



Northern California World Service Region
Biannual Newsletter



Nor-Cal Notes and News

January 2008 - #3

Welcome to the third 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* (saveyoursanity@aol.com).

NCWSR OFFICERS:

Karen J.	Fresno	<i>Chairperson</i>
Paula L.	Concord	<i>Secretary</i>
<i>Jonnie</i>	Gilroy	<i>Delegate</i>
Dick M.	Sacramento	<i>Alternate Delegate</i>
Richard O.	Oakland	<i>Treasurer/Webmaster</i>

NCWSR Convention

Sharing Experience, Strength and Hope

Mark your calendar! Friday – Sunday, March 21–23, 2008
Hyatt Regency Sacramento

1209 L St., Sacramento, CA

We will have an assembly of all Group Reps!

Please canvass your group members for ideas and concerns to bring to the World Conference in San Pedro, California, May (2008).

May 2 to May 5, 2008

Nar-Anon World Service Conference
"Continuing the Vision"

*Please check the WSO and Nor-Cal websites
for further updates*

<http://nar-anon.org/conventions.htm>

Flyer: <http://nar-anon.org/2008NorCalConvention.pdf>

We'd love to hear from your group and would love to know what makes your group work and 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 Concord

Note: Held at *John Muir Medical Center* (formerly known as Mt. Diablo Medical Center)

From listening to our *old-timers*, this is a long-standing meeting. Currently there is a core group of about 10-12 of us. Our big meetings top out at 25-27 members.

On the first Tuesday of the month we study the corresponding Step. We just studied Step One; sharing our powerlessness over our addict(s) and the various ways we each bring our lives out of chaos. On the third Tuesday we study that month's Tradition. We use only Nar-Anon literature and our group's transition to our own Nar-Anon literature was joyous, we are thriving on it and are grateful to have it. We look forward to the distribution of our SESH book. I recently learned that SESH stands for Sharing Experience Strength and Hope.

Since our *newcomers* are the most important person(s) in the room, when they don't return we are concerned. When we have NA speakers we have our biggest meetings so we created a new service position called "Speaker Getter." Two members currently share this service position. Our goal is to have an NA speaker scheduled every fourth Tuesday. We use our phone/email list to contact members, give them a heads-up about the speaker, and do some out-reach to those we are missing especially our *newcomers*. This works really well. We see that the NA Speakers bring them back so we are putting renewed emphasis on bringing in the NA Speakers.

In the words of one of our *newcomers* "Where is everybody?" - *Paula L.*



News from Fresno

Friday Report-Fresno

Our meeting is going very well. We have several people who have just celebrated one year and are coming back. We average about 10 people per meeting. We had a great winter potluck and topic basket meeting in December. We are currently working on getting some baskets together for the convention in March in Sacramento. - *Karen J.*



News from Oakland

Saturday Night

Our Group meets on Saturday, 7:30 – 9:00 pm at St. Paul's Episcopal Church 124 Montecito Ave. (off W. Grand) in Oakland (Enter through the side gate. Room in the rear) This group is an *open* meeting (meaning anyone is welcome, not just the friends and families of addicts). On the first Saturday of each month, we have a Step Study. (the number corresponding to the number of month). Quarterly, third Saturday of January, April, July, September, we have a speaker meeting. We are currently working with the Oakland - Monday night group sending H&I packets to Recovery Centers in the area. This is a great meeting with a core of 3-4 *old-timers* at each meeting. Our meetings have had about 5-8 members each Saturday for the past year. – *Barbara C.*



News from Sacramento - Serenidad

Spanish Speaking Meeting

Our Spanish meeting was formed September 5, 2005 and our group name is *Serenidad* (Serenity). We meet on Tuesdays and Thursdays from 6:00 – 7:30 p.m. and we celebrate our anniversary each year.

Two of us are planning to attend World Conference in southern California this year and we will also be attending the Sacramento Convention in March.

It is very hard for the Spanish women to stay [in the program] because the *culture of obedience* is very strong, but, with the help of our Higher Power, we will be all right.
- *Ida*



News from Santa Clara

The Wed. *San Jose Nar-Anon Family Group* (NFG) (now located in Santa Clara since the 1980s as it is more central for our area) was originally started in the 1960s by Richard B. (who moved to the Sacramento area), Manny Montes (former NFG WSO trustee), Eleanor (deceased) and Lillian (deceased).

I went to my 1st NFG meeting as their speaker about 1977 as I knew Manny, and Eleanor through NFG's sister program meetings we attended.

