



# CNCA COMMENTS

A.A. Confidential—January 2020

[www.cnca06.org](http://www.cnca06.org)



## California Northern Coastal Area of Alcoholics Anonymous

### Chair's Preview

Welcome to a new decade. Thousands upon thousands of people will stumble into the rooms of AA in this new decade, seeking out a solution for our common problem and hopefully finding amongst us camaraderie, fellowship, and hope. We in AA have found a solution. And here in General Service, we are entrusted to make sure that the message of AA remains accessible to all who seek it out.

Consider that if one person gets the gift of sobriety as the result of your service work, you will have saved a life. So now, in 2020, I hope that we remain mindful of the very important task we have, especially as we enter the Agenda Topics season.

At the Area Committee meeting in December – our first meeting since September – we processed a backlog of housekeeping motions and heard a presentation from our Finance committee regarding the 2020 budget. As many of you may know, our finances are tight because not all of the contributions that were sent to the Area last year were processed during the transition to a new Treasurer. Area Officers are cutting back on District visits to save money, and we have dipped into our prudent reserve.

Two housekeeping motions involving money were both objected to – so we will keep discussing whether to increase the rate to which we pay translators at the Officers' meeting and how much to contribute for this year's Delegate's Conference contribution. In January, we will also keep discussing our contribution to the Pacific Region Hospitality Suite at the International Convention this July. Two motions about our continuing participation at the Hispanic Women's Workshop – through contributions and by sending liaisons –are also on our agenda.

In December, we also approved a bid for the Pre-Conference Assembly in 2020 – just four months away. I encourage everyone to bring their FM radios to all assemblies and Area Committee meetings. Simultaneous interpretation is always available – and it is not made available just so that Spanish-speaking members can understand what is being said. To encourage radio use, this March, the Area Committee meeting will be held entirely in Spanish. It should be pretty exciting – and a new first for our Area.

Aun tenemos dos meses para prepararnos.

Eric L.  
CNCA Chair - Panel 69

### The Golden Time

Congratulations! You have made it through half of Panel 69! By now, you may have an inkling as to what you are supposed to be doing and how to do it.

Next April, I will attend the General Service Conference on your behalf as a “veteran,” ready to lend a helping hand to the newbies of Panel 70.

We are about to enter what I like to think of as the “Golden Time” of the panel. We’ve figured out what we’re doing. It’s too early to rotate (emotionally as well as practically). And so, we enter that golden period in which we can contemplate what adjustments to our commitment and our way of doing things might prove beneficial to the next panel, and panels to come. A classic example of this is our Area committees reviewing their Guidelines, matching those with their experience, and asking the rest of us to consider improvements.

But don’t leave it too late!

Rotation (real and imagined) will be upon us all by the Fall, if not before, and if our suggested improvements require consultation with others (as envisioned by the Right of Decision), not to mention approval by the Area or our district, we will need to be on it in these precious months ahead. Perhaps it was something that was passed on to us, that is dated or has outlived its utility. Maybe, it’s a bright idea we have had to increase participation. It could even be an adjustment to our process, district or area, that might help us make the best use of our time together.

Now, is the time.

It’s the time to look forward to another year of service, but also to activate our housecleaning instincts, see what we can learn from the recent round of inventories and, hopefully, discern how we can be of maximum service to our fellows and the alcoholic who still suffers.

Tempting as it is, now is not the time for complacency or the softer easier way.

I wish you all a happy new year, fertile with new ideas and organic growth.

Teddy B.-W.  
CNCA Panel 69 Delegate

### Looking for Something?

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## AREA COMMITTEE MINUTES—DECEMBER 21, 2019

### CALIFORNIA NORTHERN COASTAL AREA COMMITTEE MEETING MINUTES, DECEMBER 21, 2019

The monthly committee meeting of CNCA was held December 21, 2019 at the Petaluma Community Center. Eric L. opened the meeting at 12:30pm, followed by the Serenity Prayer. The AA Preamble was read by Mark S. (District 01), Lori N. (District 08) read Tradition 12, Genaro D. (District 16) read Concept 12. There were (9) GSRs, and (2) New DCMs (4) past Delegates present: Bob D. (Panel 36, Area 28), Woody R. (Panel 50, Area 07), David N. (Panel 59), Joann L. (Panel 67) David N. currently serves as a General Service Trustee. The September 2019 minutes and financial report was accepted as printed in the *CNCA Comments*. (The October financial report was published in the November issue of *Comments* and *Comentarios*). Birthdays: 189 years. Registered attendance: Voting (45) / Non-voting (39)

#### OFFICER REPORTS

DELEGATE – Teddy B.-W.: I have written to the General Service Conference Coordinator with the news of our motion for a 5<sup>th</sup> edition of the big book. Registration for the 2020 International Convention in Detroit, July 2-5 is now open. If your hotel/dorm room is in Windsor, Canada, you will need your passport for all border crossings. Registration for PRAASA 2020 in Tucson March 6-8 is now open at [www.praasa.org](http://www.praasa.org). January 15 is the revised deadline for new stories to be considered for the updated pamphlet *A.A. for the Older Alcoholic – Never Too Late*. Email your story to:

[access@aa.org](mailto:access@aa.org) As you may have heard, A.A. is examining the idea of a plain language translation of the Big Book. If you are familiar with or use non-conference-approved literature like: "EZ Big Book produced by Hazelden" "Manuscripts located online removing language around the word "God" and/or gender language from the first 164 pages". The new software for AAWS is functioning, but there are gaps and shortcomings.

