

Sacramento Fellowship of Narcotics Anonymous
Area Service Committee Meeting Minutes
George Sim Community Center
6207 Logan Street, Sacramento, CA
Wednesday, May 02, 2007

I. Call to Order at 7pm by Pam T.

II. Prayers and Principles

- A. Serenity Prayer
- B. 12 Traditions of Narcotics Anonymous, Delena
- C. 12 Concepts for NA Service, Diana
- D. NA Service Prayer

III. General Session

- A. Welcome new Groups and GSRs
 - i. Tina, GSR, Crossroad to Recovery*
 - ii. Michael, GSR, Survivors
 - iii. Robert, GSR, Surrender for Serenity
 - iv. Jamie, GSR, After the Fog
 - v. Terry, GSR, Oak Park Fellowship†
 - vi. AJ, GSR, Clunie Group
 - vii. Armita, Alt. GSR, Friday Night South Sac
 - viii. Conrad, GSR, 70-40 Group
 - ix. Delena, Alt. GSR, Time and Change
- B. Reports from Admin (items not covered in written reports)
 - i. Joel A. will cover for Admin Assistant at 4-11-07 ASC.
 - ii. There will be a June 23rd Regional Assembly in Sacramento
 - iii. Region website is www.norcalna.org
 - iv. RCM will grab a copy of the Regional Calendar to include in future agenda packets
 - v. Question came up at Region about whether members can do service in more than one Area. Overwhelming consensus was yes. It was not recommended that members serve on more than one Admin committee, however.
- C. Practices of Strong Home Groups and ASC Feedback (see attached)
- D. Roll Call and Group Reports (see Roll Call attached)
- E. Review/approve minutes from 4/4/2007. Minutes approved.

IV. Deliberation and Decision Session

Proposal 1, Guideline Change

T replace "Appendix A: Robert's Rules of Order (in brief)" – attached to our Guidelines as pages 10-11 – with the 2 pages on Consensus Decision Making presented at our March 21 2007 ASC, making them Appendix A to our Guidelines and pages 10-11.

Proposal 1 Accepted

* New Meeting to SacFNA

† New Meeting to SacFNA

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Proposal 2, Monthly Speaker Meetings

To hold monthly Speaker Meeting and food events (Pancake Breakfasts, Ice Cream Socials, Taco Feeds, etc. put on by a “host” group in cooperation with volunteers from the Sacramento Fellowship. If approved, GSRs should discuss this possibility with the groups they represent, preferably at a business meeting. If there’s interest and support, please bring proposals back including date, time, location and rental fees.

- Individual groups sponsor the activity, Area sponsors and supports and provides funding.
- Creates unity for groups and fellowship.
- Would like to calendar something as early as July (?)

Concerns

- Single point of accountability – who will be the chair of the event?
 - Each activity should have one coordinator
- Where will proceeds go?
 - Money should go back to SacFNA

Proposal 2 Accepted with this inclusion:

Each proposal should include date, time, location, cost and coordinator with qualifications to be brought back to ASC.

Proposal 3, Volunteers to Support Meetings

To recruit volunteers to attend each meeting that requests support.

Concerns:

- About lists, people being motivated by guilt to sign up but not show up.
- Need to carefully select volunteers.
- Member opposed to proposal as written. Need a specific sign up sheet for members willing to attend meetings needing support.

Proposal 3 Accepted with this inclusion:

One side of sign-up sheet can be used to volunteer for any service and the other side of sign-up sheet can be used only for those who are willing to go to support meetings.

Proposal 4. Liaisons

To send liaisons from SacFNA to the following ARANA subcommittees:

- | | |
|-----------------------------|---------------|
| A. Public Information | D. Newsletter |
| B. Hospitals & Institutions | E. Unity Day |

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C. Outreach

- What kinds of tasks will liaisons do? Will liaisons carry H&I can funds to ARANA, for example?
 - Not necessarily. Liaisons will carry issues and concerns back and forth and will communicate between areas.
 - Will provide linkages between the two areas.

Proposal 4 Accepted

Proposal 5. Learning Day

To request that our Region's Public Relations Committee put on a Learning Day on our behalf.

Proposal 5 Accepted

Proposal 6. Regional Schedule

To develop, maintain, and print a schedule twice yearly listing meetings in the Greater Sacramento and surrounding areas – East to Placerville, Auburn, Nevada City/Grass Valley; West to Fairfield/Suisun; North to Marysville/Yuba City; and South to Lodi (plus the 2 Stockton meetings in American River).

