



CNCA COMMENTS

A.A. Confidential -- September 2018
www.cnca06.org



California Northern Coastal Area of Alcoholics Anonymous

Chair Preview

Our August Area Committee Meeting (ACM) was an hour shorter than usual so we didn't have time for much past the usual reports. The Interpretation & Translation Committee presented their revised guidelines "for disapproval, if any" (meaning, we handle these like a housekeeping motion or the annual budget) and there were no objections. We have increased the services provided in our Area this panel by various motions and the updated guidelines reflect those changes. Next month, our Web Committee will be presenting their updated guidelines in a similar fashion.

At our September ACM, we will also hear job descriptions for the three Standing Committees (Web, Finance, and Interpretation & Translation) and the coffee commitment. Along with the Area Officer job descriptions that are given each month at the DCM Sharing Session (and printed here in the newsletter), these presentations are to inform and encourage those who are eligible and available to be of service to the Area next panel. As a reminder, all DCMCs and DCMs are eligible for Area Officer positions and will have the chance to say if they are "available" or "not available" at the Election Assembly on November 3 in Livermore. The Standing Committee members will then be appointed by the new panel of Area Officers in December. With the exception of the Finance committee, pretty much any A.A. member is eligible to serve on the Standing Committees (just submit your name to the officers). As for coffee, the process is for a District to bid, much like we do with the *CNCA Comments* and *Comentarios*.

I know that was a lot of information in one paragraph, but I get excited thinking about all the ways you can participate next panel! Now is a great time to come check out the ACM if you've never been and see what it's all about. The back page has all the details on where and when. We do a lot of service and we have a lot of fun here in CNCA and I continue to be humbled and inspired by it all.

Our business in September will include discussion on two new motions:

"That CNCA purchase an annual policy of Directors and Officers Liability Insurance in line with standard nonprofit practice."

"That, due to funds in our checking account that exceed established Area 06 7th Tradition needs, CNCA disburse \$7,500 to the General Service Board of Alcoholics Anonymous."

Grateful to be part of a society of alcoholics in action,
Jennifer B, Panel 67 Area Chair

By the time you read this newsletter, I will have sent out to all the DCMCs of the Area a copy of the "AA Internal/External Communications Audit Report". Some of you may remember in my Delegate's Report, I asked the question "Do we need an internal communications audit?" Then I found out that the audit that was going on was both--internal and external. So now it is here! I encourage you all to read it.

On page 3 of the report it states, "The ultimate objective is to assist AA in becoming a stronger, more unified organization in which the Boards, office and administration, and Fellowship work together to fulfill AA's mission of helping those who struggle with alcoholism to achieve and maintain sobriety." That being said, on page 12 under Primary Purpose/Mission, it mentions while "AA's primary purpose is alive and well at the group level . . . AA's primary purpose is somewhat lost at the Board and administrative level." It goes on to say "AA's primary purpose is getting lost in the Conference Structure." I feel this is something to pay attention to. I closed my Delegate's report this year by remembering what our outgoing Pacific Regional Trustee has been saying for the past four years, that carrying the message to the alcoholic who still suffers is the most important work that we do. But sometimes at the District level and at the Area level, it may be hard to connect the dots between what is on the agenda of the business meeting and our primary purpose. I have heard this concern before from AA members. I am ready and open minded to hear more about what I can do about this.

My hope is that we as an area will study this report and be able to have some fruitful discussions about it, just like we did with the Feasibility Study. On page 14 of the Communications audit, it mentions the Strategic Plan which came out in 2016 already has some suggestions that "squarely address critical organizational challenges." Ok, let me pull out my Strategic Plan and brush up on that too.

On the last page of the report is this wonderfully hopeful paragraph: "This is just the beginning--understanding the current state--the first step in improving communications within AA, its corporations, Boards, and service structure; and, externally, with its key audiences--the Fellowship-at-large, traditional media, Professional Communities, the general public, and the still-suffering alcoholic. The next steps AA takes have profound implications that depend completely on how willingly AA acts on the changes needed to advance its reach. The future of the Fellowship and the still-suffering alcoholic rests on its success."

I am ready to roll up my sleeves and get to work. Will you join me?

Joann L
Panel 67 Delegate CNCA 06

Looking for Something?

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AREA COMMITTEE MEETING MINUTES FOR AUGUST 2018

The monthly committee meeting of CNCA was held August 25, 2018 at the Petaluma Community Center. Jennifer B opened the meeting at 12:30, followed by the Serenity Prayer. The AA Preamble was read by Charles P (District 10). Niles M (District 09) read Tradition 8 and Lora L (District 12) read Concept 8. There were three past Delegates present: Bob D (Panel 36, Area 28), Woody (Panel 50, Area 07), and David N (Panel 59). David N currently serves as a General Service Trustee. There were six GSRs present. The July 2018 minutes and financial report were accepted as printed in the *CNCA Comments*. Birthdays: 189/9.

Registered attendance: Voting (55) / Non-voting (52)

Officer Reports

DELEGATE – JOANN L: There are openings for an appointed committee member of the Trustee's Literature committee and for two staff positions at GSO. We have no news on when Conference Reports will be delivered. Stories for two pamphlets (the Hispanic Women's pamphlet and the Third Legacy pamphlet) are needed; the deadline for submissions is November 2.