ALTERNATE DELEGATE -Jennifer B.: For anyone unfamiliar, LinkedIn is a social network with over 600 million users that focuses on professional networking and career development. In other news from AAW, at the request of the trustees' Committee on Public Information, a survey professional from Duke University has been hired to review the current A.A. Membership Survey methodology. I read the General Service Board's Revised Strategic Plan that Teddy forwarded out to all of us with an eye toward that communication with professionals and the cover letter from Michelle Grinberg. Which references Bill W.'s 1960 talk on "A.A. in an Era of Change", that you can read in the new book, "Our Great Responsibility." Issues surrounding diversity and inclusion are also a big part of the strategic plan.

CHAIR – Eric L.: You will notice today a small but significant change to our agenda; the Accessibility Sharing Session is now the Area Accessibility Sub-Committee, and will be reporting first (alphabetical order) during committee reports. This is our first new committee since we formed the Web committee in 2003. This committee will now start the process of developing guidelines (subject to Area approval).

TREASURER – Dennis H.: CNCA ended November with a balance of \$1,660 and \$3,000 owed to our prudent reserve. We have a net negative of \$1,340, this deficit may be covered until the presentation of the 2020 budget. The officers have not traveled to the Districts for two months Nov. & Dec. Also, while cancellation of two ACM and one month of Comments a Comentarios meant that we were able to end November without withdrawing additional funds from the Prudent Reserve, contributions from all sources are running at about 83% with group contributions at 77% on budget. Expenses are at 90%.

REGISTRAR – Erica G.: Thank you to the registration team from the Inventory Assembly once again, the final attendance numbers were 177

## AREA COMMITTEE MINUTES—DECEMBER 21, 2019, Cont'd.

voting member and 80 non-voting, for a total of 257. Our new area database is up and running. I've been investigating missing packets and providing links to the digital copies of the GSR and DCM packets to all who bring issues to my attention. As I've mentioned in previous reports, all area registrars have been locked out of GSO's system since October. I have been told that I will gain limited access to the new GSO registration portal in January and full access by March.

**RECORDING SECRETARY – Miguel H.:** Please make sure you submit your report written or email to make it available to be published in the minutes, I am grateful for the members that are always available to help with the editing of the minutes.

**ASSEMBLY COORDINATOR – Coree H.:** HUGE thank you to district 06 for making the inventory assembly surpass expectations, even with setbacks. As of now we don't have a Pre-Conference Assembly, but we will be hearing a bid today so please be nice to them.

**LITERATURE/GRAPEVINE/LA VIÑA – Magdaleno O.:** Videos and audio for ASL twelve Steps and Twelve Traditions & Big Book are available. Grapevine and La Viña are great twelve step tools, you can get a gift subscription and share to an alcoholic in need, PI/CPC, your doctor's office, detox facilities or groups anniversaries.

### DISTRICT REPORTS

**DISTRICT 01 (MONTEREY) – Susan G.:** We completed our district inventory and we introduced a General Service Representative handbook. We are exploring funding a PRAASA 2020 scholarship for one GSR.

**DISTRICT 02 (SALINAS/SAN BENITO) – Brian McC.:** We hosted our annual Gratitude Dinner to honor the groups that support General Service. It was an evening of fun, food and recovery. Happy Holidays to everyone in Area 06.

**DISTRICT 03 (SANTA CRUZ) – Murias O'C.:** We

had our inventory. Motion to have a liaison to our sister program al-anon as a year trial. We talk a lot about safety in AA during our inventory and we agreed to continue having a safety workshop in the future.

**DISTRICT 04 (SANTA CLARA NORTH) – Julie N.:** We finalized our 2020 budget. We are working on bringing one of the ideas that came out of our District Inventory. We have found a new home for our District meeting, as the church where we are currently holding our meetings is being torn down. We will be moving in February.

**DISTRICT 40 (SANTA CLARA SOUTH) – Manuel R.:** This month we had our officers' inventory, and we will begin to improve with the use of the results. We had our traditional potluck with ugly sweaters, there was a bunch of food and a new game to interact and get to know each other. We passed our 2020 budget.

**DISTRICT 05 (SAN MATEO) – Matt D.:** We are trying to accomplish the results of our inventory; discussion topics changed to roundtable format. Presentations from our District Archives and PI/CPC Chairs to help orient new members to what they do and generate interest. We had our potluck & Speaker meeting in December.

**DISTRICT 06 (SAN FRANCISCO) – Justin H.:** I would like to begin by thanking all of you who attended the Fall Inventory Assembly in beautiful and sunny San Francisco! District 06 was honored to host. Earlier this month, District 06 conducted our District Inventory to discuss how we could better serve the Groups in our District and more effectively carry the message of A.A. In January, we will review the notes from each of the tables and discuss how to implement the feedback from our Members as we enter the final year of Panel 69.

**DISTRICT 07 (ALAMEDA NORTH) – Vivian K.:** We conducted our District Inventory in October. We had our holiday potluck with two won-

## AREA COMMITTEE MINUTES—DECEMBER 21, 2019, Cont'd.

derful speakers.

