



Northern California World Service Region
Biannual Newsletter



Nor-Cal Notes and News

June 2008 - #4

Welcome to the fourth 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 - Unity Day

September in Oakland
Dates will be sent out later!

Greater South Bay Area (GSBA) Host Convention



(Saving Our Selves)

Mark your calendar!

Friday - Sunday, January 9-11, 2009

Portola Hotel & Spa Monterey, California

2 Portola Plaza, Monterey

Please check the WSO website for further updates

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

- ☛ Hotel reservations available through the MBCNA website: www.mbcna.org
 - ☛ If you would like to volunteer to be a speaker, please contact us: saveyoursanity@aol.com
 - ☛ Theme baskets are requested from all Northern California meetings.
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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 Concord

Note: Members submitted their individual impressions of the Concord meeting.

"Thank God you are here!" ~ *Anonymous*

The gaps of silence between shares at our meetings used to feel so uncomfortable for me. As I gained some recovery I began to understand what these silences taught me about my compulsion to "react" and to "fix it." Now I am able to detach and observe my compulsion to react and the pressure I put on myself to fix. Now I use these silent gaps as opportunities to "be" without having to "do." I go inward and check in with my Higher Power. I use these moments for a "God Pause," and practice my "Letting Go" skills at meetings and in the world. ~ *Paula L.*

I am so glad when Tuesday night rolls around. I know that I will be able to talk without fear of judgment. I also like that our meeting has a lot of people willing to do service. ~ *Norene*

I look forward to Tuesday night where I find respite from my addict. It is comforting to know that I have something in common with everyone in the room. I've discovered that the best way for me to help my addict is to help myself. ~ *Trisha C.*

Since going to the Tue Nar-Anon meetings I have become able to understand and work the Serenity prayer. The meetings have given me the courage to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. It is wonderful to have a place where I know I am not alone. ~ *Cathi*

Our Tuesday Night Nar-Anon meeting is something I look forward to each week. It is a safe place to come and share and vent without ever being judged. The Twelve Steps provide us with a better way to live.... they give us Life skills tools we can put into action. It is reassuring for me to know I have a place to go where people truly understand and care. Many of these people are available 24/7 to be there for us. I don't know where my life would be today with out the unconditional love and support I always receive in our Tuesday meeting. ~ *Cheryl*

The meetings are a Godsend. They are always just what I need. ~ *Tricia*



News from Fresno

Friday Report-Fresno

Hope In Fresno

Our meeting is going very well. We have been averaging 15-20 members each week. We are looking for a new secretary and our new members keep coming back. Many members are purchasing our new SESH book and are getting a lot of growth from it.

- Karen J., Group Rep.



News from Gilroy

We have 4-5 regular members. They have been very supportive of the Narateen meeting. We just had a wonderful NA speaker on 5/29 who really touched us all. The room had 2 families, among others. We had a husband from NA and wife from Nar-Anon. There was a mom and daughter from Nar-Anon who brought the daughter/sister from NA with them. The NA person will be bringing his daughter to the next teen meeting. It was touching to see families come together this month.

There is a new Narateen meeting in Gilroy which began in March. It is held concurrently with the Nar-Anon meeting, in a room next door. We have 2 sponsors at each meeting. So far, there are 2 regular attendees, and other newcomers here and there. A local newspaper has agreed to run an article soon, and we hope to reach more teens in need. We are using material in the Narateen package ordered from WSO, plus some Alateen daily readers.

The teen members appear to really enjoying their meeting time. Although teen meetings are officially scheduled for the 1st Thursday of every month, there has consistently been a meeting about 3-4 times a month (they keep coming back every week!). They are scheduled to work on *God Boxes* next meeting and getting a better understanding of a 12-Step program. As a sponsor, it's exciting to see young people grow in such a short amount of time.

There are no other (registered) teen meetings in CA and as I search others states... there are very few. I hope this is the catalyst for other teen meetings!



News from Oakland

Monday Nights

The Oakland Monday night meeting meets from 7:30 PM to 9:00 PM. We have 8 regular members with newcomers who come and go. There are usually 8 to 12 in attendance at each meeting. The first Monday of the month is our step meeting. Every meeting we have a short Nar-Anon business after the readings and before the shares. During the month of May we did some outreach by mailing and delivering flyers to hospitals, rehab centers and institutions. When we asked newcomers how they found us most stated the Internet.



