



CNCA COMMENTS



A.A. Confidential—December 2019
www.cnca06.org

California Northern Coastal Area of Alcoholics Anonymous

Chair's Preview

Greetings from the Indian Ocean – more specifically, the Maldives, a string of tropical islands (the name means necklace islands) famed for postcard-ready white sand beaches. There are no active AA meetings on any of the more than 2000 islands (only about 200 are inhabited), but I have old issues of the *Grapevine* and access to online meetings. And I am still thinking of all of you.

We gathered together as an Area for the first time since a canceled Area Committee meeting in October for our delayed Fall (Inventory) Assembly. Our October ACM was canceled because the facility we use was converted that morning (just as some of our committees started to meet) into an evacuation shelter for people leaving communities in the path of the Kincade Fire.

The Fall Assembly was also delayed (because that facility turned into a shelter as well), so we were finally able to get together to conduct our Area Inventory, and to meet in the morning for a pretty eventful business meeting. Notes from the business meeting and the inventory are included in this issue of the *Comments*.

What comes next? Well, our next Area Committee meeting is the third weekend in December. Since we haven't met for two months, we have a backlog of motions and discussion topics, including several housekeeping motions, the review of the 2020 budget, an assembly bid for the Pre-Conference Assembly, and a motion to add the Hispanic Women's Workshop to our annual budget. Note that in January, we also meet early (the second Saturday); we return to regularly-scheduled fourth-Saturday meetings in February.

Officers have scaled back travel to Districts in November and December. We are trying to be financially prudent since we have dipped into the prudent reserve, in part because many contributions were not processed in the two months prior to the election of our new treasurer. As a former group treasurer, I can empathize with the frustration associated with waiting for a check to clear – and discovering that it hasn't. Those delays should no longer be happening, and we are now trying to process contributions as quickly as possible.

Eric L.
CNCA Chair - Panel 69

The Broad Highway

As we roll with the distressing events around our area: wildfires, destruction, evacuations, upheaval, and power outages, our sobriety is put to the test.

As individuals, groups, districts, and as an area, we get to adapt and to “apply these principles in all our affairs.” It’s a tall order in the best of circumstances. In times such as these, our faith comes under additional pressure. Whether you believe in God or not, the reality of the situation is what, as alcoholics, we can rally our spirit around. Acceptance of life on life’s terms is where the rubber of recovery hits the higher power highway.

Our Fall Inventory Assembly was a joyous affirmation that we are up to the task.

My heart is full of gratitude to the folks of District 6 who, with the support of our Assembly Coordinator and Chair, pulled off a logistical triumph.

I’m tremendously excited that our Accessibilities Sharing Session will now evolve into a sub-committee because we now have now created a channel, which will broaden and deepen in the years ahead, for the participation of our fellows who want to be a part of this thing we call A.A. More will be revealed, and I must temper my excitement with sober reflection about how to nurture the growth of this service, not choke it.

Our inventory was filled with clarity, directness, honesty, and love. It was a thing of beauty and I look forward to continuing some of those conversations we so obviously need to have. I was also impressed with the sharing of very practical things that we can consider. Be it by right of decision, housekeeping motion, or presentation of new business, I sense that the impact of this inventory will continue to ripple through our area.

By the next time we meet in Petaluma, the deadline for items to be considered as Agenda Topics for the 70th Annual General Service Conference will have passed, and I will have sent our letter requesting a 5th Edition of the Big Book. I don’t know when the Conference will next discuss a 5th edition, but I know in my heart that our letter will be a part of the background.

Thank you for your spirit and your participation as we reach the halfway mark!

Teddy B.-W.
CNCA Panel 69 Delegate

Looking for Something?