DISTRICT 70 (ALAMEDA SOUTH) – Chase C.: We are in the process of Gathering the History of our District. We passed a housekeeping motion to send \$200 in support of the 4<sup>th</sup> annual Hispanic workshop in Placencia LA. We had our Holiday Potluck. Treasurer proposed forming an ad-hoc committee to create the 2020 budget.

DISTRICT 08 (CONTRA COSTA) – Richard W.: Happy Holidays to those who celebrate! District 08 had our annual potluck. We are discussing what we want to do following our district inventory in November. We have already been discussing how we can better use our time to include discussion on Area Motions. More discussion on how we will be discussing future discussions to come.

DISTRICT 09 (SOLANO SOUTH) – Steve M.: We are having our inventory in January; the District is working on electing the questions. We are looking forward to host our interdistrict workshop in January.

DISTRICT 90 (SOLANO NORTH) – We held our wonderful unity day in October with approximately 80 members. In November we had a packed room for our District Inventory. We attended the Fall Assembly and we shared the notes with the GSRs. In December we hosted a Dessert Potluck Open House. We are excited to participate in the Interdistrict workshop in January. January's meeting will be moved to Jan 2<sup>nd</sup> and we will prepare for the Agenda Topics.

DISTRICT 10 (MARIN) – Gusty M.: We held our District Inventory in November with a lot of good communication on how we can make GS attractive. We passed our 2020 budget. We approved a motion to fund DCMC travel to attend PRAA-SA. Annual Agenda Topics will be held on February 29<sup>th</sup>.

DISTRICT 11 (NAPA) – Chitra S.: Our newly elected DCM held his first subdistrict meeting, reading from the service manual on the DCM job description, and from Concept 12. Our 2020

budget was passed. We got three volunteers to be speakers for the Interdistrict Workshop in January. The Financial Oversight Committee will disperse excess funds in the amount of \$2000 equally to CNCA and GSO. The inventory notes led to a discussion on creating a concise take back form for GSR's.

DISTRICT 12 (SONOMA) – Claudia N.: In October we had interruptions in our sub-districts & committee meetings. Our central office was contacted by members to gather literature for groups affected by the fires. Thank you Napa for the awesome BTG Forum. We elected a Grapevine Chair. We held a quarterly Joint Communication Meeting, with Chairs from H&I, Intergroup, GS, BTG, PI/CPC & Access. Agenda Topics Workshop will be held on February 15<sup>th</sup> at the Bethlehem Lutheran Church in Santa Rosa. We had a District and District Inventory in November.

DISTRICT 13 (LAKE) – Sherrie R.: absent

DISTRICT 14 (MENDOCINO) – Amy M.: We held our District Inventory and look forward to extending out reach to our remote groups. MENDYPAA also conducted their first ever inventory earlier in December and it was well attended.

DISTRICT 15 (HUMBOLDT/DEL NORTE) – Gerry: We had our District Inventory right after the Inventory Assembly. We are trying to educate our GSRs on how to do group inventory. We have some groups struggling with safety issues.

DISTRICT 16 (SPANISH CENTRAL) – Emma M.: happy to be here after a hard month. We had our interdistrict meeting. We have an agenda for 2020 to get to work better. We will be talking about the GS. I had the opportunities to attend the women workshop in LA.

DISTRICT 17 (SPANISH SOUTH) – Fernando R.: We worked with our district inventory. We are working alone with the Hispanic districts with the 2020 Foro Hispano. We got to discuss the necessity of funds at the area and how we increased the contributions to our area to 75%

## AREA COMMITTEE MINUTES—DECEMBER 21, 2019, Cont'd.

more, we are conscience of the importance of area officers visits and the benefit of their information.

**DISTRICT 18 (SPANISH NORTH)** – Jose F.: Thank you District 06 for the great assembly. The District approved \$1200 for the DCMC to attend PRAASA and for that I'm grateful. We had a General Service Workshop which was very informative to the GSRs and everyone that attended, three groups sent new GSRs. We held our district inventory in November.

**DISTRICT 19 (SPANISH SOUTH SOUTH)** – Julio F.: We had our inventory in October. We are planning on creating a sub committee for the 2020 Foro Hispano. We have several open positions. We continue to visit one group per week.

**DISTRICT 20 (SPANISH EAST)** – Jose M.: We met 3 or 4 times a month, we held the first part of our group inventory. We attended Interdistrict in San Francisco. We attended the Foro Hispano in Area 07. Three new groups have registered, including one women's meeting.

### STANDING & SUB-COMMITTEE & SHARING SESSION REPORTS

**ACCESSIBILITIES**—Alan W.: We had our inaugural meeting of the accessibility committee. We elected committee officers, who will be the same as our sharing session. Officers: Chair: Allen W, Alt-Chair Jeff R, Secretary: Jennifer K. We formed an ad hoc committee to develop guidelines, and will work on them at least until February. The main committee will have a presentation from Diana D. at the January meeting.

**ARCHIVES** – Denise G.: Our Archives Committee hosted an open house at the Depository in Walnut Creek with a presentation on Groups Histories and the National Archives Workshop in Detroit. 2019 has been a fantastic year for us we made solid progress on several projects.

**BRIDGING THE GAP** – Larry B.: Our BTG forum was held in Napa with 73 members registered. We have 5 district committees reporting 29 presentations and 112 contacts. Since we last met, we had

conversations with 3 districts chairs to discuss outreach meetings. Our February meeting will be dedicated to reviewing the contents of our yellow BTG book. Back to the joint committee meeting, there's a general consensus in our committee that the meeting format needs to be 2 hours.

