

**CALIFORNIA NORTHERN COASTAL AREA  
ASSEMBLY BUSINESS MEETING MINUTES FOR  
2018 POST-CONFERENCE ASSEMBLY**

The Post-Conference Assembly Business meeting of CNCA was held May 12, 2018 at the Solano County Fairgrounds in Vallejo, California. Jennifer B. opened the meeting at 9:30, followed by the Serenity Prayer. The AA Preamble was read by Jon H. (District 10). Barbara Z. (T. 04) read the 12 Traditions in English and Justo T. (District 18) read the 12 Traditions in Spanish. There were eight past Delegates present: Diane O. (Panel 35), Bob D. (Panel 36, Area 28), Woody R. (Panel 50, Area 07), Doug G. (Panel 53), Sharon A. (Panel 57), Jim F. (Panel 59, Area 38), Ken M. (Panel 61), and Raymundo L. (Panel 65). Doug G. currently serves as an appointed committee member of the Trustee's Literature committee. The minutes from the 2018 Pre-Conference Assembly were accepted as printed in the *CNCA Comments*.

Registered attendance: Voting (227) / Non-voting (84)

**Officer Reports**

DELEGATE – JOANN L: I do not have a lot to say this morning because I will tell you more this afternoon. Right now, 14 of 23 Delegate Reports are scheduled, so please see me to schedule one if you have not already done so.

ALTERNATE DELEGATE – TEDDY BW: Earlier this panel, we discussed whether there was a need for a workshop on the topics of non-profit status and tax ID numbers for groups and Districts. We heard clearly that there was, so, as a result, the Area will be presenting a workshop on August 26 after the regular ACM in Petaluma. The workshop is designed for groups and service committees to get good information to decide which structure (or lack of structure) is best suited for them. It will answer questions about our legal responsibilities, personal liability, non-profit status, Traditions, and cost.

CHAIR – JENNIFER B: I think all assemblies are fun, but the one everyone calls the 'fun assembly' is our Summer Assembly this August. We will have our usual business meeting in the morning, but then we break out into smaller groups for workshops in the afternoon. And the ideas for those workshops come from all of you. What do you want to talk and learn about? Past topics have included Concepts, Service Sponsorship, Technology, Humor in Service, Safety, Traditions, and so much more. Please submit ideas on topics to me or any Area Officer by June 23.

TREASURER – CHRIS H: As of today, we have \$29,000 in our checking account (used for operating expenses) and \$11,140 in our savings account (representing our prudent reserve). Year to date, we received \$47,800 in contributions and spent \$53,400. Please thank your groups for their continued contributions.

REGISTRAR – LAURA W: We transitioned our Area database to new software. Although this has been a long process, it has allowed us to create a more effective way of organizing the information. The GSO Records department will be restructuring their database, and their new system will most likely be available by the end of this year.

RECORDING SECRETARY – ERIC L: Forty people signed up to participate in the Motions Book transcription project. By doing this, we hope to ensure that our history remains available, because the current file compiling all of our Area's motions

and discussions operates on outdated software. Members from every English-speaking District in our Area and from two of the Spanish-speaking Districts are participating. By this fall, our Motions Book will be stored on current software, and a new volume of the Motions Book, which will include this current panel, will be available in early 2019.

ASSEMBLY COORDINATOR – ERICA G: We will hold our Summer Assembly on August 11 at the Fortuna River Lodge. There are save the date flyers with hotel information (including hotels offering group rates). Hotels fill up quickly in the summer, so please make plans soon. There are several assemblies available for bidding right now, including the Pre-Conference Assembly next April. Hosting is a great opportunity to increase unity, participation and enthusiasm locally.

LITERATURE/GRAPEVINE/LA VIÑA – MIGUEL H: The *Grapevine* subscription challenge is ongoing, with one prize being a special edition of the magazine featuring stories from the winning Area. The *Grapevine* YouTube channel is available online. And the *Grapevine* is seeking story submissions; more information is available online.