News from San Francisco

Sunday Nights

Our expanding old-timer group of 8-11 members will be having a guest speaker in June who will be an NA Recovery Speaker. Our secretary will use our telephone list to do outreach for the event.

Our highlight, naturally, is the SESH book. This book speaks to new and old members specifically; it's in our own words. – *Pat Smiley*



News from Santa Clara -

San Jose Wed Nar-Anon Group –

Santa Clara Members HAVE:

- Answered night and day hotline calls looking for meetings or have someone listen to them briefly, direct to nearest meeting or night they can attend.
- Delivered PI outreach pamphlets to CDRP to hand out to their client's families and a meeting schedule for all meetings in Greater South Bay Area.
- Weekly 2 members did a weekly 90-minute step study at San Jose Recovery facility until they closed March 08.
- Delivered to local churches Nar-Anon PI/Outreach literature and meeting flyers.
- Bought 10 & sold Nar-Anon's Daily Reader SESH (Sharing Experience Strength & Hope) Books.
- Group studying new book, a page person attending each week on various topics including a Step, Slogan, Feeling Topic.

- Participated in a church's Resource Fair, making display board of all the Nar-Anon literature and PI handouts plus meeting schedule.
- Dropped off at 5 churches with elementary or high schools--NFG literature and meeting flyers.
- Attended Area's May business meeting.
- Learned in contacting a hospital Social Services Dept to leave literature & meeting flyer to also include the hospital's Assessment Dept. as they get many clients who need our meetings plus emergency rooms.
- Delivered to local community college, 4 more recovery houses PI literature and meeting schedules.
- Ordering 5 more SESH Books. Some Regulars having time adjusting, yet likes the readings we do in meetings, whatever topic is the focus.
- Taking time off for 10 days presently to attend my50th Class Reunion, enjoying time with friends of years, plus some from grade school laughing and talking about all the pranks we pulled. Amazing how sold and grey we are, even since our last attendance 20 yrs. ago when our hair had color, thinner, and younger. Feeling so special and blessed with all the gifts we receive while life was a challenge that recovery has given us.

Keeping an open mind attended another 12 Step Hospital & Institutions Convention last April to learn more of what we can do in our outreach to families. - Jay



News from Santa Cruz

We are celebrating our 4th anniversary at Dominican Hospital this July, and have a lot to celebrate since our membership continues to grow and our meeting is changing in healthy ways. This year we started Nar-Anon Step Meetings and Business Meetings and are in the process of conducting our first official "Group Conscience" (a month long process) in consideration of changing some formats. We are definitely "A work in progress" and are appreciating Tradition #4 that established that all meetings are autonomous.

We continue to welcome and enjoy our NA Guest speakers on the first Sunday of every month. Learning from the addict is a gift of recovery for all our members and our guests have indicated their appreciation of our insights too. *Together we grow!*

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*



News from Union City

We have about 6-7 newcomers in a month (GREAT!) We have approximately 12 people at our weekly meeting. We have changed our forum every week

Week One: Step Study

Week Two: Grab-it-basket all individuals in room write a topic they need to ask or share and it gets put into a basket and moved around each person then grabs the piece of paper and shares on the topic they picked.

Week Three: Slogans topic. Talk about that one slogan (go around room)

Week Four: Normal format reading from the SESH book.

Week Five: Guest speaker from NA and Nar-anon.

If we have Newcomers in the meeting, we open the floor to *some* cross talk in order to answer their questions. Being a Newcomer is very difficult. We all need to remember how we felt when we were in despair. So what we do in "our" meeting is, if we have a newcomer we do read our crosstalk part in our literature, but we also emphasize that we cannot give advice. We will all give are part in Experience, Strength and Hope (ESH) to guide them. So if there is a dire need of a newcomer question they can ask it. We can only respond with our Experience, Strength, and Hope (I msg). If it moves anyone at the end of our meeting, they can talk to us one-to-one.

We will soon have 2 years in our meeting. It has gotten very strong. - GSR (Ronnie)



Nor-Cal Meetings are *currently* offered in:

Concord

Fresno

Gilroy (*Narateen too*)

Los Gatos

Menlo Park

Modesto

Oakland

Sacramento

San Francisco

San Jose

Santa Clara

Santa Cruz

Santa Rosa

Sebastopol

Union City

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 January 2009....please send your submittals to Connie (saveyoursanity@aol.com) by December 31st.