**FINANCE** – Don L.: We completed reviewing the 2020 budget before it was presented. All the motions and area motions are being reviewed as well as the November financial reports with the approval of the accessibility committee. A liaison has been assigned and will be Cathy P.

**PI/CPC** – Jennifer B.: We spent time this morning gathering feedback for GSO on whether there is a need for an Annual CPC workshop for members from the U.S. and Canada (like the ones we currently have for Archives, BTG and Corrections). I have had some comments from people by email. We also had a roundtable discussion on media outreach. I noted when looking at the new AA LinkedIn Page that there will be a Professional Conference for the American Public Health Association in San Francisco next Fall, and sure enough, GSO has asked us to participate.

**WEBSITE** – Michael Q.: Archives-Continuing construction of the Archives sub site. Your area web committee will be administering the new Area web Zoom accounts for online web-conferencing. We will be putting a request form on the website and coordinating Zoom trainings in the new year. If you would like to have a web meeting in the meantime, please let me know. The committee had a discussion about putting the motion book on the website. This topic came from a member at the last assembly

**INTERPRETATION AND TRANSLATION** – James B.: Thank you to our interpreters and committee members for making it happen and doing such a great job. Since our most recent "almost" ACM we translated 16 pages. As we approach the first full year as a committee, we will be reviewing our guidelines to ensure they align with what we are really doing. As the chair reported we are looking for an equipment tech to join our committee. The equipment is the translation equipment only and

## AREA COMMITTEE MINUTES—DECEMBER 21, 2019, Cont'd.

does not include the assembly equipment if you worried about those big speakers you see at the assembly.

**COMMENTS/COMENTARIOS**—Kelly H. (electronically): We mailed 1141 *Comments* by December 9, thanks to the 16 volunteers at this month's Lick and Stick. 239 *Comentarios* were sent. Next month's Lick & Stick is Saturday January 4 at Park Street Center, Alameda (noon). We'll work with the web committee to post at our website ASAP. Also our bulk mail permit is renewed for 2020 at the increased annual cost of \$235. Thanks to the I&T committee for their support & help.

**DCM SHARING SESSION** – Sarah B.: Presentation Best Practices for Communication in Service by Joann L. Joann shared her experience serving as a commitment coordinator for her group and creating a text messaging group in which people were overwhelmed with the texts. She learned that her mistake was that she didn't ask first, making the suggestion that we always ask before we attempt communication methods. She made amends to the group, also sharing that she learned that different people tend to respond to different forms of communication. Forms of communication discussed: Zoom and video conferencing methods, Slack, text messaging, email, phone calls, and face to face. Importance of getting to know what types of communication certain individuals and groups prefer. That the Assembly business meeting format is a useful way of solving conflicts in a home group. The value of face to face (and voice to voice via phone call) communication as the best methods, and the limits of text messaging and email. It's important to be teachable and ask for help, including asking help from our higher power when experiencing challenges in communication.

**LITERATURE/GRAPEVINE/LA VIÑA** –Magdaleno O.: We will talk about the 24<sup>th</sup> anniversary of La Viña next month and we will have writing experience workshop. We are planning to have material printed for new members including old issues of

the magazines, if you have extra magazines you can donate those.

**H&I LIAISON** – Karen B.: Our General Committee Meeting was October 12, 2019 in San Ramon. We approved the 2020 budget, increasing the funds allocated for *Grapevine* & *La Vina*. We also elected a finance committee member and approved the proposed changes to our policy manual. Our next General Committee Meeting is February 9<sup>th</sup>, 2020 in San Mateo. The address for this meeting is not yet available. I encourage everyone who is interested in H&I to attend. Thank you for your contributions to H&I, which enable us to carry the message of Alcoholics Anonymous to the alcoholic who is confined.

**NCCAA** – Robert G.: San Ramon Conference in October lost approx \$3300 partly due to PG&E power been shut off, we will try to recover in San Jose Conference March 13<sup>th</sup> – 15<sup>th</sup>. We need all the Delegates to come and let their groups voice be heard.

**YPAA: No Report**

**LA VIÑA 25TH ANNIVERSARY** – Genaro G.: I want to introduce myself, I am the new liason to the 24<sup>th</sup> Anniversary of *La Viña* Anniversary. December was the election of the theme and emblem for the anniversary. We have been holding writing and drawing workshops alone with members from Mexico and Bolivia.

**MUJERES WORKSHOP** – Ana V. & Sandra G.: We've attended the women's workshop, with 128 women registered, with speakers from all the 7 areas that participated. We are creating directories with women from all these areas. We visited District 16 & 19 to give information.