ALTERNATE DELEGATE – TEDDY B-W: Our workshop on Tax, Legal and Insurance Considerations for AA Groups will be held later today. Thank you to everyone who volunteered to staff the booth during the American Psychologists Convention; thanks to them, information about AA was available to 10,000 professionals.

CHAIR – JENNIFER B: We have a shorter agenda today to fit our shorter timeframe. Next month, we will hear job descriptions from our standing committees and our coffee crew. We currently have an opening on the Web committee.

TREASURER – CHRIS H: As of today, we have \$23,200 in our checking account (used for operating expenses) and \$11,140 in our savings account (which represents our prudent reserve). We received \$13,500 in contributions and spent \$8200.

REGISTRAR – LAURA W: We completed the transition of our Area Database to new software and are now able to provide those in service with the information they need to better serve the Area.

RECORDING SECRETARY – ERIC L: The error-free version of the Motions Book is on track to be completed soon. Quarterly reports will be due at the end of the year.

ASSEMBLY COORDINATOR – ERICA G: The Election Assembly will be held November 3 in Livermore. Save the

Date flyers are available. Thank you for your patience with the facility changes today; we will be back to normal next month.

LITERATURE/GRAPEVINE/LA VIÑA – MIGUEL H: The book *Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951-1970* is close to completion. Current translation projects are underway in eight countries, including the first-ever translation of the Big Book into Kazakh (spoken in Kazakhstan).

District Reports

DISTRICT 01 (MONTEREY) – SUSAN G: We continued discussing the proposed Fifth Edition of the *Big Book* and literature regarding meditation.

DISTRICT 02 (SALINAS/SAN BENITO) – ELIYAH H: We focused on preparations for our Delegate's report in October, and we discussed how to encourage more participation at the District.

DISTRICT 03 (SANTA CRUZ) – ERIC H: We are focusing on elections for next year. Our District website is still under development and will be completed by the end of the year.

DISTRICT 04 (SANTA CLARA NORTH) – JACOB S: We heard our Delegate's report, and we are starting to prepare for next panel.

DISTRICT 40 (SANTA CLARA SOUTH) – COREE H: We passed motions to fund a member to attend the NAATW and to implement Venmo for digital contributions from groups and individuals.

DISTRICT 05 (SAN MATEO) – COLLEEN G: We are reviewing job descriptions to encourage participation next year. Our BTG committee has new volunteers and our PI/CPC committee is busy filling requests for presentations.

DISTRICT 06 (SAN FRANCISCO) – JUSTIN H: We will be moving to a new location next year. A group is exploring alternative venues and will report their findings in the next few months. Our Treasurer has begun the process of developing the 2019 budget; this will be closely coordinated with any move, since monthly rent is a big part of our budget and any changes impact what we can spend on other activities.

DISTRICT 07 (ALAMEDA NORTH) – PATRICK C: We passed a motion to request a pamphlet for transgender alcoholics that we will present to the Area in December.

AREA COMMITTEE MEETING MINUTES (Cont.)

DISTRICT 70 (ALAMEDA SOUTH) – DON Z: We will be distributing an updated edition of our District 70 Motions Book. We continue hearing job descriptions and are preparing to host the Election Assembly.

DISTRICT 08 (CONTRA COSTA) – DON L: Motions to reduce the prudent reserve (from six months to four months) of projected expenses and to purchase a one-year web-conferencing membership passed.

DISTRICT 09 (SOLANO SOUTH) – CLAUDIA K: We voted to send our Archives Chair to the NAAAW in Illinois. We are also securing a rider on our Central Office's insurance policy for our District meeting place.

DISTRICT 90 (SOLANO NORTH) – TONY W: We are discussing a motion to allow individual AA members to contribute financially to the District. We have historically only accepted money from groups and any money we got at Unity Day. Our 40th Anniversary Extravaganza will be held in September.

DISTRICT 10 (MARIN) – CATHY P: Our Archives committee gave a fun and informative presentation to highlight the importance of maintaining our group histories. Our Unity Day is scheduled for October, and our Safety Workshop will be held in November.

DISTRICT 11 (NAPA) – JEFF D: We had five new GSRs join as we prepare for the next panel. A housekeeping motion to change our Beginner's Meeting format passed. And our Meeting in a Pocket project is ready to be printed next week.

DISTRICT 12 (SONOMA) – ROBERT F: Our Unity Day will be held September 15 in Sebastopol. We have started job descriptions at the District meeting, and everyone seems excited about the opportunities available for service.

DISTRICT 13 (LAKE) – MARY ELLEN R: We did not have a business meeting due to the fires and evacuations in Lake County. More than 50 percent of our county has burned since 2012. We are preparing for our Unity Day in September, where we hope to encourage more participation.

DISTRICT 14 (MENDOCINO) – ROBIN T: We are weathering the fires well. Our Delegate's report was wonderful, and a large contingent from our District is attending the Regional Forum.

DISTRICT 15 (HUMBOLDT/DEL NORTE) – DEVIN P: Hosting the Assembly was a joy, and spiritual experiences were had by many. Enthusiasm is at an all-time high. Officers are currently discussing what to do with the profit from

the Summer Assembly dinner. We are also discussing travel reimbursements.

DISTRICT 16 (SPANISH CENTRAL) – FRANCISCO R: We will be contributing \$200 to the Hispanic Women's Workshop.

DISTRICT 17 (SPANISH SOUTH) – MARIO S: We heard service position descriptions and passed a motion to contribute to the Hispanic Women's Workshop. We also discussed our prudent reserve, and hope to set a dollar amount soon.