**Area Standing Committees and Sub-Committees**

ARCHIVES – RICHARD W: I would like to thank the groups for all of your support; your contributions and participation makes preserving the history of CNCA possible. Your Area Archives committee just had a wonderful workday on May 5, with an impromptu potluck that was so much fun. We have been working on several projects at the repository in Walnut Creek, and there is plenty we could use help with. Our next workday and quarterly training will be held June 9.

BRIDGING THE GAP – KELLY H: Area and District BTG committees continue to extend the hand of AA in treatment centers, jails and detox facilities. We have started reviewing officer job descriptions, and in the next few months, we will elect a representative to attend the BTGWW in Denver in September. We will also choose the location and speakers for our 13<sup>th</sup> annual CNCA BTG Forum

FINANCE – CLAUDIA N: We will be sending out to each Committee Chair the expense worksheet to start the process of the budget for 2019. If I took the total cost of the assembly today and divided it by the expected attendees, the cost would be between \$20 and \$23 per person. We are spending the rest of this panel reviewing our website verbiage, updating our current expense reimbursement guidelines, and, of course, working on the budget for 2019.

PI/CPC – TEDDY BW: We get to staff the AA presence at national conventions of professionals in our Area, and, should you not be able to attend the Summer Assembly in Fortuna, I have a service opportunity for you – at the annual convention of the American Psychological Association in San Francisco. This month, our Area PI/CPC committee meeting on May 26 is being dedicated to a joint meeting between BTG, H&I, and PI/CPC for CNCA and CNIA. We will be talking about the scope of our services and how they overlap to ensure that the hand of AA is always there for the still-suffering alcoholic.

WEBSITE – ROBERT E: We are using all of our technology today, including the Hot Spot, the projector and Zoom. We also continue working on the new Drupal website and on our committee guidelines.

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 99.3. We also provide Assisted Listening on channel 104.3. We have a limited supply of radios available to loan for those who need them.

2018 PACIFIC REGIONAL FORUM– DOUG G: We are 118 days from the Forum, which will be held in San Jose in September. I met with GSO staff during the Conference, and they have been impressed with our work so far. We discussed translation equipment and food/coffee concessions. We have close to 400 people on the notification list, and our Attraction and Outreach committee has started establishing liaisons in other Areas, Intergroups and YPAAs.

HISPANIC WOMEN'S WORKSHOP – MARIA LUISA S, EMMA M AND ELVIA P: The goal of this workshop is to carry the message of AA to the Spanish-speaking woman. The workshop will be held December 1 in San Francisco. We have formed a committee and are meeting prior to the ACM. Tomorrow, we are also meeting in San Rafael to choose the logo and theme of the workshop this year. We are also seeking out help with Skype broadcasting, and people are able to make contributions for the workshop.

### Area Business

#### OLD BUSINESS:

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

Discussion: My group had reservations initially, but after more discussion, people wanted literature (ideally a book) that focuses on prayer and meditation. // Anything that is helpful to people as they seek out a Higher Power is beneficial. // A pamphlet would be preferable because it would be free. // This could make meditation more accessible to those with no experience with meditation. However, additional literature may just sit on the rack or fall short of our expectations. // Though the majority felt there is too much literature already, the minority was passionate that they were introduced to meditation in sobriety – and that this was a much-needed request. // A lot of members have found meditation helpful, and they want extra support. At our annual retreat, we practice meditation. We would prefer a pamphlet or book sharing experience rather than any literature that were to be instructive. // My group was totally opposed, which was a surprise to me. We are experts on alcoholism, not on meditation, and there is tons of literature available already about meditation. // Enough information is already available, and there are enough pamphlets already. // We have enough literature that people do not read. This would be a waste of money. Information about this is already available in *La Viña*. // Meditation is an instrumental part of our program. // We are not an authority on meditation, and this would narrow the spiritual openness of AA. Meditation is a personal thing. // When we focus on one specific thing, we may be ignoring our primary purpose. We would be providing information not specific to what we know – recovery from alcoholism. // There are so many opinions on meditation in AA. Most AA members never meditate, give up on meditation or meditate rarely. Information could help with the day-to-day frustration associated with meditation. Currently, outside literature is necessary because there is so little information in our own literature. // Meditation is an individual journey. Our literature is too instructive regarding prayer, and I would hate for us to do the same with meditation. // Meditation has