### HOUSEKEEPING MOTIONS

- "That CNCA permit for the temporary use of a professional-quality Spanish/English interpreter for the monthly Area Officer meeting." – *presented by Coree H., Assembly Coordinator*

# CNCA 2019 BUDGET VS. ACTUAL EXPENSES THROUGH NOVEMBER 2019

## California Northern Coastal Area Budget vs. Actuals: 2019 Budget - FY19 P&L January - November, 2019

		Total	
	Actual	Budget	% of Budget
Revenue			
002 Group Contributions	68,638.97	89,500.00	76.69%
003 District Contributions	13,484.14	12,833.34	105.07%
004 Assembly Contributions	8,346.46		
004a ASM Coffee Contributions		655.00	0.00%
004b ASM Food Contributions		2,465.00	0.00%
004c ASM Registration Contributions		3,750.00	0.00%
Total 004 Assembly Contributions	8,346.46	6,870.00	121.49%
005 Tradition 7, Area Comm.	3,001.93	3,320.00	90.42%
006 H & I Archives Rent		0.00	
007 CNCA Subscriptions	6.00	12.00	50.00%
008 Personal/Misc Contributions	285.88	1,100.00	25.99%
010 Interest Income	6.63	4.62	143.51%
Unapplied Cash Payment Revenue	45.00		
Total Revenue	93,815.01	113,639.96	82.55%
Gross Profit	93,815.01	113,639.96	82.55%
Expenditures			
012 EXPENSE			
013 Delegate Expense			
Total 013 Delegate Expense	7,330.79	8,056.64	90.99%
Total 038 Officer Expense	26,035.28	31,468.30	82.73%
Total 093 Committee Expenses	23,325.14	31,568.38	73.89%
158 General Expenses			
Total 158 General Expenses	51,575.71	49,207.97	104.81%
Total 012 EXPENSE	108,266.92	120,301.29	90.00%
Temporary Square account	-20.00		
Total Expenditures	108,246.92	120,301.29	89.98%
Net Operating Revenue	(14,431.91)	(6,661.33)	216.65%
Net Revenue	(14,431.91)	(6,661.33)	216.65%

Thursday, Dec 19, 2019 10:30:55 AM GMT-8 - Cash Basis



# CNCA STATEMENT OF FINANCIAL POSITION — NOVEMBER 2019

## California Northern Coastal Area Statement of Financial Position

As of November 30, 2019

	Total
ASSETS	
Current Assets	
Bank Accounts	
Operating Funds - Checking	1,659.79
Prudent Reserve - Savings	8,151.52
Total Bank Accounts	\$ 9,811.31
Other Current Assets	
Assembly Deposits	1,500.00
Total Other Current Assets	\$ 1,500.00
Total Current Assets	\$ 11,311.31
TOTAL ASSETS	\$ 11,311.31
LIABILITIES AND EQUITY	
Liabilities	
Total Liabilities	
Equity	
Operating Funds ~ Adjusted	14,603.22
Prudent Reserve ~ Savings	11,140.00
Net Revenue	-14,431.91
Total Equity	\$ 11,311.31
TOTAL LIABILITIES AND EQUITY	\$ 11,311.31

Thursday, Dec 19, 2019 10:16:39 AM GMT-8 - Cash Basis

## AREA COMMITTEE MINUTES—DECEMBER 21, 2019, Cont'd.

Q: Did we pass this for the officers meeting? A: This is for a professional quality Q: Is this for temporary use AA member. Q: what's the determination for professional? A: AA members not certify vs certified professional. Voted : no objections, motion approved.

- “That CNCA amend the motion “to provide two hours of professional Spanish/English interpretation, if requested, during the monthly Area Officer meeting at the rate of \$75 per hour” to “\$100 per hour and mileage reimbursement.” – *presented by Coree H., Assembly Coordinator*

Q: The increase is caused by mileage? A: Yes it didn't include mileage. Objection, becomes new business

- “That CNCA contribute the minimum Delegate contribution of \$1800 for the 70th General Service Conference.” – *presented by the Finance committee*

Q: What are we doing currently A: we passed a motion in 2016 for 1600 and other motion that suggested to present a housekeeping motion annually Objection, becomes new business.

- “That CNCA operate as a pass-through for income and expenses related to the Pacific Region Hospitality Suite at the 2020 International Convention.” - *presented by Teddy B.-W., Delegate*

Q: This is to use our area banking account, how we will keep it separate? A: We will create a line in our form to be clear and won't interfere with the Area budget. No objections, motion approved.

### 2020 BUDGET PRESENTATION

Presentation of 2020 Budget by the Finance committee :

Q: line 19 international delegate is 0? A: yes that has to be a housekeeping motion when it's needed / Q: lots of the 2019 are zero / Q: some of these expenses won't reflect on the common column / we usually spend about 91% of the projected budget / Q: If you remove the officer visits, that will fix next year budget? A: if the area decides to stop the current year will be impacted but it won't impact the 2020 budget.

### ASSEMBLY BIDS

Pre-Conference Assembly 2020 – *presented by Districts 05 and 17.*

\$13,106 total, 10,000 square feet hall, parking up to 200 cars . Q: Have we paid the contract deposit? A: no we have not, also food service inspection was added just for extra cautions/Q: if this bid passes it will increase \$6,500 to our budget / yes but has there been an assembly with a high number like this one or more? A: Pre-conference assemblies are frequently around this much. Vote: opposed 8, abstentions 7; Bid accepted.