DISTRICT 18 (SPANISH NORTH) – HECTOR C: We continue supporting a new Spanish-language group in Fortuna, we approved a \$300 contribution to the Hispanic Women's Workshop, and we will send a liaison to the Foro Hispano committee. Tomorrow, we celebrate our 25th District anniversary.

DISTRICT 19 (SPANISH SOUTH SOUTH) – MAGDALENO O: We visit one group each week and are preparing for District elections in October. Our PI/CPC committee is purchasing literature to distribute to local libraries.

DISTRICT 20 (SPANISH EAST) – TEODOMIRO S: We approved a motion to contribute \$320 to the Hispanic Women's Workshop. We are also reviewing our District budget, and we will be celebrating our District anniversary in November.

Area Sub-Committees and Sharing Sessions

ARCHIVES – RICHARD W: Our next workday will be held September 1 in Walnut Creek. We will also be participating at the Regional Forum with an archives display.

BRIDGING THE GAP – KELLY H: This month, your BTG committees gave 24 presentations and handled 91 requests for contact. We are now preparing the program for the BTG Forum in Novato. A motion to conclude the Pre-Release Contact Service as a pilot and support the service on an ongoing basis passed unanimously and will be presented to the Area soon.

FINANCE – CLAUDIA N: We have dialed down our committee guidelines and website verbiage, and hope to have it finalized by the end of the panel. We are starting to work on the budget for 2019.

PI/CPC – TEDDY B-W: We discussed the Safety Card. It could be a great addition to informational tables at health fairs, and it is available for free at

AREA COMMITTEE MEETING MINUTES (Cont.)

Intergroup offices. Next month, we will host a DUI speaker training.

WEBSITE – ROBERT E: We continued updating our guidelines and will present them next month. We have one open position on the committee.

INTERPRETATION AND TRANSLATION – MICHAEL Q: We provided simultaneous interpretation for three workshops at the Summer Assembly and had no complaints. Just as we figure out our jobs, it is time to rotate. We will be providing assisted listening at the Regional Forum, and we are discussing whether to compensate translators of our written documents.

CNCA COMMENTS – JOSÉ A: The *Comments* were mailed out after the Summer Assembly.

COMENTARIOS DE CNCA – ERIC H: The *Comentarios* were mailed out late.

NEWSLETTER AD HOC – COREE H: We are interviewing current and past trusted servants on their time serving on projects related to the newsletters. We are brainstorming ideas on proposals and recommendations that we might make to the Area. We are also working on new templates for the newsletters.

DCM SHARING SESSION – JACQUELINE P: We heard a presentation on sub-districts. People shared about how sub-district meetings provide valuable learning and knowledge about General Service and how different sub-district meetings are run. Next month, the topic will be 'Educating Meetings about General Service and GSRs.'

ACCESSIBILITIES – KRIS W: We heard a report on the workshop regarding remote communities from the Summer Assembly. We also discussed a Remote Communities hotline and the use of the *Grapevine* and *La Viña* as outreach tools.

LITERATURE/GRAPEVINE/LA VIÑA – ALICIA Z: The AAWS Highlights newsletter has a lot of wonderful information about our literature, including prayers for each step.

NCCAA – ROBERT G: We will be voting in Fresno on whether to allow our past Chair to continue as Chair because the previous Chair stepped down.

H&I – KAREN B (SUBMITTED ELECTRONICALLY): The H&I General Committee meeting will be October 13 in Pleasant Hill. We remain grateful for the contributions that make possible our mission of carrying the message to the alcoholic who is confined. H&I is always looking for volunteers.

LA VIÑA 23RD ANNIVERSARY – JUAN MANUEL H: Next month, we will elect a liaison to the 23rd anniversary steering committee.

HISPANIC WOMEN'S WORKSHOP – MARIA LUISA S: We thank the Area, Spanish-speaking Districts, and individual AA members, for their financial support. We are hosting a story-writing workshop for the Hispanic Women's pamphlet.

2018 PACIFIC REGIONAL FORUM – DON Z: We have approximately 533 people registered to attend the Regional Forum, including 46 Spanish-language registrations. Volunteer vests have been ordered.

FORO HISPANO – JORGE O: We have chosen a logo for the Foro and have started generating enthusiasm by visiting groups and distributing posters and flyers. We also are fine-tuning the agenda for the event.

Housekeeping Motions

That CNCA purchase an annual policy of Directors and Officers Liability Insurance in line with standard non-profit practice. – *presented by Chris H, Treasurer*

Presentation: If there were a lawsuit filed against CNCA, Area Officers could be held liable, since they are the "directors" of the Area. We hope to rectify this oversight, and at about \$600 - \$700 per year this is relatively reasonable pricing.

Questions: Q: Would the policy cover only current Area Officers? A: No, we would continue to renew the policy for each panel of Officers.

Objection; the Motion will be moved to New Business.

Guidelines

Updates to the Interpretation and Translation committee guidelines. – *presented by the Interpretation and Translation committee*

Presentation: Many of these revisions were due to motions that have already passed. One change increased the number of people on the committee to eight people, in part due to our purchase of portable radios for loan at Assemblies. We also made revisions based on what is actually being done (updates to the Chair's duties and no longer mailing out our minutes to Area Officers). There will be an added expense in adding an eighth person to the committee (because that person would

AREA COMMITTEE MEETING MINUTES (Cont.)

be required to attend Assemblies and the ACM).

