

# NorCal Nar-Anon Messenger

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## Letter from the Editor

Welcome to Issue Two of the Nar-Anon Messenger. Covid-19 has turned our world upside down this year. Covid-19 has affected all of us. The world as we knew it, may never be the same again. We can no longer do in-person, some of our favorite things: i.e., go to a movie, a concert, a gym, dine out in a restaurant, get haircuts, go to meetings, conventions, unity days and many more things.

Many of us have been affected economically and physically. Several of our favorite businesses have had to close and may never reopen again. Many of us may have suffered

from the virus, know of people who have contracted and suffered severe repercussions from it. The requirement for us to wear masks or scarves make it difficult for some of us to breathe. For some of us who suffer from hearing loss, it makes it difficult to hear and understand what people are saying.

For a moment, it was great to have a small amount of normalcy. Roseville members had an in-person meeting! Then, Covid surged and here we are, back to Zoom meetings. Although the situation we find ourselves in is not optimum, I am proud that

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Nar-Anon Nor-Cal Region has adapted and found a way to continue the work to help family and friends of addicts. May the day soon come where we can meet in person again!

- Tracy C., Coordinator,  
NorCal Literature Sub-Committee

## Spotlight on Guidelines

This information is timely given the prevalence of Virtual Meetings during COVID19. Although Nar-Anon Literature cannot be copied, uploaded or shared, it can be displayed on the screen during virtual meetings so newcomers and fellowship can follow along.

Page 26 Guide to World Service (GWS), last paragraph, 3rd sentence; "Areas or regional committees may use

quotes or reprint portions of Nar-Anon Conference Approved Literature (CAL) that do not exceed 25% of the original piece or do not exceed 25% of a single chapter or section, if taken from a booklet or book"...page 27 top of page, 2nd to last sentence, "These excerpts shall always include proper notation or credit identifying the origin of the quote or re-printed portion.

### Save the date!

Please check out the flyer on the last page of this newsletter to learn about an upcoming workshop about detaching with love, hosted by the Northern CA Region! To find out more, please visit [https://www.naranonnorcal.org/documents/NCR\\_Workshop\\_2020-10-24\\_Detachment\\_v2.pdf](https://www.naranonnorcal.org/documents/NCR_Workshop_2020-10-24_Detachment_v2.pdf)

# Sponsorship in the New Age

## Reflections from Long-Distance Sponsors

*...I am committed to sponsorship because this important recovery relationship has been critical to my recovery and by giving what I have so generously received, recovery grows. I learned to ask for help (in order to get a sponsor). I learned to work the Steps. Service became vital to my recovery. With Sponsorship, I was able to set difficult boundaries with addicts, explore past traumatic experiences which led to unhealthy behavior and build the life of serenity and joy I yearned for. No Nar-Anon was near me when I started recovery, so I know how important long distance sponsorship is to recovery.*

- Wendy A.

*...I believe that each of us in Nar-Anon is on the front line of moving our country closer to a comprehensive plan to treat addiction, mental health and homelessness issues. Person by person, as we share our stories, we move individuals and families and communities closer to good health.*

- Janet C.

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## Creating a New Area

Calling



Interested in starting an area with nearby meetings? *If so, read on!*

all greater Sacramento and surrounding areas including but not limited to: Stockton, Galt, Elk Grove, and Roseville and anyone else who is interested.

Tracy C. from the Roseville Family Group is inviting everyone who is interested to a meeting to learn about and discuss the possibility of forming a new Sacramento Area and learn about other Areas that have already been formed.

### What is an Area?

An Area is a geographic segment containing more than one group which the region (Northern California) may be divided. An Area is an important link between the groups and the Region replacing isolation with community. The Region supports areas by providing communication opportunities, acting of the Area's behalf, and encouraging growth, outreach and fellowship. For more information, go to the Guide for Local Service (GLS) Section 5, pages 1-4. This can be found on the [naranonncal.org](http://naranonncal.org) website.

### Which groups can potentially be included in a new Area?

Any groups of two or more can form a new Area. In this case, Sacramento, Galt, Stockton, Elk Grove, lone, and Roseville are planning an informational meeting to discuss forming an Area. Also, cities that are nearby an existing Area can request to become part of that Area.

### What is the purpose of this informational meeting?

A meeting would provide members the opportunity to discuss the pros and cons of forming or joining an Area.

### Things to consider:

- More cohesive representation at the Region level
- More support for the meetings from both Area and Region
- Give members the opportunity to share ideas to get more out of our meetings
- Have more interaction and participation with Nar-Anon as a whole

### When would this informational meeting take place?

The meeting is scheduled to take place on September 26, 2020 at 1PM. Zoom Meeting ID is 988-0959-8628

### What do I need to do?

RSVP by emailing me, Tracy C., at [litcoord@naranonncal.org](mailto:litcoord@naranonncal.org)

### What is the next step?

After the meeting, the Group Service Representatives (GSR's) will take the information back to their groups for a group conscience to determine whether their group wants to be a part of a new Area. A follow-up meeting of the GSR's will be held to vote their group's conscience.