### PRESENTATION OF NEW BUSINESS

- That CNCA add a line item to future budgets to authorize funding the travel expenses of two liaisons and sending an annual contribution to the Hispanic Women's Workshop, at a cost not to exceed \$2000 annually. – *presented by Sandra G. and Ana V.*

This will cover to support the host area and the rest is to cover the liaison expenses including gas, the idea is to put it as a part of the budget starting next year. Q: Is this national or a state event ? A: This is a Pacific Regional Event / Q: Do other areas contribute? A: yes, other areas contribute up to 600 each / Q: If you don't use all the money the remaining money will be contributed to the event? A: The experience is that the remain has not been used / Q: Suggestion to a friendly amend to the second line “contribution” add 600 and between the cost word add “combine cost / Q: why don't we break it up to two different motions ? A: So we can only required housekeeping motion for traveling every year. / Q: can you explain the why of funding 2 liaisons ? A: The area asked for liaisons was for two liaisons at the beginning of our participation in this workshop.

This will present as two different motions in January.

- “That CNCA participate in the Pacific Region Hospitality Suite at a cost not to exceed \$200.” – *presented by Teddy B.-W., Delegate*  
Voted Area Committee business vs Assembly business: Area Business.

## AREA COMMITTEE MINUTES—DECEMBER 21, 2019

### OLD BUSINESS

### NEW BUSINESS

#### DISCUSSION TOPICS

- Reaching out to African American Alcoholics Since 1990s AA has only seen 4% of African Americans, I'm excited that the PI/CPC conference did a great thing to discuss these items and reaching to the professional community to be able to open up and make people talk about it. Just like to ask the English speaking members as African American in our meetings maybe we can start by inviting members to AA.

- Agenda Topic Summaries: Purpose, Use, and Future

Its tremendous amount of work, the question on the survey was if we use this solidly, I think this is important, but because of this we don't access the background material this is the important part / I'm horrified thinking this can disappear, also cheat sheet was helpful to use the agenda topics / agenda topics workshops with these material is the only meeting that members have the opportunity to learn / I won't do service without this / I have the same enthusiasm for the use of this, we know the topics we don't need to work on / when I came to our area all area members were using this / this made me desire to be an Area Officer when I was GSR / I have a sponsor that told me I don't have to read the background material, why? The GSO does this / why does our area have to do this ? / this has been a really good experiment / the web page is important we can create a glossary and post it on the site alone with the background material / We can incorporate help from members / this was really helpful when I began in GS, the summaries are really helpful I don't want to do it without them / my sub district has a linguistic sub district, it was difficult to help our GSRs without background material translated, since it's been translated it's easier to know how to collect a group conscience but because of these material we know what Agenda Topics are / as a GSR it was a vital tool for my lack of experience / as an Area Officer it's

easier to avoid and stop participating on the creation of this material, but also not mentioning the translation and all the work to do this / I love summaries as a tool, I understand 3 things how to collect a group conscience, what's a group conscience, what's not a group conscience / this can be also dangerous, it's hard to make members look into the background information, the conscience can change when it's not informed / we act as an informed group conscience, as a GSR I used this tool, our delegate just sent a letter to GSO including PROs and CONs it's important to inform and collect the best group conscience.

- Motion 9908-4 states: "That every five years the area committee review and determine whether or not the delegate will be funded to the International Convention."

Q: you gave the cost to fund you ? A: no haha

#### WHAT'S ON YOUR MIND?

New meeting in Petaluma 12x12x12 1728 joann in Petaluma / financial tab about self support its no undated yet / please return radios if you borrow one / just want to thank you all for your service and thank you from WACYPAA and the letter of support to make a bid and host WACYPAA 2020 / sober and free conference fund racer January 25<sup>th</sup> 6:30 in San Jose tickets 25.00 dls / area sent a letter of support to play for the international about remote communities, haven't written the script yet if you have stories of the grapevines to help with this project please contact me for opinions / thank you all this panel for all this service we are excited to participate in the pre-conference assembly. Next Area Meeting January 11.

Closed with the Responsibility Statement, 3:30 pm

- Miguel H.  
CNCA Panel 69 Recording Secretary

## CNC AREA COMMITTEE & ASSEMBLY MOTIONS—January 2020

### CNCA Motions – January 2020

#### AREA COMMITTEE

##### Housekeeping Motions

- That CNCA provide MENDYPAA (Mendocino County Young People in Alcoholics Anonymous) with a letter of support for a bid to host the ACYPAA Round-up in the spring of 2021, at a date to be determined. – *presented by MENDYPAA*

##### Budget

##### Approval of the 2020 Budget

##### Presentation of New Business

- That CNCA add a line item to future budgets to authorize funding the travel expenses of two liaisons to the Hispanic Women's Workshop.
- That CNCA add a line item to future budgets to authorize an annual contribution of \$600 to the Hispanic Women's Workshop.

##### New Business

- That CNCA amend the motion "to provide two hours of professional Spanish/English interpretation, if requested, during the monthly Area Officer meeting at the rate of \$75 per hour" to "\$100 per hour and mileage reimbursement."
- That CNCA contribute the minimum Delegate contribution of \$1800 for the 70th General Service Conference. – *presented by the Finance committee*
- That CNCA participate in the Pacific

Region Hospitality Suite at a cost not to exceed \$200.