Questions: None.

Seeing no objections / Guideline updates approved.

Area Business

PRESENTATION OF NEW BUSINESS:

That, due to funds in our checking account that exceed established Area 06 7th Tradition needs, CNCA disburse \$7500 to the General Service Board of Alcoholics Anonymous. — *presented by the Finance committee*

Presentation: Our prudent reserve (in the savings account) represents one month of expenses. We also have a large amount of money in our checking account, which we use for operating expenses, and we currently have more cash than we need, so we are presenting this motion.

Questions: Q: Why does the motion not send any money to the *Grapevine*? A: The *Grapevine* does not take contributions.

Motion remains Area Committee Meeting Business.
(substantial to remain at ACM; 5 to forward to the

assembly). **Motion will be New Business.**

WHAT'S ON YOUR MIND?

People can gift a *Grapevine* subscription to a person in need. I would like us to discuss this. // The vests for the Regional Forum will be passed on to the next Forum. // There is a new young person's video on AA.org. // We will be holding a writing workshop for stories written by Spanish-speaking women. // Many opportunities for service are available at the Regional Forum.

The meeting was closed at 2:23 pm with the Responsibility Statement.

Submitted with Pleasure,

Eric L

CNCA Panel 67 Recording Secretary

CNCA MOTIONS SEPTEMBER 2018

Area Committee:

Assembly Bids:

Housekeeping Motions:

Guidelines:

Presentation of New Business:

Old Business at Area Committee Meeting:

New Business at Area Committee Meeting:

"That CNCA purchase an annual policy of Directors and Officers Liability Insurance in line with standard nonprofit practice." —*Panel 67 Treasurer*

"That, due to funds in our checking account that exceed established Area 06 7th Tradition needs, CNCA disburse \$7,500 to the General Service Board of Alcoholics Anonymous." —*Finance Committee*

Discussion topics:

Guidance for the General Service Board: Should a legal remedy ever be initiated by AA?

Area Assembly Motions:

Redistricting Requests:

Presentation of New Business at Area Assembly:

Old Business at Area Assembly:

"That literature be developed sharing experience, strength and hope on meditation."
—*District 90*

"That the Trustees' Literature Committee add to its agenda to consider publishing a Fifth Edition of the Big Book, *Alcoholics Anonymous*, with updated stories to more broadly reflect our current fellowship, as well as updates or additions to Appendices III and V." —*District 40*

New Business at the Area Assembly:

"That CNCA establish a standing committee on Technology."

2018 SUMMER ASSEMBLY MEETING MINUTES

The Summer Assembly Business meeting of CNCA was held August 11, 2018 at the Fortuna River Lodge in Fortuna, California. Jennifer B opened the meeting at 9:45, followed by the Serenity Prayer. The AA Preamble was read by Matt E (District 40). Kerstin C (District 90) read the 12 Traditions in English and Antonio Vazquez (District 16) read the 12 Traditions in Spanish. There were six past Delegates present: Bob D (Panel 36, Area 28), Woody R (Panel 50, Area 07), Doug G (Panel 53), David N (Panel 59), Ken M (Panel 61), and Raymundo L (Panel 65). David N currently serves as a General Service Trustee, and Doug G currently serves as an appointed committee member of the Trustee's Literature committee. Tom M (a past General Service Board Trustee) was also present. The minutes from the 2018 Post-Conference Assembly were accepted as printed in the *CNCA Comments*.

Registered attendance: Voting (171) / Non-voting (99)

Officer Reports

DELEGATE – JOANN L: Pacific Regional Delegates had a conference call with our new Pacific Regional Trustee, Kathi F, and discussed the date change for the 2019 General Service Conference (now held May 19-25). We also heard that only one story has been submitted for the Hispanic Woman's pamphlet, and only three have been submitted for the Third Legacy pamphlet. Stories are due by November 19. Conference Reports should be available soon; we do not have a date for delivery just yet.

ALTERNATE DELEGATE – TEDDY B-W: The workshop on Legal, Tax and Insurance Considerations for AA Groups has a great panel. Oliver G and Tom V, both attorneys, Arlene M, a CPA, and Brian J, from the Non-profits Insurance Alliance of California, will all be presenting good information through the AA lens, and there will be time for questions.

CHAIR – JENNIFER B: At our monthly ACM, we have been hearing job descriptions for Area Officers each month at the DCM sharing session. We also heard presentations regarding our Area newsletters. The 'lick and stick' is a fun commitment for a District to take on; please consider bidding to do this vital service. This is our last Assembly business meeting for Panel 67; we do not do any business other than elections at our Fall Assembly in even numbered years.

TREASURER – CHRIS H: We have \$32,600 in our checking account (used for operating expenses) and \$11,140 in our savings account (representing our prudent re-

serve). Year to date, we received \$74,600 in contributions and spent \$74,800. Please thank your groups for their continued contributions.

REGISTRAR – LAURA W: We completed the transition of our Area Database to new software, and we are now able to provide those in service with the information they need to better serve the Area. I have also been able to remove more than 6000 inaccurate or duplicate records.

RECORDING SECRETARY – ERIC L: The Motions Book is a 200-page document that includes every motion we have ever discussed and a history of significant discussions and events in CNCA. Fifty-one people volunteered to help transcribe this book, and, once the last few pages are submitted, I will compile everything into a new, error-free document so that information about our history can be more accessible.

