



Northern California World Service Region
Biannual Newsletter



Nor-Cal Notes and News

June 2009 - #6

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>
Wendy	Oakland	<i>Vice-Chairperson</i>
Paula L.	Concord	<i>Secretary</i>
<i>Jonnie</i>	San Jose	<i>Delegate</i>
Dick M.	Sacramento	<i>Alternate Delegate</i>
Richard O.	Oakland	<i>Treasurer</i>

Northern California World Service Region (NCWSR) Host
Nar-Anon Unity Day September 19, 2009
Laney College
 12000 Campus Drive, Oakland

Attention Group Representatives: **Assembly Meeting** will be held during this event – please make your attendance a priority for the sake of your group and all Northern California groups so that you can vote on the motions.
 NA – Alameda County will be holding their Unity Day at the same location!
 Note - Check for updated info: <http://nar-anon.org/conventions.htm>



Greater Bay Area (GBA) Fundraiser
September 12, 2009
 Joe's Corner
 37713 Niles Blvd, Fremont

http://www.naranoncalifornia.org/norcal/naranon_fundraiser_2009.pdf



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>

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Northern California Website has a new Webmaster!

Judith, from Santa Cruz, has accepted this *service position* and will be reconstructing the website as time permits. Please send all new meeting information or changes in existing meetings to her e-mail address: jambo2me@hotmail.com

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A Message from the Northern California Regional Delegate:

Our region is growing—we now have 26 meetings in Northern California. New meetings have been started in Fremont, Grass Valley, Sacramento and Santa Clara within the last 6 months! I would like to welcome everyone and encourage you to contact me, as your delegate, if you have any questions or would like me to plan a visit to your meeting. The definition of the Delegate as stated in the "Nar-Anon World Service Procedures and Guidelines":

The World Service Delegate shares Regional experience at Conferences that serve Nar-Anon worldwide. He brings the views and the spirit of worldwide Nar-Anon back to his region. Also, under "Duties": "The conscience of Nar-Anon can work effectively only if it is informed. Much depends on the Delegate being thoroughly familiar with all the service manuals before he ever attends a conference. The Delegate is a channel through which information flows. He brings to the Conference the viewpoint of his Region with a broader perspective of Nar-Anon worldwide. He is the bridge of understanding which links the groups in his Region with worldwide Nar-Anon/Narateen to help them continue to function in unity. He is the servant of Nar-Anon as a whole."

Since the 2010 WSC Conference will be concentrating on the "Policies And Guidelines" Draft I am looking into ways to make this document available online for your group's review. As I discussed at the Regional Assembly in April, I will be accepting written motions meeting the criteria as described at <http://nar-anon.org/conference2010.htm>. Please refer to this link for all information regarding the 2010 WSC including deadlines for submission. In addition, our Assembly voted to set a deadline of July 20, 2009 for submission to me to provide sufficient time for review before sending to WSC Committee.

To all GR's, please be sure you have joined the Northern California Regional Yahoo Group to access the minutes of the last Assembly. The group is at <http://health.groups.yahoo.com/group/ncwsa/> –you must request to join and be approved before you can view the group Use this link to join: ncwsa–

subscribe@yahogroups.com There is valuable information posted here for your group!

I am grateful to be of service as your Northern California Delegate until Dec. 31st, 2010, at which time a new delegate will be elected. Any Area Rep who is interested in being considered for NCWSR Delegate nomination and wishes more information can contact me.

Please contact me at jlgault50@gmail.com.

Gratefully,

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Jonnie G
NCWSR Delegate



News from Concord

Sponsorship--Recently, the group has had more members requesting sponsors than members available to be sponsors. The increased need for sponsors prompted a group discussion on the criterion for becoming a sponsor. The membership decided by group conscience that a member could volunteer to be a sponsor if they had worked the first three Steps with their own sponsor and continues to work the Steps ahead of the sponsee's steps. We use the yellow Twelve Step Book, the accompanying Workbook and the SESH book (Sharing Experience Strength & Hope), as our suggested tools for recovery.

When I finally decided to ask someone to sponsor me, it was a big step in my recovery. When I finally *asked* someone to sponsor me, it was an even bigger step in my recovery. Working the Steps with a sponsor helps me in every facet of my life. *Progress in the process—not perfection* is what I hang on to: I am worth it. - *Paula L.*

When I first joined Nar-Anon, my life and my emotional state were both in chaos. Devastated by having just lost my husband of 28 years to cancer, I was also distraught over my 21 year-old daughter's rapid descent into her drug addiction. During an earlier period of sobriety, my daughter, who has been in and out of a 12-Step program for several years, had told me that when she looks for a sponsor, she tries to find someone "who has something she wants." With that in mind, I looked around the room at my first Nar-Anon meeting and quickly found the person who had that *something* that I wanted.