##### Discussion Topics

- Agenda Topic Summaries: Purpose, Use, and Future
- Motion 9908-4 states: "That every five years the area committee review and determine whether or not the delegate will be funded to the International Convention."
- The Motions Book on the CNCA website

#### AREA ASSEMBLY MOTIONS

##### Old Business at Area Assembly

- That CNCA establish a standing committee on Technology.
- That CNCA requests that a pamphlet entitled "Experience, Strength and Hope: AA for the Transgender Alcoholic" be produced. – *presented by District 07*
- That AAWS publish a one-page summary of the six warranties. – *presented by District 08*

##### New Business at Area Assembly

- That CNCA requests that a pamphlet entitled "Experience, Strength and Hope: AA for the Spanish-speaking LGBTQ Alcoholic" be produced. – *presented by District 40*



# MARCH 6 - 8, 2020

## WESTIN LA PALOMA RESORT

3800 E. SUNRISE DRIVE, TUCSON, ARIZONA 85718

\$195/night + taxes & fees (rate is good March 2 – March 11).

Reserve by 5pm on February 11, 2020 to guarantee rate.

TO RESERVE YOUR ROOM VISIT: <https://bit.ly/2H7MCGy>

### 53<sup>RD</sup> PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and Areas of the Pacific Region,
- Encourage the exchange of ideas and experiences,
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.

The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

PLEASE CHECK BOX(ES)	FEE
<input type="checkbox"/> Registration	\$25.00
<input type="checkbox"/> Scholarship Donation	\$
<input type="checkbox"/> Friday Dinner – Pasta Buffet	\$45.00
<input type="checkbox"/> Saturday Lunch (All are welcome) featuring an Al-Anon Speaker	\$35.00
<input type="checkbox"/> Saturday Banquet Dinner (circle one) Flat Iron Steak OR Salmon	\$55.00
<input type="checkbox"/> Saturday Ice Cream Social	\$10.00
<input type="checkbox"/> Delegates Only Lunch (Saturday)	\$35.00
<input type="checkbox"/> Past Delegates Only Lunch (Saturday)	\$35.00
<b>TOTAL ENCLOSED: \$</b>	

**Mail in Registration Deadline: February 17.**

Make Checks Payable to “PRAASA 2020”  
and Mail to: PRAASA 2020,  
Box 1414, Green Valley, AZ 85622

PRAASA starts Friday, March 6th at 12:30pm and ends Sunday, March 8th at 12:15pm. Early bird meeting: Thursday, March 5th at 7:30pm (see program for AA & Al-Anon meetings). Young People (YPAA) Program Friday & Saturday nights.

☐ AA

☐ Al-Anon

☐ Alateen

☐ Friend

☐ This is my first PRAASA!

AREA # \_\_\_\_\_

**SERVICE POSITION (circle one):** AA Member; YPAA; Intergroup; GSR; Alt. GSR; DCM; Alt. DCM; DCMC; Alt. DCMC; District Committee; Area Committee; Delegate; Alt. Delegate; Past Delegate; Trustee; Past Trustee; Other \_\_\_\_\_

First Name _____
Last Name _____
Name on Badge _____
Street Address _____
City _____ State _____
Zip _____ Phone _____
Email _____

**Interpretation Provided: Español & ASL**

**MUST BE RESERVED BY FEBRUARY 7, 2020**

☐ Requiero interpretación Español

☐ I require ASL

☐ I require other \_\_\_\_\_

### Accessibility Needs:

☐ Hearing Impaired ☐ Onsite Mobility Assistance

☐ Dietary Restrictions \_\_\_\_\_

For online registration, hotel reservations,  
to volunteer, and for general information visit

**[www.PRAASA.org](http://www.PRAASA.org)**

10am - Sharing Session Opened with the Serenity Prayer by Coree H. Chair. DCMs, visitors, and GSRs attended. Our meeting is open to everyone to learn and participate on the topics. Please bring radios. Announcements. Recording secretary announced providing your email to be included on the email list.

Presentation - Our presenter for this month was not available so a group conscience was taken on the agenda for the sharing session and decided upon a presentation on Best Practices for Communication in Service by Joann L. Joann shared her experience serving as a commitment coordinator for her group and creating a text messaging group in which people were overwhelmed with the texts. She learned that her mistake was that she didn't ask first, making the suggestion that we always ask before we attempt communication methods. She made amends to the group, also sharing that she learned that different people tend to respond to different forms of communication. She shared a suggestion that certain personal messages should not be done via text. She believed that the best form of communication is face to face and eyeball to eyeball, but it can be difficult to do this. She shared her experience with emails, and suggested that we practice caution using emails, particularly with respect to group conscience decisions. She shared her experience with using video platforms such as zoom and conference calls, that the challenge she found was when certain participants shared for too long. The biggest and most important lesson she found in communicating in A.A. was that she bring her higher power with her when she communicates.

Members shared; Summary/take home points:

- Forms of communication discussed: Zoom and video conferencing methods, Slack, text messaging, email, phone calls, and face to face
- Importance of getting to know what types of communication certain individuals and groups prefer
- That the Assembly business meeting format is a useful way of solving conflicts in a home group, particularly voting and hearing the minority opinion
- Awareness that some people are not savvy with all forms of communication
- The value of face to face (and voice to voice via phone call) communication as the best methods, and the limits of text messaging and email (e.g.,

lack of immediate response, can easily create confusion). However, for those that use these frequently, they can be a valuable method of quick, immediate communication and sharing of electronic documents

- Prioritizing information and sharing with the trusted servants for whom it's most relevant
- Guiding our fellow trusted servants on how to communicate more effectively based on our experience
- Limiting and consolidating email communication
- Using a combination of electronic communication and periodic in-person meetings
- A drawback of dissemination of information via email is that it can lead GSRs believing they do not need to attend district meetings
- Sometimes groups are resistant to new forms of communication but they may come around with time
- It's important to be teachable and ask for help, including asking help from our higher power when experiencing challenges in communication (e.g., communicating to group members what happens in business meetings for those that don't attend)
- With respect to communication, questions to ask ourselves: Is it loving, kind, and necessary? What am I trying to communicate and am I clear about it? Have I read it? Do I understand it? Do I have the right words for it? Is there a better way to communicate?