ASSEMBLY COORDINATOR – ERICA G: Next year's General Service Conference was moved to late May, so we have pushed the Post-Conference Assembly back to June 15, 2019. We will keep the same facility, the current bid and the host committee in place. Our Pre-Conference Assembly dates have not changed.

LITERATURE/GRAPEVINE/LA VIÑA – MIGUEL H: Design for the book *Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951-1970* is close to completion. French and Spanish translation and indexing has begun, with an estimated availability in early 2019. Translation projects are currently underway in Brazil, Bali, the Czech Republic, Denmark, Morocco, Poland and Ukraine.

Area Standing Committees and Sub-Committees

ARCHIVES – RICHARD W: The contributions and participation from your groups make actively preserving our history possible. We continue working on several projects in the repository in Walnut Creek, and we could use help. We will provide training in October at our workday, and will hold our biennial open house in December.

BRIDGING THE GAP – KELLY H: We are looking forward to this month's joint meeting with NorCal H&I and PI/CPC and BTG committees from CNCA and CNIA. We will end this panel with our 13th annual BTG Forum, hosted by District 10, and a final decision on a motion to conclude the pilot Pre-Release Contact service program and support the service on an ongoing basis.

California Northern Coastal Area Statement of Financial Position

As of July 31, 2018

		Total
ASSETS		
Current Assets		
Bank Accounts		
Operating Funds - Checking		30,695.59
Prudent Reserve - Savings		11,140.10
Total Bank Accounts	\$	41,835.69
Other Current Assets		
Assembly Deposits		1,450.00
Undeposited Funds		703.46
Total Other Current Assets	\$	2,153.46
Total Current Assets	\$	43,989.15
TOTAL ASSETS	\$	43,989.15
LIABILITIES AND EQUITY		
Liabilities		
Total Liabilities		
Equity		
Operating Funds ~ Adjusted		33,063.45
Prudent Reserve ~ Savings		11,140.00
Net Revenue		-214.30
Total Equity	\$	43,989.15
TOTAL LIABILITIES AND EQUITY	\$	43,989.15

Expense Report July 2018

California Northern Coastal Area

BUDGET VS. ACTUALS: 2018 BUDGET - FY18 P&L

January - July, 2018

	TOTAL		
	ACTUAL	BUDGET	% OF BUDGET
Revenue			
002 Group Contributions	62,199.72	50,750.00	122.56 %
003 District Contributions	4,015.81	8,166.62	49.17 %
004 Assembly Contributions	4,146.19	4,400.00	94.23 %
005 Tradition 7, Area Comm.	2,217.66	1,880.00	117.96 %
007 CNCA Subscriptions		12.00	
008 Personal/Misc Contributions	2,059.02	700.00	294.15 %
010 Interest Income	2.60	2.77	93.86 %
Total Revenue	\$74,641.00	\$65,911.39	113.24 %
GROSS PROFIT	\$74,641.00	\$65,911.39	113.24 %
Expenditures			
012 EXPENSE			
013 Delegate Expense	5,320.14	5,816.61	91.46 %
038 Officer Expense	13,878.80	16,234.62	85.49 %
093 Committee Expenses	13,420.06	16,824.53	79.76 %
158 General Expenses	42,236.30	38,074.75	110.93 %
Total 012 EXPENSE	74,855.30	76,950.51	97.28 %
Total Expenditures	\$74,855.30	\$76,950.51	97.28 %
NET OPERATING REVENUE	\$ -214.30	\$ -11,039.12	1.94 %
NET REVENUE	\$ -214.30	\$ -11,039.12	1.94 %

2018 SUMMER ASSEMBLY MEETING MINUTES (Cont.)

FINANCE – CLAUDIA N: The Finance committee is currently working on our guidelines and new verbiage on the CNCA website regarding the scope of our committee. We are hoping to have this completed before the end of this panel. Budget worksheets are due today. We need these so that we can start the process of creating the budget for next year.

PI/CPC – TEDDY B-W: We get to staff the AA presence at national conventions of professionals in our Area, and, as we meet here, 10,000 psychologists are meeting in San Francisco and volunteers from CNCA are staffing the booth and interacting with them. Our committee also approved a template letter for AA members to use in opening the door for PI/CPC work with their healthcare professional. This template will be made available via your local PI/CPC committee and DCMC.

WEBSITE – ROBERT E: Plans for a new Drupal website are moving along, and we are using all of our new technology, including the hot spot, the projector and Zoom. Members are able to join the network remotely, which has been great for training. We do have one vacancy on the committee and another vacancy on a Website Build ad hoc, which would require experience with CSS, theming, and possibly JavaScript or JQuery.

INTERPRETATION AND TRANSLATION – MICHAEL Q: We welcome our interpreters, Mateo and Molly. English to Spanish and Spanish to English interpretation is available on FM channel 105.7. We also provide Assisted Listening on channel 92.1. We have a limited supply of radios available to loan for those who need them. Please return any radios you borrow. All afternoon workshops will all have interpretation.

2018 PACIFIC REGIONAL FORUM– DOUG G: More than 400 people have already registered to attend the Regional Forum. If you would like to volunteer, please talk to any member of the Welcoming committee. The chair of the General Service Board, the trustees, directors and GSO staff have all been very impressed by the enthusiasm from CNCA in welcoming this event to our Area and look forward to meeting everyone.