*For meeting updates and to find virtual meetings, go to [www.naranonncal.org/meetings](http://www.naranonncal.org/meetings)*

## Update from the Outreach Committee

September is National Recovery Month. Now is a great time for Nar-Anon members to reach out to the families and friends who are affected by someone else's addiction. We want to carry the message of hope by letting them know they are not alone, by practicing the 12-steps of Nar-Anon, and by changing their own attitudes.

Covid-19 is limiting where information can be shared in-person or posted, therefore we are relying on web-based outreach, public service announcements (PSA's), and sending Nar-Anon information to appropriate professionals. Let's stay safe!

**Goal:** Reach out to each GSR in the Northern CA Region with a "Five-Point Plan" (see below) that they can customize to meet the needs of their respective group.

**Timing & Activities:** With the collaborative effort of our GSR's beginning in September, conduct a review at the end of the year to determine how to proceed in January 2021.

**Contact:** Karen S., Northern California Region Outreach Coordinator, [karens@berkeley.edu](mailto:karens@berkeley.edu) or 510-304-3854.

Let's do this together!

### FIVE-POINT PLAN

1. Update your meeting information on the website to make sure it's current, that it's accurate, and that it is welcoming to newcomers, and others who are searching for a meeting.
2. Offer meeting opportunities in different formats, Zoom, free conference call, or socially distanced in-person meeting (if there are any operating now).
3. Reach out to local television and radio stations to make a public service announcement about Nar-Anon.
4. Distribute printed information about Nar-Anon where people still gather, such as a message board at supermarkets, smaller grocery stores, stores like CVS and Walgreens, coffee shops, laundromats, hospitals, and any churches that are open. Groups may advertise in locations appropriate for their area.
5. Optimize information provided in the Outreach Packet, from the WSO, to print materials and get ideas for outreach that works for each Nar-Anon Family Group in Northern California. Every GSR can easily download the Nar-Anon Family Groups OUTREACH HANDBOOK from the WSO website.

## Update from the Regional Technology & Web Presence Subcommittee

The Northern California Region Technology and Web Presence Subcommittee was started in the summer of 2017 to oversee the region's website and help coordinate other communications technology. The subcommittee consists of a small number of volunteers who seek to keep the website in accordance with the *Twelve Traditions* and *Twelve Concepts*, while responding to the needs of the groups in the region.

The subcommittee has moved the website to its own domain name, [naranonnorcal.org](http://naranonnorcal.org), from the domain shared with the Southern California Region. Using the new domain name, forwarding email addresses have been established for all region service positions so that they are anonymous, and will remain so as new trusted servants take those positions.

The Meetings page has become easier to navigate by adding a Metro Center Index, a Virtual Meeting

Index, and a Spanish Index. Furthermore, there are icons to indicate meetings held via teleconference, and when in-person, whether it is wheelchair accessible.

The subcommittee has also been involved in providing video and conference call services to the region using a shared Zoom account. This account is currently used for service meetings, workshops, and for individual group's weekly meetings upon request.

The website is updated frequently. To add an upcoming event, a new meeting, or to make changes to an existing meeting, (including location, date, time, or status of in-person vs. virtual), please contact the Tech & Web Coordinator at [webcoord@naranonnorcal.org](mailto:webcoord@naranonnorcal.org).

Anyone interested in serving on the subcommittee, please contact the email address above.

- Creig S., Coordinator, Tech & Web Subcommittee

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## The Lifeboat

When I learned that our son was a heroin addict, I was floundering in a sea of anger, fear, shame and guilt. I attended my first Nar-Anon meeting. As I listened to the shares, I felt like I was in the right place. I had been picked up by a lifeboat.

When we come to Nar-Anon, we may feel that we have been given a gift. We get hauled into a lifeboat. We know that we need help. There is someone with experience to help us to begin to navigate our own lifeboat. There is someone to give us a blanket, something to drink, a piece of literature, a phone number to call and an experience we can identify with in our own lives.

If we take a moment to look around the lifeboat, we can see that everyone has a part in keeping our lifeboats afloat. Some people are rowing. Someone is handing out food. There are people organizing literature, collecting 7th Tradition donations, leading the meetings and setting up chairs. There is a Group Service Representative who helps keep our lifeboat connected with fleets of other lifeboats.

Our Nar-Anon lifeboats are precious. Like other lifeboats, ours can be tossed about in a sea of pain and despair and capsized. We learn that if we work our program our lifeboat can experience calm seas and refuge. As a result, we have an opportunity to look around and help someone else. Are you ready to take a turn at the oars of service to Nar-Anon? You can help keep the boats moving forward by extending a helping hand to others who are in desperate need of a place to feel safe and understood. By rowing your lifeboat and assisting others to learn to row their own lifeboat, I can promise that your own recovery will be strengthened. Give it some thought. When you're ready, ask your group how you can be of service. Let us all keep the Nar-Anon fleet of lifeboats afloat!

- Michael S.

