



Northern California World Service Region
Biannual Newsletter



Nor-Cal Notes and News

January 2009 - #5

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 Convention
Nar-Anon Convention April 10-12, 2009
San Jose Convention Center

Keep checking the link below for updated information!

<http://nar-anon.org/2009norcalConventionFlier.pdf>

Attention Group Representatives: **Assembly Meeting** will be held during this convention – please make your attendance a priority for the sake of your group and all Northern California groups.

For information on hotel accommodations (book your room early), please read the NA website: <http://www.norcalna.org/nccna.php>

Warning! Nar-Anon members register through the Nar-Anon website and NA members register through the NA website – they are separate organizations.

.....

Unity Day and Assembly Meeting – Oakland September 2009

Date to be announced later on in the year.

.....

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>



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



News from Fresno Area

Fresno Area resumed after being closed two years. We were able to get our old meeting room. As someone said, we cannot operate if we have no area for organization and ideas. More heads are always better than one.

This year we have increased from two meeting to three meetings. We continue to have two of our Nar-Anon meetings next to a Narcotics Anonymous meeting. This gives the family members a place to go at the same time. In one of our meeting rooms we use the AI-Anon rack that is up in the room and keep it stocked with Nar-Anon fliers that have two of our meeting times and place printed on a label in front. People seem to be picking them up and taking them. Sometimes we have NA members come and get some of them for their family, also.

This year was the first year that Fresno Area Nar-Anon participated in Soberstock where members passed out fliers about our meeting schedule to clients, family members, and other agencies concerning our meetings in Fresno and Visalia. It was located at a shopping center. We had 9 members who passed out fliers throughout the day on September 27th. We asked people to pass out fliers for one hour only. It was really exciting when people showed up at our meetings in the following weeks.

We are averaging 6-10 people per meeting. During the winter we have more members who attend the Sunday morning meeting, as others prefer not to attend during foggy and rainy days.

We have participated in a few activities, which have helped us with getting on in life. We had a winter celebration where we had a potluck, meeting (topic on slips of paper), and gift exchange at a member's house. We also went to a low cost play together and went to dinner first, and some walked down Christmas Tree Lane one night. – *Karen J.*



News from San Francisco - Sunday

We have two meetings in San Francisco (Sunday and Tuesday). On Sunday evenings, it is quite common to see members stay after to “crosstalk” and share with *Newcomers* the *concept of recovery* as “putting the focus on ourselves.” We share that *redirecting* the focus (on ourselves) is the first change in attitude we can make; it’s great when that concept is first understood and appreciated.

Now that we have our new *Sharing Experience, Strength and Hope* (SESH) books we use it in our group as a meeting “tool.”

One of the ways we’ve improved our group sharing experience is that we changed the secretary’s script to include a reminder to encourage members to share their own recovery and *only* include the addict’s information when a Newcomer is in attendance.

Often Newcomers feel the love and hope we offer by long time members who have a clear understanding of the Twelfth Tradition, “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities,” because it makes the Newcomer feel safe. – *Pat S.*



News from Santa Clara - Wednesday

The San Jose Nar-Anon Family Group, located in Santa Clara, has been in existence for three decades! Our weekly format involves a book study from Nar-Anon's *Sharing Experience Strength and Hope* (SESH), which is a daily reader.

- *1st week - Step Study of month (in calendar order)
- *2nd week - Slogan Study
- *3rd week - Topic Meeting from SESH
- *4th week - Candlelight speaker meeting with speaker picking the topic after their share 20-minute share followed by group sharings on the topic. If No speaker, a NFG booklet or pamphlet/booklet is read aloud by each member a NFG pamphlet and opens the discussion.
- 5th week - Topic picked by group for the evening.

Our Individual Members do periodical outreach in areas nearest to their homes; they leave literature and a meeting list for GSBA meetings. Outreach is particularly helpful at schools, churches, hospitals, social services departments, colleges, substations for police and fire department, ambulance offices, recovery homes, counselor offices, group-homes, and county offices. This is a service they can do as individual members in "carrying the message."

"Little by little we come a long way," in our recovery. We learn about "Releasing ourselves with love from others insanities." Adopting a "Live and Let Live" attitude helps those of us who have a "mistaken sense of responsibility". Our sponsors teach us "Worry is like a rocking chair, it gives us something to do but gets me no where." - *Jay*



News from Santa Cruz

This has been quite a busy past six months since our last newsletter – we were forced to seek out new accommodations for our meeting and were thrilled to have another hospital accept us so willingly - we're now comfortable in our cozy room at Sutter Hospital! In addition to that I was a Co-Chair for the *Monterey Convention* and spent just about every free moment working on or thinking about it! It finally happened last week and I was so grateful that so many attended and from distant locations like Arizona and Southern California as well as the Central Valley (Tracy and Fresno), Sacramento, Grass Valley, and the more immediate San Francisco Bay Area. The convention was recorded and CD's are available through **HP Audio Productions!**

Our group keeps a pretty regular schedule with once a month NA Guest Speakers, Nar-Anon Step meetings, a business meetings (on the other weeks, we use our SESH book for topic meetings. We're always encouraging members to do service in order to enhance their recovery experiences.

We liked the theme for the Monterey Convention so much that we have adopted it as our first ever group name: SOS (Saving OurSelves) Group

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



Nor-Cal Meetings are *currently* offered in:

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



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