HISPANIC WOMEN'S WORKSHOP – MARIA LUISA S: The objective of this workshop is to support Spanish-speaking women who want to achieve or maintain sobriety. Spanish-speaking women in AA experience many challenges in obtaining sobriety, in part because of cultural issues. So this workshop is intended to support those women, especially women who have not yet found sobriety and women in their first years of sobriety. It will be held December 1 in San Francisco.

Area Business

PRESENTATION OF NEW BUSINESS:

That CNCA establish a standing committee on Technology. – *presented by Dennis H; seconded at the ACM*

Presentation: This motion arises from the findings from the Technology Ad-Hoc committee, a nine-month effort to review the technology needs of the Area and to recommend a path forward. This motion aims to set up a standing committee on technology, which could make improvements in our technology, make recommendations, and make financial plans. I am not asking for approval of the Technology Ad-Hoc committee report, but for the formation of a Technology committee, which could be a vehicle for making some of those recommendations.

Questions: Q: Would the Technology committee be separate from the Web committee? And why? A: The Technology and Web committees would be separate committees. The Web committee would continue to work on the website and our online presence, while the Technology committee would focus on the Area's technology needs. Q: What would determine who serves on that committee? A: Area Officers would appoint members of the committee, as they do with all standing committees. Q: Would the committee focus on helping people find online meetings? A: No. This would be focused on the needs of the Area. Q: Would this require a new Area Officer position? A: No. This would only form a committee. Q: The process to vote on motions takes time; is there an urgent need for this committee to be formed sooner? A: This is not an emergency. Rather than speed something up, we should have as much discussion as possible. Q: What is the financial impact? A: It would depend on the recommendations of the committee. Q: What do other Areas do? A: We did not investigate what other Areas do.

Motion moved to New Business at the 2019 Pre-Conference Assembly.

OLD BUSINESS:

That literature be developed sharing experience, strength and hope on meditation. – *presented by District 90*

2018 SUMMER ASSEMBLY MEETING MINUTES (Cont.)

Discussion: There is not enough guidance in the *Big Book* or the *Twelve and Twelve* regarding meditation. // We already have too much literature. // This proposal is too restrictive. Meditation is a personal thing, and we would prefer a pamphlet sharing experience rather than one that is instructive or tells people how to meditate. // In light of the *Grapevine* Conference Committee decision that a book on prayer and meditation be published within the next year, we were not sure what to do. We should wait and see how that turns out before making a decision. // An introduction to meditation would be useful, especially to newcomers. // Even in light of the upcoming *Grapevine* book, we believe that more is better, and additional literature would be helpful. // While this sounds like a good idea, we should consider the cost. // Meditation is helpful, and having literature available to guide people in early sobriety is beneficial. // The pamphlet could be perceived as instructive, and this would drive people out of AA. // Information about meditation is already available in numerous *Grapevine* articles and via outside resources. Additional literature is being developed by the *Grapevine*. // This literature would share experience, strength and hope. It would not be instructive. AA is not about instructing people, but about sharing with one another. That is how we survive. // Being in AA has allowed us to develop a practice of meditation. This literature could inspire us to continue to carry the message. // I struggle with the meditation part of the program, and guidance would be helpful. // Often, we skip through the Eleventh Step because meditation is difficult and confusing. Literature could help by providing us insight into other people's experiences. // In California, we all know about meditation, but other parts of the country could use more information about meditation. // Meditation is very personal, and there is no need for this literature. // This is divisive and separates the Eleventh Step from the other steps. // Personal stories about meditation might be helpful. But we must avoid being too instructive or affiliating with certain practices rather than others. // This would be a resource for new members or people who struggle with meditation and want to read about other people's experiences. // Literature about meditation already exists, including *Came to Believe* and numerous *Grapevine* articles. // Including too much information in one pamphlet may overwhelm people. // Developing literature on meditation would highlight the importance of meditation rather than suggest it is something we need to do. // The more literature available, the better. // Creating a pamphlet on meditation would remind people that meditation is as important as prayer. // We would prefer literature on Step 11, rather than literature focused on meditation. //

Meditation is a personal thing, and we want to avoid literature that suggests that there are Conference-approved methods of meditation. // The motion does not say guidelines or instruction. In AA, we share our experience, strength and hope. // If we create pamphlets on one step, would we create pamphlets on each step? // Rather than create a pamphlet on meditation, we should encourage subscriptions to the *Grapevine* and support for the *Grapevine*. This is what the *Grapevine* is for. // There are more than 1200 references to meditation in the *Grapevine*. It is overwhelming. A pamphlet or small book would be more helpful and less overwhelming. // I have never benefited from reading about meditation, but I have benefited from silence. // I would like us to have literature that broadens our horizons. // We should wait to see what the *Grapevine* does with their book before making a decision.

Motion remains Old Business at the 2019 Pre-Conference Assembly.