Discussion of topics for next month coming from our October meeting: 1) Reaching out to the African American alcoholic, 2) Difficulties with recovery due to departing from our basic text and too much discussion of opinions (back to basics), and 3) Homeless newcomers.

Next Month's Topic—Back to Basics by Jackie B. from District 06.

Meeting adjourned at 10:55 AM with the Responsibility Statement

Respectfully submitted,  
Sarah B., DCM Sharing Session  
Recording Secretary

## 2020 CNCA CALENDAR—PANEL 69

### 2020—Panel 69

**January**      **11—Area Committee Meeting**  
*(Note: 2nd Saturday)*

**February**    **22—Area Committee Meeting**

**March**        **6-8—PRAASA** (Area 3, Tucson, AZ)  
**28—Area Committee Meeting**

**April**         **4-5—Pre Conference Assembly**, Santa Clara County Fairgrounds, San Jose, hosted by Districts 05 & 17  
**19—25, General Service Conference, NY**  
**25—Area Committee Meeting**

**May**            **6—Post-Conference Assembly**, Robert Livermore Community Center, Livermore, hosted by Districts 7, 8, 20 & 70  
**23—Area Committee**

**June**            **Meeting**  
**27—Area Committee Meeting**

**July**            **2-5—AA International Convention**, COBO Ctr., Detroit, MI  
**25—Area Committee Meeting**

**August**        **8—Summer Assembly**, Crosswalk Community Church, Napa, hosted by District 11  
**15—Area Committee Meeting** *(Note: 3rd Saturday)*  
**21—23, Pacific Regional Forum**, Las Vegas, NV

**September**   **26—Area Committee Meeting**

**October**        **24—Area Committee Meeting**

**November**     **14—Election Assembly**, tbd  
**28—Area Committee Meeting**

**December**     **19—Area Committee Meeting** *(Note: 3rd Saturday)*

## PANEL 69 ASSEMBLY DATES—2020

**2020 Pre-Conference Assembly**  
 April 4-5, Santa Clara County Fairgrounds, San Jose (Hosted by Districts 05 and 17)

**2020 Post-Conference Assembly**  
 May 16, Robert Livermore Community Center, Livermore (Hosted by Districts 7, 8, 20 & 70)

**2020 Summer Assembly**  
 August 8, CrossWalk Community Church, Napa (Hosted by District 11)

**2020 Fall Election Assembly**  
 November 14

If your District is considering making a bid for a Panel 69 Assembly, please contact the Assembly Coordinator, Coree H., via [the web form](#).

## PANEL 69 AREA OFFICERS & AREA MEETING INFORMATION

**Delegate**

Teddy B.-W.

**Alternate Delegate**

Jennifer B.

**Chair**

Eric L.

**Treasurer**

Dennis H.

**Registrar**

Erica G.

**Recording Secretary**

Miguel H.

**Assembly Coordinator**

Coree H.

**Literature/Grapevine Chair**

Magdaleno O.

**Pacific Regional Trustee**

Kathi F.

prtrustee@centurylink.net

***To contact any Area  
Officer or Committee,  
please use the [web  
form](#).***

**General Service Office**

P.O. Box 459

Grand Central Station

New York, NY 10163

212-870-3400 [aa.org](http://aa.org)

**CNCA**

P.O. Box 884222

San Francisco, CA 94188-

4222 [cnca06.org](http://cnca06.org)

**NorCal H&I Committee**

P.O. Box 192490

San Francisco, CA 94119-

2490 [handinorcal.org](http://handinorcal.org)

**CNCA Standing Committees & Sharing Sessions**

are typically 4th Saturdays every month (3rd Saturdays in December, and often January)

Committees and Sharing Sessions meet in the mornings,  
the Area Business Meeting is held from 12:30—3:30 pm.

**Address is 320 N. McDowell Blvd., Petaluma**

**Accessibilities** committee meets at 10:00 am. For information contact Alan W.

**Archives** committee meets at 11:00 am. For information contact Denise G. Archives mailing address is 185 Mayhew Way, Walnut Creek, CA 94597. Archives workday is at 193 Mayhew Way.

**Bridging the Gap** committee meets at 11:00 am. For information contact Larry B. BTG mailing address is PO Box 750623, Petaluma, CA 94975-0623.

**DCMs' & DCMCs'** sharing sessions meet at 10:00 am.

**Interpretation & Translation** committee meets at 11:00 am. For information contact James B.

**Literature/Grapevine/La Vina** sharing session meets at 10:00 am. For information contact Magdaleno O.

**Public Information/ Cooperation with the Professional Community (PI/CPC)** committee meets at 11:00 am. For information contact Jennifer B.

**Web** committee meets at 11:00 am. For information contact Drew B.

**BRING YOUR FM RADIO FOR SIMULTANEOUS SPANISH/ENGLISH  
INTERPRETATION & ASSISTED LISTENING**