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INVENTORY ASSEMBLY MTG. MINUTES, NOVEMBER 24, 2019

CALIFORNIA NORTHERN COASTAL AREA INVENTORY ASSEMBLY BUSINESS MEETING MINUTES, NOVEMBER 24, 2019

The Fall Inventory Assembly of CNCA was held November 24, 2019 at the Cathedral of St. Mary, San Francisco. Eric L. opened the Meeting at 9:00am, followed by the Serenity Prayer. Orientation was given by Chris H.; the AA Preamble was read by Tim J. (District 04); Judy G. (District 01) read the Twelve Traditions in English; the Twelve Traditions in Spanish were read by Jose L. (District 17). There were 4 past Delegates: Bob D. (Panel 36, Area 28 - Maine), David N. (Panel 59), Ken M. (Panel 61), Vicky R. (Panel 66, CNIA), David N. currently serves as a General Service Trustee. Visitor: Mathew L. (Alternate Chair CNIA). Two Past Area Officers were also present: Michael Q., and Chris H. Approval of the 2019 Summer Assembly Business Meeting Minutes and financial report were accepted as printed in the *CNCA Comments*. Voting members: 177 Non-voting: 80 Total: 257.

OFFICER REPORTS

DELEGATE – Teddy B.-W.: Registration for the 2020 International Convention in Detroit, July 2-5 is now open, priced at \$115, \$140 after April 14, 2020. I took part in the planning call for the Pacific Region Hospitality Room at the Convention and will be serving as Treasurer for that inter-area activity. The deadline for new stories to be considered for the updated pamphlet A.A. for the Older Alcoholic – Never Too Late has been extended to January 15, 2020. Email your story to: access@aa.org and put "A.A. for the Older Alcoholic" in the subject line of the message. Registration for PRAASA 2020 in Tucson, AZ March 6-8 is now open at www.praasa.org. Finally, the motion we sent to the Conference to produce literature on meditation is under consideration and we will know in early February if it is one of the agenda topics. Stay tuned!

ALTERNATE DELEGATE -Jennifer B.: Very exciting! The static company page describing Alcoholics Anonymous is intended to be a tool to aid local C.P.C. committee work in the United States and Canada to inform professionals about A.A. We are being asked by the C.P.C. desk for feedback on

whether we think there is a need for an annual Co-operation with the Professional Community Conference, or Workshop, for the U.S. and Canada. (Similar to what we currently have for Archives, Bridging the Gap, and Corrections.) If you have any thoughts on that, please let me know.

CHAIR – Eric L. Please check the CNCA website and the *Comments* for up-to-date information regarding ACM meetings in December and January. Several officers attended CNIA to help count votes for their new delegate. Minutes from today's inventory will be distributed as soon as they are available. And there is a vacancy on the I&T committee.

Treasurer – Dennis H.: We currently have \$14,042 in our account in QuickBooks. I am expecting to write about \$13,791 in checks by November 25th leaving a balance of \$250 before accounting for Assembly 7th Tradition contributions. I would expect that with the donations I will not need to take additional money from the Prudent reserve.

REGISTRAR – Erica G.: We had a great team helping with registration. Our registration information has been moved into a new database we have been working on for a while and we have received positive updates. If you have not received your new GSR package please contact your district registrar. GSO also continues to move the registration database to new system. This makes the information move a little slowly.

RECORDING SECRETARY – Miguel H.: Many thanks to the members that are always available to help with the editing of the monthly minutes. Area Motions Book is currently updated. Please write or send your report to be submitted in our monthly newsletter.

ASSEMBLY COORDINATOR – Coree H.: For clarification, our Area Committee Meeting last month was canceled at 11am the day of. The previous day, the Petaluma Community Center contacted us to say that the ACM may need to be canceled, but as of 6am the day of they had told us that everything was okay. Sending everyone home that day was far from ideal, but based on our communication

INVENTORY ASSEMBLY MTG. MINUTES, NOVEMBER 24, 2019, Cont'd.

with the center, things should have been fine. Unfortunately, the Kincade Fire was unpredictable and was a tragedy for so many alcoholics and non-alcoholics alike, and we absolutely should be holding all those affected in our hearts.