OLD BUSINESS:

That the Trustees' Literature Committee add to its agenda to consider publishing a Fifth Edition of the Big Book, *Alcoholics Anonymous*, with updated stories to more broadly reflect our current fellowship, as well as updates or additions to Appendices III and V. – *presented by District 40*

Discussion: The current edition is fine, and this would be unnecessarily expensive. // We would like to start this process now. If possible, we would also like updates to the gendered language in the first 164 pages. // Not much has changed in the last 20 years, and changing things just because we can seems unnecessary. We should focus on translating our literature so that people in countries with no access to literature in their language can find our program. // Stories from LGBT people, Asians, Hispanics and other cultures are not currently represented. We would also like to see stories representing the dually-addicted and from people with mental health issues. // While we were in favor, there was hesitation regarding updates to the appendices. // Our message has not changed, but our society has. But this process is a spiritual experience, and we are due to experience it. // We would like to see stories from people from non-Abrahamic religions, from nihilists, from veterans and from hippies. // The *Big Book* should not become a popularity contest, and this could just lead to people choosing the version that they most identify with. // Things change fast in society, and our literature should include stories reflecting the current fellowship to

2018 SUMMER ASSEMBLY MEETING MINUTES (Cont.)

help with identification. // Over the course of our discussion, one member who had been adamantly opposed changed his mind. // If we plan to make changes to the *Big Book*, there are more important ones to make than the stories. // Previous editions are available for people who want them, but update the book to keep things relevant and reflective of our times. // It might be too soon for a new edition. // A lot has changed. We need to freshen up the *Big Book*; it is sad, and alcoholics are looking for the next shiny thing. Let's bring sexy back to the *Big Book*. // We should not fix what is already working. // Skepticism focused on changes to the appendices. // We want stories regarding cross-addiction, including with food and drugs. We want more modern stories from diverse perspectives, including transgender people, young people, and from people who did not think they were alcoholics. We want stories from people who came to AA against their will (through court order or on probation). // Since previously retired stories have shown up in *Experience, Strength and Hope*, we hope

that retired stories from the Fourth Edition would be published there as well.

Motion remains Old Business at the 2019 Pre-Conference Assembly.

The morning business meeting was closed at 11:58 am with the Responsibility Statement.

Signing Off,

Eric L, CNCA Panel 67 Recording Secretary

Notes from the afternoon workshops will appear in the next issue.

PANEL 69 ASSEMBLY DATES CALENDAR

2019 Pre-Conference Assembly

April 13-14, Santa Rosa Veterans Building, Santa Rosa
(Hosted by District 12)

2019 Post-Conference Assembly

June 15, Ulatis Community Center, Vacaville
(Hosted by District 90)

2019 Summer Assembly

August 10

2019 Fall Inventory Assembly

November 2, St. Mary's Cathedral, San Francisco
(Hosted by District 06)

2020 Pre-Conference Assembly

April 4-5

2020 Post-Conference Assembly

May 16

2020 Summer Assembly

August 8

2020 Fall Election Assembly

November 14

Bids have been accepted for all Panel 67 assemblies; see CNCA Calendar for dates and locations. If your District is considering making a bid for a Panel 69 Assembly, please contact the Assembly Coordinator Erica G at assemblycoordinator.p67@cnca06.org

NOTES FROM CHAIR

Please remember to bring your FM radio to all Area Committee Meetings and Assemblies for Spanish/English interpretation and Assisted Listening for the hearing impaired.

The Interpretation and Translation Committee is always in search of more bilingual members to help with written translation.

Contact: translation.p67@cnca06.org

CNCA CALENDAR -- PANEL 67

2018—Panel 67

September	7-9—Pacific Regional Forum , Doubletree by Hilton Hotel, San Jose, CA
October	22—Area Committee Mtg
November	27—Area Committee Mtg 3—Election Assembly , Robert Livermore Community Center, Livermore, hosted by District 70
December	24—Area Committee Mtg 1—Spanish Speaking Women’s Workshop , ILW Union Hall, 4 Berry St., San Francisco 15—Area Committee Mtg (Note: 3 rd Sat)

CNCA CALENDAR -- PANEL 69

2019—Panel 69

January	19—Area Committee Mtg (Note: 3 rd Sat)
February	23—Area Committee Mtg
March	1-3—PRAASA , Irvine Marriott, Irvine, CA 23—Area Committee Mtg
April	13,14—Pre Conference Assembly , Veterans’ Memorial Building, Santa Rosa, hosted by District 12 27—Area Committee Mtg
May	19-25—General Service Conf., NY 25—Area Committee Mtg
June	15—Post Conference Assembly , Ulatis Community Center, Vacaville, hosted by District 90 22—Area Committee Mtg
July	27—Area Committee Mtg
August	10—Summer Assembly , tbd 24—Area Committee Mtg
September	28—Area Committee Mtg
October	26—Area Committee Mtg
November	2—Inventory Assembly , St. Mary’s Cathedral, San Francisco, hosted by District 06 23—Area Committee Mtg
December	21—Area Committee Mtg (Note: 3 rd Sat)

2020—Panel 69

January	18 or 25—Area Committee Mtg (Likely 3 rd Sat)
February	22—Area Committee Mtg
March	6-8—PRAASA , tbd (Area 03, Arizo- na) 28—Area Committee Mtg
April	4,5—Pre Conference Assembly , tbd 19-25—General Service Conf., NY 25—Area Committee Mtg
May	16—Post Conference Assembly , tbd 23—Area Committee Mtg
June	27—Area Committee Mtg
July	2-5—International Convention , COBO Center, Detroit, MI 25—Area Committee Mtg
August	8—Summer Assembly , tbd 21-23—Pacific Regional Forum , Las Vegas. NV 22—Area Committee Mtg
September	26—Area Committee Mtg
October	24—Area Committee Mtg
November	14—Election Assembly , tbd 28—Area Committee Mtg
December	19—Area Committee Mtg (Note: 3 rd Sat)

The Area Chair, like the Delegate, is a very visible position. However, the Chair has responsibilities that are not seen. The reason we give job descriptions is to help those of you who are eligible for the Area officer positions to understand *all* of the requirements before you make yourself available. One of the duties of the Chair is to schedule the job descriptions for the DCM sharing session and printing in *CNCA Comments*. General duties and qualifications for area chairpersons are listed on pp S44-45 of The A.A. *Service Manual*.

