

<h1>Minutes</h1>	<h2>Southern California Regional Assembly</h2>			
	January 13, 2024			
	10:00 a.m. PDT			

Officers and Delegates

Chair:	vacant		Secretary:	Roseann R	A
Vice Chair:	Ken K.	x	Delegate:	vacant	
Treasurer:	Andrea L.	x	Alternate Delegate:	Trudi C	x

Subcommittee Chairs

Subcommittee	Chair		Visitors	Home Group	
Narateen	Ken K.	x			
Website	Debbie S.	x			
Narathon	Joel	x			
Finance	Trudi C.-interim	x			
Outreach	vacant				
Area Service Reps	Chair		Service Positions		
			Data Entry	Jennifer L.	x
			Zoom Host	Ken K./Michelle B.	A
			Take Back to Meeting	Susan S.	x

So Cal Regional Elections – October 2025

All members of Nar-Anon are welcome. **Voting in a Regional Assembly is done by the GSR, Alternate GSR, or Substitute.** These positions are elected by your group conscience. Other members may speak when recognized by the chair.

Open meeting with Serenity Prayer – 10:12 a.m.

Recording and Procedure:

- Poll those present. Do we have permission to record this call for those who are not able to attend?
- If approved, then enable call recording (*91)
- Everyone - please silence your cell phones during the meeting.
- Ensure there is a host/co-host for this meeting.
- Please remain muted. Raise your hand virtually to speak and wait for the host to call on you.
- *Meeting facilitated by the Vice-Chair – Ken.
- *Question – can members from another region, state, join. We discussed this to be by situation
- Ensure there is a secretary for this meeting -

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- Traditions read by - **Leah**
 - Concepts of Service read by - **Ken**
 - Roll Call - **Ken**
 - **During Roll Call I will announce the role or meeting name, please respond with your first name, last initial and position. Each Group has only (1) vote - by GSR, Alternate GSR or Substitute.**
 - Are there any members here today attending for the first time in 2024? Please announce your name, your position & your group.
 - Officers, delegates, subcommittee chairs
 - Are there any visitors here today? If so, what is your name and home group? (record above)
- {As of January 13, 2024) Assembly registered (8) Quorum - 5 }

Southern California Region 2023		31 Groups in the Region	
Active/Registered This Year: __ In Attendance: __ Quorum: __ (50% + 1)			
Los Angeles (7 groups)			San Diego Area (3 groups)
1	*Chatsworth – Wed- Debbie	x	Julian - Tues
	Culver City - Wed		Escondido – Thur.
2	*Lakewood – Fri - Leah		La Mesa/San Diego –
3	*Long Beach – Mon - Yukiko	x	
4	*San Gabriel – Thur.- Shannon	x	Spanish Meetings (6 groups)
	Torrance – Sat-		Buena Park – Tue, Thurs.-Closed 12-23
	Torrance – Thur.		Downey – Mon, Tues-
			Pico Rivera - Mon-Fri-
	North/Northwest (2 groups)		San Diego – Sun, Wed-
	Santa Clarita- Tues		Santa Ana E17 - M, T, Th
	Thousand Oaks- Thur		Santa Ana W17 - M, W, Th
			Paramount - Mon

	Orange County (4 groups)					
	Brea/Fullerton – Wed -			Inland Empire Area (8 Groups)		
5	Fountain Valley - Thur- Marilyn	x		*Barstow – Sun – Brianna H.	x	8
6	*Mission Viejo – Sun- Dottie	x		Claremont - Mon		
7	*San Juan Capistrano-Sat - Jason	x		Hesperia - Thurs		
				Moreno Valley – Tues-V		
				Ontario - Thur		
				Temecula - Mon - V		
	Group changes since prior Assembly:			Virtual Step Study - Thur - V		
				IE Virtual - Wed – V-		
				V= Permanent Virtual meeting		
				*=Active this year		
	Removed: Buena Park closed			(Note – added *)		
	Add: Chatsworth to Northridge					

I. Minutes

Stand as Read

- A. October minutes will be sent to WS Conference Committee for Interim World Service Conference of 2024 (IWSC) to confirm Delegate/Alt delegate.
- B. Agenda additions/changes-none