My sponsor is passionate about the Nar-Anon program and dedicated to her recovery; she is compassionate and easily empathizes with those of us who are struggling with recovery and with life itself. I am grateful to my sponsor; without knowing it, she has thrown me a lifeline that has kept me from giving up on my recovery from codependence and that has kept me afloat during the painful process of learning to live without my husband. - *Harriet K.*



News from Fresno Area

Fresno's three meetings are going well. We just had a Unity Day in cooperation with NA; our group was small, but we had three meetings, including a slogan meeting.

Our H & I sent out letters to all the local treatment facilities with a meeting schedule. Several families are now attending Nar-Anon after being given the information that we exist in Fresno.

Recently we had a sign up for members to be on the hotline. They were trained that we should encourage callers to come to a meeting in order to help them with their issues concerning their addicted loved ones. We now also have a bi-lingual person willing to answer phone calls.

We started a Step writing group that meets for two consecutive Mondays. We average about 10 members each week. We take a *seventh tradition* collection to help defray the cost of rent for the room and supplies (e.g., folders, notebooks, pens, and photocopies). Interestingly, older members are even re-working their steps! – *Karen J.*



News from Los Gatos - Thursday

Los Gatos Thursday night meeting is starting a Beginner's Meeting. It will start at 7:30 p.m., 30 minutes before the regular start of the 8 p.m. meeting. The first Beginner's Meeting will be on June 4th. Please pass the word! – *Jonnie*



News from Sacramento - Thursday

The *Sacramento Thursday Evening Nar Anon Family Group* continues to meet from 7:15 PM to 8:30 PM. We are a group with a constant flow of newcomers so we have chosen to conduct our meeting with their need for information in mind. We allow "cross-talk" and encourage questions both during and after the meetings. We do have a "core" of regular attendees, some of whom have started to meet informally to work our Steps. We have acquired Nar-Anon materials for this and look forward to the full benefits of this 12-Step program as a result of our work. We remain an *open* meeting with intense sharing and a very supportive group of members. Please feel free to join us when you can. - *Audrey*



News from Santa Clara - Wednesday

Our meeting uses the SESH book as a book study on various topics each week, reading each page on the topic listed in the index starting with monthly Step, slogan, literature topic or chosen from SESH index. 4th week we have a speaker who picks the topic. We do this meeting by candlelight during speaker and members' sharings.

Would like to see each Nar-Anon group have a contact person list their phone numbers on the website for individuals to call as many do not want to talk to a 800 or 888 help line. They want to talk personally with someone from the meeting they are interested in attending.

We continue to do OUTREACH in places near our Wednesday meeting, using the professionals in our meeting to take literature & updated meeting schedules for Nar-Anon Greater Bay Area to their colleges, hospitals, HR dept at work, social services, hospital emergency & social services, we also answer calls sent to us through NA or members of NA who we have seen over the years. – Jay

"Longtimers"

We are very fortunate people. Those of us who have experienced the miracle of recovery through the program of Nar-Anon know this.

We hear the gratitude everyday in the meetings we attend. Whether we have 20 days or 20 years, we have been graced with the same miracle, "One day at a time."

The difference between the *longtimer* and the newcomer (or short timer) is experience.

The *longtimer* has had to overcome difficulties and adversities of every description to get to where he/she is today. Through these experiences comes wisdom, spiritual growth, and a deepening of the quality of recovery & serenity that only time can bring.

By attending meetings that have *longtimers* participating, we are the beneficiaries of their wisdom and spiritual growth. The wealth of experiences these people share with us is invaluable for all of us.

They are our history and our living treasures.

We treasure them in our meetings.
They give us *courage, hope and faith* that our program works.

Anonymous

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News from Santa Cruz

Our group will be celebrating our 5th anniversary this coming July (there's no historical information on Nar-Anon's arrival in Santa Cruz. We understand that it started up in the 1980's and died off for a while only to be revived again sometime in the late 1990's? and then died off again). So, due to many forms of leadership and many moves, the new (reincarnated) Nar-Anon meeting was established July 11, 2004!

Our group has been growing consistently and welcoming many newcomers so far this year: our outreach into the community has proven to be well received. Each newcomer is welcomed with a "Newcomer's Packet" that includes a small Blue Book and several prepackaged pamphlets as offered through our World Service Office (WSO).

Our group has made a concerted effort to encourage service work and more members are taking advantage of these growth opportunities. We're all learning and growing from these experiences and seeing how to keep our meeting healthy.

We're excited to learn that the SESH book is now in its second printing and we have already ordered some of the new copies: our Nar-Anon literature table is well stocked with an array of pamphlets and booklets.

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

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Nor-Cal Meetings are *currently* offered in:

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|--------------------------------|---------------|------------|
| Concord | Oakland | Santa Rosa |
| Fremont | Sacramento | Sebastopol |
| Fresno | San Bruno | San Jose |
| Gilroy (<i>Narateen too</i>) | San Francisco | Union City |
| Grass Valley | Santa Clara | Visalia |
| Los Gatos | Santa Cruz | |

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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, Karen J. @ tomkaren@pacbell.net.

The next edition is planned for some time in January 2010....please send your submittals to Connie (saveyoursanity@aol.com) by December 31st.