changed since 1935, and the little information available in the *Big Book* is not enough. // A pamphlet reinforces the value of meditation. // If people shared their experience, strength and hope, that would be wonderful. I would not want literature that tells us how to meditate. Meditation changed my sobriety, and I want to share with others how it changed me and how it changes us. // One of the Agenda Topics states that the *Grapevine* will publish a book on meditation (and prayer). // I use meditation to recharge. I will go meditate now. // I have never read anything in our literature that claims we are experts. I have seen people share their experience, strength and hope. Meditation worked for me. Literature costs money, but literature also saves lives. // I am still trying to find ways to meditate. // Sharing our tools – to help other people – is a part of our program. Sharing stories will help the still-suffering alcoholic meditate. // I will look up meditation articles in the *Grapevine*. I always want people to do the work for me, to put things together, but I can do this myself also. // Most newcomers were in favor, and the long-timers were opposed. // I went to a meditation meeting. No one gave me directions, but I have been given suggestions. I had a hard time at the meditation meeting, but I have gotten better, and my mind has been quieter.

#### **Motion remains Old Business at the 2018 Summer Assembly.**

#### NEW 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: It is time to update the book to better reflect our current membership. // This would cost too much. The *Big Book* has served our Fellowship well for so many years, and we do not need to do this. // We would like to see more diversity, including stories from transgender alcoholics, lesbian alcoholics and Asian American alcoholics. // This process takes a long time, so it is a good idea to start now. If we start now, we might have a new edition in 20 years. // We should trust this process, and not put restrictions on what the stories would be. We must trust our trusted servants, not tell them how to do their jobs. // A Fifth Edition would benefit newcomers because there would be more diversity in new stories. We should also remember that older people also can be alcoholic newcomers. // I am excited to share with my group that this motion comes from our Area. Doing this shows how General Service works. // I was involved in General Service during the process discussing the fourth edition. It was a long process. Just do not change any of the commas in Dr. Bob's story. // If we try to put too much into the book, we will have a book that is too big. That is why we have other literature. // I use the third edition, my sponsees use the fourth, and we all go on along. // I hope that new stories reflect the experiences of the LGBT community, first-generation Americans, immigrants, different faith experiences, Generation X and Millennials. I also hope it includes stories about social media. // We live in interesting times, and we might want to consider the text to make sure the book is relevant to others. // I got sober when the fourth edition was published. The rooms of AA have changed quite a bit, so it is time to begin this process. // When reading the stories in the back, I identified with everybody. I came from a different background, but I had the same feelings. Alcoholism has nothing to do with being gay, white, black, or whatever

makes us unique. // It should not matter how much things cost, but whether it is necessary. But if cost is a concern, it is important to remember that the *Big Book* is our biggest seller, and a new edition would probably increase sales. // I look forward to the long discussion about what stories will be included and how our Fellowship will be represented. AA has changed, it keeps changing, and it is our duty to represent that and talk about it. // It is time to begin the process of updating our literature, considering the timeline of previous editions. // This reminds me of how unifying the process to create the fourth edition was. // Do not change the commas. When we discovered five commas were changed in Dr. Bob's story, all hell broke loose and they were then put back in. // We learn to trust the process. This is not a 20-year process (it has been roughly 20 years between editions). But it is time to start this process. // This room is so diverse. Our literature should reflect that. // We are in the business of communication, and we should be updating our sources. If I see a book that has not been edited in 20 years, I doubt the integrity of it. // I like the motion the way it is written because I am protective of the first 164 pages. But many alcoholics believe the core of the program (those first 164 pages) need some editing. We should be discussing this as well.