We use “Chair’s Rules” rather than Robert’s Rules in CNCA, always keeping in mind what is best for the Area and AA as a whole. The Chair is responsible for keeping order and making sure that everyone is heard. Fairness is key. You need to be able to pay complete attention to the proceedings of the business meetings, yet not express your opinion on the business, by voice or body language. We don’t vote until we are done discussing the motion, and we always allow time for the minority opinion. Before a vote is taken, the Chair explains the effect of a yes or no vote on each particular motion.

This has been the most challenging and also the most rewarding position I have held in General Service. The best part is getting to help and watch others grow in their service. The time commitment is approximately 40-50 hours a month (including travel to districts) and I’ve listed the main duties below.

Monthly Area Committee Meeting:

- Prepare agenda in time to be translated, make copies in English and Spanish
- Facilitate business meeting
- Attend other committee meetings and sharing sessions in rotation with other officers

Monthly Officer Meeting:

- Prepare agenda and other materials
- Facilitate meeting
- Take notes or delegate to another officer
- Maintain Officer District Visit Calendar

Area Assemblies:

- Prepare agenda in time to be translated, make copies in English and Spanish
- Coordinate with orientation leader, get readers and timing light volunteers
- Notify and prepare presenters for Post-Conference and Summer, Inventory facilitator, Inventory recording secretary, etc.
- Facilitate 7 assemblies

Communication:

- Notify those selected by the officers to be on standing committees, ad hoc committees, writers of pros and cons, etc.
- Review minutes from Recording Secretary, review all submissions to website, coordinate much of the information posted on the website
- Ensure that assembly flyers and other Area communications are sent to the DCMCs and committee chairs
- Work with officers, committee chairs and others to ensure motions are timely, and necessary communication is flowing

- Respond to phone calls, emails and other correspondence from members, GSO, etc.

Newsletter:

- Write Chair Preview, update the Motions page and CNCA Calendar every month
- Act as *Comments* or *Comentarios* Advisor, or delegate to other officer(s). The *Comments* Advisor coordinates the submission of documents to the Editor, ensures content is timely, and reviews the draft for errors.

Agenda Topic Summaries:

- Prepare templates for each of the 13 conference committees and distribute to officers (all officers write summaries)
- Review and compile completed summaries into one document for review by the Delegate - Help coordinate translation

Other:

- Average of 3 district visits per month
- Keeper of the lost and found
- Coordinate Area picture at PRAASA

Skills that will serve you well:

- Being organized and prepared
- Good communication—in person, and by phone, email and text
- Computer skills (especially MS Word and Adobe Acrobat)
- Listening
- Asking for help / consulting widely
- Trusting your gut

Jennifer B, Panel 67

AA Grapevine / La Viña Subscription Information

AA Grapevine US Rate

1 Year: Printed \$28.97

1 Year: Digital \$34.97

1 Year Digital and Print \$49.97

Make check or money order payable

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CNCA Comments Editor

To contact Christian M. visit the "contact us" tab on
the www.cnca06.org website

CNCA Comments Advisor

To contact Jennifer B. visit the "contact us" tab on
the www.cnca06.org website

CNCA Comentarios Editor

To contact Eric H visit the "contact us" tab on the
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Panel 67 Area Officers & Area Meeting Information

Feel free to contact the Area officers by using the “contact us” tab on the www.cnca06.org

Delegate
Joann L

Alternate Delegate
Teddy B-W

Chair
Jennifer B

Treasurer
Chris H

Registrar
Laura W

Recording Secretary
Eric L

Assembly Coordinator
Erica S

Literature/Grapevine Chair
Miguel H

Pacific Regional Trustee
Kathi F

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H&I
www.handinorcal.org

CNCA Standing Committee & Sharing Session Meetings
are the 4th Saturday every month. Sharing Sessions - 10 am
Standing Committee Meetings - 11 am
Area Business Meeting 12:30 - 3:30 pm

Archives Committee meets at 11:00 am. For information contact Richard W by visiting the “contact us” tab on the www.cnca06.org website. The Archives mailing address is 185 Mayhew Way, Walnut Creek, CA 94597-2065.

Bridging the Gap meets at 11:00 am. For Information contact Kelly H by visiting the “contact us” tab on the www.cnca06.org website.

Public Information/ Cooperation with the Professional Community (PI/CPC) meets at 11:00 am. For information contact Teddy B-W by visiting the “contact us” tab on the www.cnca06.org website.

Interpretation & Translation Committee meets at 11:00 am. For information contact Michael Q by visiting the “contact us” tab on the www.cnca06.org website.

Web Committee meets at 11:00 am. For information contact Robert E by visiting the “contact us” tab on the www.cnca06.org website.

DCMs & DCMCs Sharing Sessions meet at 10 am

Literature/Grapevine/La Vina Sharing Session meets at 10 am. www.aagrapevine.org

Accessibilities Sharing session meets at 10 am. For information visit the “contact us” tab on the www.cnca06.org website