II. Old Business

- A. Reminder that 7th Tradition donations can be made online on SoCal website or mail checks (payable to Nar-Anon Family Groups Southern California Region) to SoCal Treasurer: Andrea Lackey 21466 Dahlia Ct, Trabuco Canyon, CA 92679 – **WE CANNOT ACCEPT MONEY ORDERS.**

- B. GSR registrations – Change from Chatsworth to Northridge- Lake Elsinore has not yet registered with WSO. Will not place them on the directory.
- C. Election of Treasurer – Debbie nominates treasurer/ Yukiko - Andie will remain as treasurer

III. New Business

- A. Nar-Anon History Flyer – Sent out to Debbie
- B. Reminder - Groups update information on WS website and SC Regional website-January
- C. Culver City meeting - Share says they are open. Keep until we hear further?

IV. Sub Committee Reports

- A. Website: Debbie – Buena Park meeting closed. Chatsworth changing to Northridge in-person. Paid for the Domain name. March 24, 2024 we will pay WIX \$448.44 for 2 years. Updates need to Log in and Debbie has the information.
- B. Narateen: Ken K. - SCR and WS Narateen – Ken gave a report on the status of Narateen in SCR And World Service. A WS Narateen handbook has been created. Discussed: Facilitators, age requirements, guidelines for regions, guidelines and laws for various states and countries. Background checks are done by livescan. We were waiting for information from Dept. of Justice.
*The WS Narateen committee has removed a facilitator not following the guidelines. The issue has affected other regions, one of them being Central California Region (CCR)
*CCR has suspended their Narateen committee and has asked SCR to join with them in an ad-hoc exploratory committee to combine our efforts going forward with Narateen combining the state of California. A new law AB506 has been passed in California concerning working with children in California. This now needs to be considered and may require a lawyer.
*Motion for SCR Narateen to participate in a Northern, Central and Southern ad-hoc committee. Leah second. Motion passes.
- C. Finance: *Note – There was additional \$ deposited into the bank changing the Narathon 2023 \$ collected to \$2,309.00 – Financial statements were presented. Budget for 2024 was presented and discussed. Motion Dottie/ Leah second to accept the Budget with any changes needed during the year to be a special vote. Motion passes.
- D. Outreach: - (3) upcoming events in 2024. Looking for someone who would be willing to coordinate events for 2024. This would mean learning about NA conventions or other opportunities for outreach and contacting the group nearest the event to see if they could attend. There is an opportunity to attend the WS Outreach committee on Zoom to get and share ideas for outreach. Any other outreach ideas for the region would be welcome.

1. *Susan – took a call from San Diego they are having a convention in February in San Diego. Feb 21 – Circle of Sisters. NA member. She will contact someone in San Diego. Dottie is willing to help with this.
2. Outreach report for October, 2023 – Maureen
The convention was Saturday from 10a-5p. I was the only one from Nar-anon there. I spoke with people and gave out directories and pamphlets, etc. Some people asked if we had meetings for Nar-Anon there. Referred on person to the Hope After Loss group. Some said they were helped by Nar-Anon. Great hotel; bigger than the one in Torrance. The table was across from the main room for the NA meetings, so people were milling around my area a lot.
3. Service opportunity for the LA Area Save The Date **May 3, 4, 5 NA Friday Sat. Sun. Greater East Los Angeles Area NA Convention 2024** Hilton 225 West Valley Blvd San Gabriel, CA 91776. **San Gabriel meeting will host.**
4. Roxanne - NA reached out with the dates for the **Inland Region Convention in Palm Desert. It will be 6/14-6/15.** Roxanne will coordinate when we get closer to the date. Please let the GSRs know so they can mark their calendars.

E. Literature: Fellowship Review is important if you want your voice to be heard.

F. Narathon: Joel – Had our first meeting. Committee will meet the first Saturday of each month. Susan will be the treasurer. Vice-chair is open. Filled positions: program/flyer; baskets (Roseann) literature. Looking for speaker; (Dottie will do speakers) registration; greeter; food; supplies (paper); kitchen; clean-up; audio (possibly Brea/Fullerton) . Event will be in-person. Venue – Costa Mesa, agreed to pay \$200 for use of the venue. Date will be Sept 14, 2024. Speakers 10:00 – 2:30. 5 slots – can be multiple speakers per slot. Doors will open at 9:00 a.m. Question: Formalize as a charge for rent. Theme – “Sharing Recovery” (adding a welcome back in person) Will be a potluck. Dottie will research someone for Kitchen. Next meeting Feb. 3, 2024. 9:30 a.m.