### **Motion moved to Old Business at the 2018 Summer Assembly.**

#### DISCUSSION TOPIC:

How do you report back to your groups on what happened at the General Service Conference and/or encourage members not in General Service to attend the Delegate's report in your District?

Discussion: I make a written report and I discuss this at the business meeting. When I talk about it, people might look at the written report. // I try to capture the flavor of the event and not just the facts. I do give the facts. I like to take pictures. I know cameras are not allowed at CNCA events, so I bring a phone. I include photos in my report because people like pictures. It captures the flavor of the experience, with facts. // I take a small amount of time to summarize things at meeting level, and then I invite people to come to the business meeting to hear more. // We have limited information about General Service in my community. So we are working on sharing about the structure of General Service, and about *La Viña*. While there is a lot of apathy, when someone new comes to the District, we welcome them and are excited to be able to help. // When I first got sober, my sponsor told me service work would keep me sober. I love General Service. When it comes to sponsorship, emphasizing the value of service, of getting out of self, is essential. // We got tired of people giving long reports, so now we ask questions and share briefer reports. At the end of the report, when there is time for questions, there is a long silence. People might not know what question to ask, so we prepare some questions for people. // By expressing my love for General Service, I make people interested. // State the facts and keep it brief (rather than giving too much information or providing extra details). I leave my group feeling that I am informed, and that if they have questions, they can ask more. // When I share at meetings, I talk about service. // I maintain two email lists, one of people involved at the District currently and one of people who want to stay informed (usually people who were involved in General Service in the past). // I appreciated getting the Advisory Actions and Additional Committee Considerations ahead of time this year. Other things that help communicate what happened at the Conference include the

Intergroup newsletter, which gives me a couple of paragraphs to inform people about what happened, and Unity Day, which helps people build enthusiasm.

The morning business meeting was closed at 11:55 am with the Responsibility Statement.

#### WHAT'S ON YOUR MIND? (AFTERNOON)

I am collecting group histories from atheist/agnostic groups and meetings. // Hearing a Delegate's report brings back memories. This was a very productive Conference. // You can sign up to get notifications about registration for the Pacific Regional Forum. // I went to my first Delegate's report when Diane W was Delegate. Then I heard Nancy H's. The ones that stick with me are the ones with drama. I like to hear this because I know it will be OK. Avoidance of pain is what I tried to do, and it did not work. So I am glad to hear this. // This was the first time I heard a Delegate's report. I expected not to understand most of it, but I understood. I took notes and I am excited for the opportunity to share with my group. I got emotional when you talked about Stepping Stones. I also want to thank whoever made the playlist for the music today. It was phenomenal. // I don't like things like taxes or words like insurance, but now that I am sober, I know that these are things I must consider so that I am responsible. // The manuscript sold for \$2.4 million to the owner of the Indianapolis Colts. It appears he wants to keep the manuscript on display at the General Service Office, and it will travel the rest of the year. I hope that the General Service Office would refuse his offer. It has no archival value to us. We should also not be responsible for displaying it. // Opportunities for being in service at the Regional Forum are available. // The International Secular Conference of AA will be held in Toronto in August. Also, a play, written by AA members and performed by AA members, is available to be performed. // Hearing your share and how safety and inclusion were considered at the Conference, and hearing the emotions, it opens up safety for others. // The *Comentarios* workshop will be held prior to the next ACM at 9 AM, and will focus on what this valuable service entails. // Wow! It really does work. Slowly. // The Finance committee collected about \$1566 in voluntary contributions today. // The longer I stay in General Service, the more I realize how amazing this is. // The Unity and Service Conference will be in July. // This has been a tremendous gathering. I have an incredible sense of gratitude and awe for this process. // We are excited to host the Summer Assembly; save the date flyers are available. // I want to know why we did not clap when the red light came on for the chant that went past two minutes. // The Hispanic Women's Workshop committee has been meeting prior to the ACM each month. Women who want to participate can attend, and translation is available. // I want to thank all of you for trusting me with interpreting your communication for the past ten years.

Grateful for this opportunity,

Eric L

CNCA Panel 67 Recording Secretary