## Side Effects May Include...

Most of us have heard the endless lists of warnings of side effects in using various medications in advertisements.

Nar-Anon is proven to be an effective program for relatives and friends of addicts. Some people might notice a change after their very first meeting. Be forewarned, some of possible side effects of the Nar-Anon Program are:



1. The ability to sleep through the night;
2. We begin to focus on ourselves first;
3. We begin to enjoy a whole day by keeping the focus on ourselves;
4. The urge to ask the addict if they used drugs today will dissipate;
5. Searches of the addict's property for drugs are not a high priority;
6. Uncontrollable laughter can happen and become infectious;
7. Unexpected smiles can happen;
8. Care must be taken to avoid being overly happy; and
9. If your joyfulness last more than four hours in a day, please call your spiritual provider or your sponsor.

If you develop any of these or any other side effects, please share your experiences at a Nar-Anon meeting. Use Nar-Anon liberally as needed.

Remember, Nar-Anon is intended to help ourselves, not "cure" the addict.

- Judy M.

***If you would like to contribute a story or inform our community of an upcoming event, please email [litcoord@naranonnorcal.org](mailto:litcoord@naranonnorcal.org)***

# Meeting Spotlights

*~Want us to spotlight your meeting?*

*~Does your meeting have an upcoming anniversary?*

*If so, please email [litcoord@naranonnorcal.org](mailto:litcoord@naranonnorcal.org)*

## PACIFICA THURSDAY NIGHTS

There are so many benefits to a sponsor list.

My group had members who wanted to start working the steps and were asking if we knew of any sponsors. Our group is still fairly new, so we reached out to veteran members of other groups to see if they could help compile a list of

willing sponsors... The response was great!

We were able to get a list of about 10 members willing to sponsor. This includes a Spanish speaking sponsor. We are grateful to those members who stepped up and stepped out into service. Now we are able to share this list of hope with other Nar-Anon groups.

If you would like to be added as a sponsor to the list, or if you are looking for a sponsor, then please email us at [pacificanaranon@hotmail.com](mailto:pacificanaranon@hotmail.com).

We will continue to update this list.

- Rondel D.

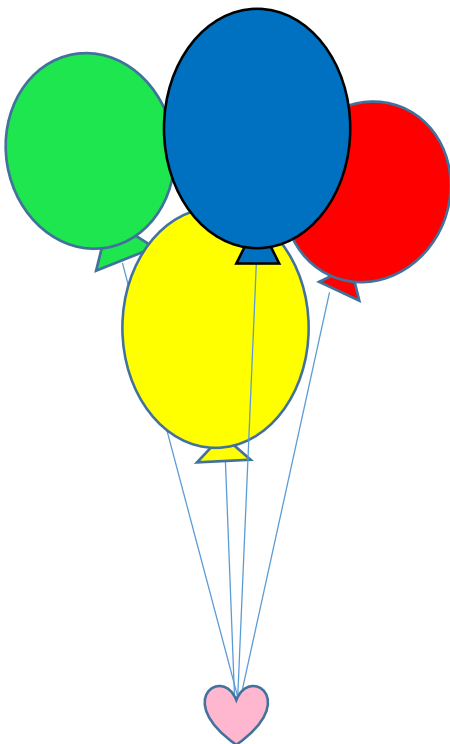
## NOVATO TUESDAY NIGHTS

Nar-Anon saved me in so many aspects of my life for the past 7 years. I knew nothing about Nar-Anon, but when I stepped into

my first meeting, I knew it was just what I needed. I even started a meeting in Novato (Marin County) so that others could benefit as I have.

I would like to remind people that it works if you work it, so work it cause you're worth it!

- Cyndi T.



## BIRTHDAY SHOUT-OUTS

September 2<sup>nd</sup> – Concord Nar-Anon Family Group (40 years)

September 7<sup>th</sup> - Roseville Nar-Anon Family Group (11 years)

October 14<sup>th</sup> – Tuesday Night Novato Nar-Anon Meeting (6 years)

October 18<sup>th</sup> – Chico Hope Starts Here NFG (5 years)

December 16<sup>th</sup> – Stockton Family & Friends of Addicts NFG (1 year)

**Congratulations on another year!**

*For meeting updates and to find virtual meetings, go to [www.naranonnorcal.org/meetings](http://www.naranonnorcal.org/meetings)*



# “U Asked 4 It!” NorCal Region Workshop

## Detaching with Love

Northern California Region Nar-Anon Family Groups  
Video Teleconference Meeting Saturday, **October 24, 2020**

Start Time: 10:00 am PT, 11:00 am MT, 12:00 pm CT, 1:00 pm ET, 18:00 UTC  
Please join 15 minutes before start time.

Speakers: Robert P., Bakersfield, CA & Audrey W., Walnut Creek, CA  
Followed by small breakout groups

Zoom ID: 980 1269 6869 (500 participant limit)

For more information please email: [ConvCoord@naranonnorcal.org](mailto:ConvCoord@naranonnorcal.org)

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