V. Delegate/Alternate Delegate Reports

- A. Trudi: There are documents on the WS website for all Nar-Anon members to review and send their comments and suggestions before these documents are approved. Please visit the WS website under Fellowship Review literature.
- B. Interim World Service Conference will be held in April of 2024. Notices have been sent to GSR’s to share with their groups. IWSC Common Welfare Topics – Due December 21, 2024 - (1) received and sent to WSCC:

A group feels that more and more people, especially younger people, now rely on social media. Therefore, they would like to see an increased social media presence by Nar-Anon as a means of outreach to inform others of its purpose and how to find Nar-Anon groups and services.

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Notices are sent to GSR's periodically - are you receiving them and announcing/discussing them at your group meetings?

VI. Open Discussion

- A. Narathon agenda should go on the website.
- B. How long is the GSR position? GSR positions are up to the group.
- C. Question: How to start a new meeting? Go to the World Service website and register. Registering with a region is optional but encouraged.

VII. Upcoming Meetings or events

2024 - All Assembly Dates - Saturday mornings - 10:00 a.m.

1/13/24, 4/13/24, 7/13/24 & 10/12/24

2024 - All Regional Service Committee (RSC) Meeting Dates - Monday evenings 6:30 p.m.

3/23/24, 6/29/24, 9/28/24 & 12/28/24

VIII. **Motion to close:** motion to close meeting at 12:15 p.m. _____

Closing – Meeting adjourned with serenity prayer.

To Join ALL Regional Meetings:

Join Zoom Meeting (click link)

<https://us02web.zoom.us/j/5606110072?pwd=Y1htWncrLzFPUXBBWVM1QU1YaW1Edz09>

Meeting ID: 560 611 0072 Passcode: 374596812

Dial in by phone:

+1 669 900 6833 US (San Jose)

One tap mobile

+16699006833,,5606110072#,,,,,0#,,374596812# US (San Jose)

Attachments: (copy and paste if link does not open)

GSR Alt GSR Assembly Registration Forms: All GSR's to complete for January Assembly or 1st Assembly attended yearly. This ensures we have the most current info.

<https://drive.google.com/file/d/1xCAURa98QDQ4L-npCd5hOwVkrA0gXyEY/view?usp=sharing>

Regional Assembly Sign In Form:

https://e8c97c56-bf99-43f2-b326-17d331d547df.filesusr.com/ugd/926a6a_a08e5a247e1745bba55fee9ee3d8e3ba.pdf

Leadership information form: <https://drive.google.com/file/d/1vCf2NbG985CjBEaJ7LdWlvE5uJzUmU83/view>

Previous Assembly Minutes:

Financial Statement:

<https://docs.google.com/spreadsheets/d/1sUjn0Qm3CSXXej7m0AfOHiyQNoSUhJyN/edit?usp=sharing&oid=101809344431613797520&rtpof=true&sd=true>

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Nar-Anon instagram (www.instagram.com/naranonfgh/)

Time (PT)	Topic
8:00AM	Meeting opens - emcee Kari from Rocky Mountain
8:10AM	Attracting Members to Service: Roseann from Southern California; Paula from Northern California
8:35AM	What is Effective Leadership? - Norm from B.C.
9:00AM	Effective Two-Way Communication - Robert from Central California
9:30AM	Q&A—Sharing
9:50AM	Break
10:00AM	Unity in Diversity: Assuming Goodwill - Tanya and Julia from Russia; April from First Nations; Sunny from Central California
10:45AM	Narateen - Karen M and Donna C from WS Narateen Committee
11:30AM	Q&A—Sharing
12:00PM	Break
12:30PM	Region Reports - moderator Kari from Rocky Mountain Southern California Northern California Central California Rocky Mountain B.C. Global Online
2:00PM	Closing and meeting after the meeting