LITERATURE/GRAPEVINE/LA VIÑA – Magdaleno O.: The Twelve Concepts are now available in audio on English, Spanish and French first a first time. We are reaching the hand of AA out to our deaf fellows with an updated ASL translation. The special edition for November is “Pass the Gravy”. You can now subscribe to our You Tube Channel, also you can add your events to our calendar online at www.aagrapevine.org/share. The current *La Viña* issue is “Nuestra sobriedad durante las fiestas,” and we are inaugurating a *La Viña* store as an easier way to place orders completely in Spanish.

STANDING AND SUB-COMMITTEES REPORTS ARCHIVES – Denise G.: Our current projects include the digitalization of archival materials and setting up our archives web site with our CNCA Web committee. We had very busy days at the depository and was well attended. We completed the first part of the Spanish display board. We are looking forward to having our open house and all of you are welcome to come, on Saturday December 14 at the depository in Walnut Creek from 11:00am-3:00pm.

BRIDGING THE GAP – Larry B.: Thank you district 11 for hosting our annual BTG Forum. We had about 25 presentations from around our area. We received about 40 requests within our area this past month.

FINANCE – Don L.: The committee has completed the 2020 budget and will be presented to the Area at the December Area Committee meeting. This delay is due to the transition of the Area Treasurer. The DCMCs, Standing Committee Chairs, and Sub-Committee Chairs will be emailed the proposed budget the first week of December. A review of the current budget versus actuals through October of this year, shows total income is at 80% of budget. Missing Area mail has caused this shortfall. Total expenses are at 89% of the budgeted amount. Net revenue is

below budget by \$8,804. There may be some groups or individuals that may have contribution checks that have not cleared their bank. If this is the case, they can help by re-sending any contributions that have not been processed or deposited.

PI/CPC – Jennifer B.: Back in June, our Area passed a housekeeping motion to help fund a booth rental at the California Probation, Parole and Corrections Conference which was held August 27-30 in South Lake Tahoe. The booth was staffed by our friends in Area 07. It's exciting when our areas can work together. The event had approximately 500 participants and there was great appreciation for Alcoholics Anonymous being present. The conference also offered a raffle entry to those visiting all the vendor tables, and getting signatures. Tom said “You should have seen the awkwardness of those holding drinks and approaching our AA table; we did our best not to judge.”

WEBSITE – Michael Q.: We continue to work on making the user experience easier - thank you to the editors who make this possible. I'd like to encourage everyone to visit cnca06.org and give us some feedback. I am proud to say that our website is completely bilingual - available in English and now also available in Spanish; thanks to the I & T committee for all their work. In our plan for 2020 we will be considering a Tech ad hoc recommendation of software for some of our own services.

INTERPRETATION AND TRANSLATION – James B.: We have an opening for the equipment tech and for an additional translator. Thank you Molly and Manuel for being available and changing their schedule several times and being here today. Last month we completed the translation of 21 pages for our Web Committee.

HOUSEKEEPING MOTION

- “That CNCA contribute \$200 to the Annual Hispanic Women’s Workshop, this year to be held December 7, 2019, in Mid-Southern California (Area 09).” – *presented by Sandra G. and Ana V.*

Voting members are DCMs, DCMCs, Area Offic-

INVENTORY ASSEMBLY MTG. MINUTES, NOVEMBER 24, 2019, Cont'd.

ers (this motion was presented at the Fall Assembly due to the cancellation of the October's ACM). No objections <<<APPROVED>>>

PRESENTATION OF NEW BUSINESS

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

Q: Is this pamphlet intended for Spanish speaking members written by Spanish speaking members? Is there a LGBTQ pamphlet that's translated in to Spanish that is similar to what this motion is requesting? A: Yes, we passed around the current pamphlet to members from the LBTGQ Spanish speaking community and some of the experiences are not too relatable; it will be up to the conference how to work on this project if it passes. This will become Old Business at the 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*

