being offered, it inspired us to start up a new meeting in **Aptos**, in early June 2010. We are fortunate to have all these groups start up just in time to start planning for our upcoming *Monterey Convention* next January (2011), which is hosted by the **Greater Bay Area** (GBA) and now has meetings as far north as San Bruno and as far south as Monterey.

Our Santa Cruz group is still going strong and welcomes newcomers on a weekly basis. We kept hearing that many had difficulties making it to Sunday meetings, so we started discussing the possibility of starting a new meeting mid-week: now we have one on Tuesdays! It has been a whirlwind of planning and many Santa Cruz members stepped up to help start the new meeting. We are excited to offer two opportunities for recovery each week in our community and hope another meeting will come along in the future for our mountain community and, perhaps, a meeting conducted in Spanish.

As always, if you're ever in our beautiful area, please join us for an evening of fellowship and uplifting support!!!
- *Connie*, past *Group Rep*.

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Nar-Anon Key Tags!

WSC Fundraiser Committee will be selling a Nar-Anon Key Tag to all members. It is a diamond shape (like our logo) and is blue with white lettering. On the reverse side it will say "Never Alone". They will be \$1.25 ea. with orders of 1-99, or \$1.00 ea. with orders of 100 or more. **Minimum order of 25.**

You can use them for: **Conventions – Groups – Sponsor/Sponsee Gifts – Newcomers – Anniversaries - and so much more!!**

Side 1



**Tags \$1.25 for 1-99 or \$1.00 ea. for 100 +
No tax or shipping required!**

MINIMUM ORDER 25

Side 2



Send your name, address, city, state and zip code to:

**Maxine Wallace
8 Valley View Court
Hamden, CT 06518**

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Nor-Cal Meetings are *currently* offered in:

Aptos	Oakland	Santa Clara
Concord	Redwood City	Santa Cruz
Fresno	Roseville	Santa Rosa
Gilroy (<i>Narateen too</i>)	Sacramento	Sebastopol
Los Gatos	San Bruno	Union City
Modesto	San Francisco	Visalia
Monterey	San Jose	

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Please consult the Nor-Cal Website www.naranoncalifornia.org and/or the WSO website www.nar-anon.org for detailed information and contact information.

If you're interested in starting a new meeting in your area, please contact our **World Service Office** <http://nar-anon.org/contactus.htm> and attend your nearest Nar-Anon meeting for support. You may also contact our Northern California Chairperson, Wendy A. @ alfsenwendy@yahoo.com.

The next edition is planned for some time in June 2011....please send your submissions to Connie (saveyoursanity@aol.com) by May 31st.



Northern California Website Webmaster - Judith

Please send all new meeting information or changes in existing meetings to her e-mail address (along with sending it to the WSO): jambo2me@hotmail.com