- Sell for approximately \$1.00 at our meetings and give free to newcomers
- May sell for more to other Areas

Concerns

- RE: the Stockton meetings are in a different Region
- Don't include Stockton Meetings

Proposal 6 Accepted, move forward to determine actual cost, don't include Stockton meetings.

Final Treasurer's Report

\$66.00	7 th tradition
\$899.76	Group Donation
\$1310.06	<u>Literature Sales</u>
\$3664.02	Balance

Proposal 7: Donations to ARANA and Region

To donate \$50 to ARANA and \$100 to Region.

Proposal 7 Accepted

Proposal to Adjourn at 9:30pm

**Poster Session Notes
5-2-07**

Home Group Practices that Create a Safe and Positive Environment

- No cross talk
- Sign up sheets to share
- Greeters that welcome all
- Male and female greeters
- Daycare
- Hugs, not drugs
- Spiritual principles
- Principles before personalities
- No violence
- No weapons
- Calming voices
- Space seats apart
- Safe parking
- No swearing, cursing in front of children
- Open spaced areas
- No drugs or paraphernalia
- Let others share
- Carry a clear NA message
- Respect the time
- Welcoming newcomers with open arms

Home Group Practices that Encourage Self Support

- 7th Tradition
- Paying rent
- Events
- Being of service
- Respecting facilities
- Parenting children during meeting
- Donations
- Potluck/Dinner/Dances
- Being of service
- Being of service within your home group
- Explaining what self-support entails
- Announcements at other meetings, etc.
- Donation to Area
- Pay rent on time
- Tell where money goes at beginning of meeting
- Continuity of service
- Asking members to “dig a little deeper”
- Communicating status of money
- Keep service positions filled

Home Group Practices that Nurture all Members

- Show love for others
- Greeters
- Introduce ourselves at beginning of meeting
- Phone list for newcomers
- Child care assistance
- Fellowship outside meeting
- Invite newcomers to coffee
- Birthday person
- Maintain contact with “unseen” members
- Help members with special needs
- Offer ride share/schedule
- Hugs and conversation
- Share experience, strength and hope
- We greet newcomers
- Respect each other’s share
- Show unconditional love
- Celebrate birthdays
- Phone list
- Be a member

Home Group Practices that Contribute to Teaching Principles

- Book study on Steps and Traditions
- Sponsorship
- Share honestly
Openmindedness, honesty, and willingness
- Principles before personality
- Mentors or supporters for the newcomer and the young addicts
- Love and support newcomers
- Go through Concepts and Traditions at the business meeting
- Sponsor list and book
- Lead by example
- By selecting chairs with a clear NA message
- We have a membership book
- Read daily meditation
- Demonstrating respect
- Keep a clear NA message

Home Group Practices that Encourage Diversity

- Keep the doors open
- Greeter who hugs everyone
- Chairs who have a variety of backgrounds regardless of age, sexual ID, creed , religion, etc.
- Welcoming environment for everyone
- Speakers come from different areas/backgrounds
- Multiple types of meetings (i.e., men, women, book study, GLBT, speaker meeting, and open meetings)
- Oldtimer speakers
- Youngtimer speakers

Home Group Practices that Make for Good Public Relations

- Keeping facilities clean and neat
- Respecting community
- Following the facility's rules
- Respectful rapport
- We pay our rent on time. Follow rules. Respect our place of recovery. We don't smoke on our entire block.
- Following rules and traditions.
- Clean up and leave no messes
- Liaison with facility (communication)
- Noise awareness
- Smoking respect
- Responsible for children
- Self support
- Responsible/respectable language outside meeting
- H&I
- Respect neighbors
- Butt cans
- Attraction
- Be good neighbors
- Observe parking
- Support

May ASC discussion

Feedback on ASC

Process:

Positives	Negatives	Suggested changes
ASC location	ASC Location	Use language we all understand (even the newcomer)
Set time limit (X2)	Need more tables and chairs	Stay in process
GSR Orientation (X2)	Too early to tell	Roll with the changes
Brainstorming		Work together
Consensus Based (X2)		
To the point, helping the addict who still suffers (X2)		
This process		
Keep it simple		

Facilitation:

Positive	Negative	Suggested Change
Power Point	Forced Participation	More tables as we are growing
Coffee and cookies		
Room setup		
Stays on task		
Professional		
Everybody reports		
Wonderful as developing		
One goal – recovery		
Keep it simple		
Loving		
Easy flowing		
Be fair to every member		
Better GSR Orientation		
Is very clear		

Content

Positives	Negatives	Suggested changes
Clear agenda (X2)		Volume – Speak louder
Informative (X2)		
Open minded (X2)		
Make yourself at home (X2)		
Everybody has input (X2)		
It's all good		
On everything		
On our voices literally being heard		