The group was the only Nar-Anon meeting for many, many years until the late 1980's when another group formed in E. San Jose at the Alano Club on Fair Avenue and only lasted less than 5 yrs. due to attendance and others not willing to step into the group's service positions. Several of its members in the early 1980s were staff members from 2 of the main drug recovery residences. They found they had the comfort of confidentiality and privacy by attending Nar-Anon without having their clients present while learning the variety of tools Nar-Anon had. In the 1990's the 2nd

In the 70's and 80's Nar-Anon's literature consisted of the Nar-Anon booklet and mimeographed sheets for literature which were purchased from NFG WSO HDQTRS.

Just very recently I ran across one of these sheets and discovered that it stated in one small beginning paragraph that "Nar-Anon was founded in 1960 in Los Angeles area" which would make Nar-Anon 48 years old this year. It is stapled on all 4 corners to a display board of literature used in the 80's at the various Northern CA. Annual Conference. I do not know when Nar-Anon officially became incorporated.

The 90-minute Wednesday San Jose Family Nar-Anon Group still meets, keeping its original name, every week. It is a *book study group* where members relate and share to the page they have read. Each month the focus is different for each week with one of the following: a Step Study (by the month number), Slogan, Literature on a different week and guest speaker in a candlelight meeting and then open discussion on speaker's selected topic.

Our newcomers are very special to us and that's why we had a *group conscious* to have 90-minute meetings. Prior to the daily reading and discussion, we invite the newcomers to introduce themselves and share why they came to Nar-Anon (giving them a chance to unload (briefly) the hurt and confusion they are feeling if they so choose. We then do the daily readings & discuss how we relate to them. From there we go to the topic of the evening, inviting the newcomers to stay and talk after the meeting, getting phone numbers.

Half of our regular members are senior citizens (one is 80, a few in their 70s & 60s) some still working full time jobs and some 2 different jobs per week dealing with their adult children and grandchildren. Others are younger spouses or significant other with small children at home.

We invite everyone to keep coming back and letting us love them until they can truly love themselves.

Our meeting opens with the Serenity Prayer and closes with it; also, adding "Take our lives and our wills, guide us in our recovery & show us how to live." *It is brief, short, spiritual and says it all.*

For me personally, I have to *keep coming back* as life continually brings drug users into my life- a son who is still out there doing his thing, step children, grandchildren, niece & nephews, neighbors to remind me I have to detach myself from them with love. I learned that to care and love others means to love them enough & be willing to stand aside; allowing them the DIGNITY to take responsibility for their choices, reaping the benefits or paying the consequences of their actions.

So "Let Go or Be God" is how I look at it.

Jay R.
Alt GR



News from Santa Cruz

Our group is ever changing and always interesting and inspirational. We welcome all who are affected by someone else's drug addiction problems and offer the comfort of group support. Many join us out of fear and pain and then stay because they discover that they are in control of only their own lives and can start making healthy choices about how they choose to live them.

We had a wonderful time at the Monterey Convention last year and look forward to attending the convention in Sacramento, this year, where we hope to reunite with other members and to welcome newcomers. We're excited about having our Delegate represent us at the second World Conference to be held in southern California this May.

We continue to host a guest NA speaker on the first Sunday of the month and are adding a Step Study on the third Sunday of the month this year!!! We are still working on outreach through in personal visits and through the Internet. We will be encouraging all members to get involved in service so that they feel more connected in the Nar-Anon program.

We invite all interested parties to join us whether you live in our beautiful part of the world or if you are visiting our area. – *Connie*



Area News from GSBA

Moving Forward in Greater South Bay Area.

Hello from San Jose, Santa Clara, Gilroy Santa Cruz & Union City! The slogan "Progress, not perfection," is the message being carried in our Area. As a result of Group Representative (GR) meetings, during the summer, a liaison has been appointed to work with Narcotics Anonymous (NA) on participating in events together. Our *Alternate* Area Rep. also headed an Outreach Committee and has made strides in getting information to libraries, hospitals, and county agencies. As of January, the *Alternate* Area Rep., Mendy Y., has stepped up to fill the vacancy of Area Rep. after Jonnie G. was elected (at Assembly) to NCWSR Delegate. Mendy has extensive experience as a GR and will be our *trusted servant* for 2008-2010. Best of everything, Mendy! – *Jonnie G.*



Nor-Cal Meetings are *currently* offered in:

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|------------|---------------|-------------|
| Concord | Modesto | Santa Clara |
| Fresno | Oakland | Santa Cruz |
| Gilroy | Redding | Santa Rosa |
| Los Gatos | Sacramento | Sebastopol |
| Menlo Park | San Francisco | Union City |
| | San Jose | Visalia |



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.

The next edition is planned for some time in June 2008....please send your submittals to Connie (saveyoursanity@aol.com) by May 31st.

