

Agenda

Southern California Regional Assembly

January 14, 2023 10:00 a.m. PDT

Officers and Delegates

Chair:	Roxanne B.		Secretary:	Roseann R	
Vice Chair:	<i>vacant</i>		Delegate:	Angie M.	
Treasurer:	Andrea L.		Alternate Delegate:	Trudi C	

Subcommittee Chairs

Subcommittee	Chair	Visitors	Home Group
Narateen	Ken K.		
Website	Debbie S.		
Narathon	<i>vacant</i>		
Finance	Trudi C.		
Outreach	Dottie M.		
Area Service Reps	Chair	Service Positions	
Inland Empire	inactive	Directory updates	Maria F.
San Diego	inactive	Email list/Group ID	Roxanne B.
		Take Back to Meeting	Susan S.

So Cal Regional Elections – October 2023

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

Open meeting with Serenity Prayer – 10:00 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.
- Ensure there is a secretary for this meeting
- Read the Traditions – Leah
- Read Concepts of Service – Joel
- Read the Service Prayer (below) – Yukiko

God, guide me to serve, grant me to help with your love, humility, and wisdom. Do not let my character defects interfere with my service, that you may speak through me to be just a messenger of hope to the relative of the addict who still suffers.

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- Roll Call

- **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 2022? 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)

{Oct 17 registered – 13 present – Quorum 9-}

Southern California Region 2023		34 Groups in the Region	
Active/Registered T: ___ In Attendance: ___ Quorum: ___ (50% + 1)			
Los Angeles (7 groups)		San Diego Area (5 groups)	
Chatsworth – Wed-		Carlsbad - Sun	
Culver City - Wed		Escondido - Thur	
Lakewood – Fri -		La Mesa/San Diego –	
Long Beach – Mon -		Linda Vista/San Diego - Fri	
San Gabriel – Thur-		Julian - Tues	
Torrance – Sat-		Spanish Meetings (7 groups)	
Torrance - Thur		Buena Park - Tue	
		Downey – Mon, Tues-	
North/Northwest (2 groups)		Pico Rivera - Mon-Fri-	
Santa Clarita- Tues		San Diego – Sun, Wed-	
Thousand Oaks- Thur		Santa Ana E17 - M, T, Th	
		Santa Ana W17 - M, W, Th	
		Paramount - Mon	

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Orange County (5 groups)			Inland Empire Area (8 Groups)		
Brea/Fullerton – Wed -			Barstow - Sun		
Fountain Valley - Thur-			Claremont - Mon		
Mission Viejo – Sun-			Hesperia - Thurs		
Orange - Mon			Moreno Valley - Tues		
San Juan Capistrano-Sat			Ontario - Thur		
			Temecula - Mon - V		
Group changes since prior Assembly:			Virtual Step Study - Thur - V		
Removed:			IE Virtual - Wed – V-		
			V= Permanent Virtual meeting		
			*=Active this year		
Add:			(Note – added *)		

1. Approval of Prior Minutes

- a. Consensus: Stand as corrected on 10/30/22 by GSRs via email (8 of 13 replied yes: Joel, Gerald, Rebecca, Debbie, Michele, Marilyn, Yvonne & Yukiko) Correction to update visitor Jennifer L as Secretary of Fountain Valley Group.

2. 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.
- b. The Vice-Chair role is still open. Roxanne was elected as chair in April 2021, with the role as Vice Chair prior. Then, re-elected in Oct 2021 for a full term. Would like to rotate service, so please get the word out if anyone is interested. Her term is ending October 2023.

3. New Business

- a. Discussion regarding guidelines for who can join a SoCal Region subcommittee
- b. Discussion regarding unused budgeted funds
- c. Discussion on best practices for hosting hybrid meetings and technology needed.

- d. BOT Nar-Anon State of Affairs Update. Ways we can support.
- e. CAR Motions and workshops to discuss pros and cons
- f. Outreach Chair resignation
- g. Open positions: Vice Chair, Narathon Chair, Outreach Chair & Literature Chair/Committee
- h. Regional Zoom account may be used to host committee meetings, workshops or special events. Must reach out to socalregion@nar-anon.org for availability and to secure a date. Upon approval log in information will be provided. Scheduled events will be tracked on the Region's Google calendar.

4. Sub Committee Reports

- a. Website:
- b. Narateen:
- c. Finance:
 - i. Update
 - ii. Vote on 2023 budget
- d. Outreach:
- e. Literature: N/A
- f. Narathon:

5. Delegate/Alternate Delegate Reports

- a. Angie M.:
 - i. Update
- b. Trudi C.:
 - i. Update
 - ii. Follow up on food for thought topic

6. Open Discussion

- a.

7. Upcoming Meetings or events

- a. 2023 - All Assembly Dates -Saturday mornings - 10:00 a.m.
 - i. 1/14/23, 4/8/23, 7/8/23 & **10/14/23**elections**
- b. 2022-2023 - All Regional Service Committee (RSC) Meeting Dates - Monday evenings 6:30 p.m.
 - i. 12/19/22, 3/20/23, 6/19/23, 9/18/23 & 12/18/23

8. **Motion to close:** motion to close meeting at _____

9. **Closing** - Meeting adjourned with serenity prayer.

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To Join ALL Regional Meetings:

Join Zoom Meeting (click link)

<https://us02web.zoom.us/j/5606110072?pwd=Y1htWncrLzFPUXBBWVM1OU1YaW1Edz09>

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://e8c97c56-bf99-43f2-b326-17d331d547df.filesusr.com/ugd/926a6a_615e77c8e6cf4ed1b645c29997069c70.pdf
- **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/1vCf2NbG985CjBEal7LdWlvE5ujzUmU83/view>
- **Previous Assembly Minutes:**
https://drive.google.com/file/d/1IMbWNOdpyeeNXawSy25nREOTKYnkhL_/view?usp=sharing
- **Financial Statement:**
<https://docs.google.com/spreadsheets/d/1sUjn0Qm3CSXXej7m0AfOHiyQNoSUHjyN/edit?usp=sharing&ouid=101809344431613797520&rtpof=true&sd=true>