Group in favor / majority are against on investing money in this and instead we should have a plain language version of big book / group had lots of abstentions; majority were against. Vote: Simple Majority Yes:79 No: 33 Abstentions: 8; Minority opinion was heard, Motion to reconsider was made. Vote: Yes 52 / No: 55 <<<Motion Passed>>>

- "That CNCA establish a standing committee on Technology." – *presented by Dennis H.*

I was at the tech workshop, I was able to understand what kind of tech we have and what we can do with it / I still believe that we should listen to the first recommendation on creating a committee / we should be adding one more member to the web committee / the intention was to have all this organized and have guidelines, whatever goes to the treasurer and to figure out what happened in the past, we need to have more resources and add one person to the committee / we use tech for all

things, the way we use tech in our community, I also agree that we should add a whole committee not just one person / Q: Will there be guaranties in anonymity protection? / we are in favor, we participated in the 24th anniversary of *La Viña*, and technology makes it a lot easier to share information, we can give information to other countries and implement what works at our area, it could help us with sharing our experience / create a plan and present to area; like, is what we are doing more productive and helpful overall, and at the same time can we protect peoples information, and will we be able to help people who have no experience using tech? / I don't believe a tech committee is the solution, look at us to decide what a committee is, each panel trusted servants don't have to have any special skills to participate and serve, but with a tech committee we will need people with special experience, maybe the people with the necessary experience and skills aren't available, if we have tasks that need some specific skill then we need to hire special workers / it is important to have it, we need to be more up to date and have the information available to us to stay informed, we need to reorganize / Dist 04 has an application to share information ask questions and share thoughts, people don't have to wait to the monthly District meeting, also increases the interest to attend General Service activities / we need the pros and cons available to share with our groups / I'm against this, currently our finances are not in good condition and it is not appropriate to add another expense to the Area / it would be good to have options, even if this motion doesn't pass, maybe we can trust the area to create something to solve our needs, then we can consider our options / we had this discussion at the Area, at the September ACM at the literature discussion Teddy shared the committee and sub-committee job descriptions - that can help us understand the difference between a committee Vs a sub-committee / if you can forward this to catch our attention, this should stop us from doing this / working with people who have experience and who can show us or help us understand what's available, I think the groups or districts have different technology needs compared to the Area, we have also to think about archives or accessibility. Will continue at Pre-Conference Assembly.

- “That CNCA continue the work of the Accessibilities Sharing Session by creating an Accessibilities Sub-Committee. The main purpose is to continue the sharing session and support accessibilities work at the district level.” – *presented by the Accessibilities Sharing Session*

This has a clearer idea of how we can help the alcoholic who still suffers, can help with many things - including things like language barriers, offer more ways to be prepared for when folks walk into meetings and have more experience to share / the area is too big there's lots of differences in needs from place to place / member against this, the accessibility sharing session had lots of information / our group is in favor / we second this, several meetings are in favor, it could be great to have a sub-committee at the area to help in rural areas with big geographic areas / we can have lots of benefits from this, as a committee we can bring our needs and questions to help members, in San Jose we found that hard of hearing members in our group never participated and the lack of participation was caused by hearing barriers, with a committee we can gather experiences in one place and put the solutions to use to anyone who asks for help, then we can see the real use / we need to have a committee, we need a strong statement, we need to help our community, we need to be accessible, creating the committee also supports those in remote communities. Vote: majority no: 6 abstentions: 0; Minority was heard, Motion to reconsider: 0 <<<Motion Passed>>>

- “That CNCA requests that a pamphlet entitled "Experience, Strength and Hope: AA for the Transgender Alcoholic" be produced.” – *presented by District 07*

Two groups in my district are in favor / we should help members to have more discussion and have a clear idea on what it includes, this community could feel more included with this material / we were very divided / majority said this is an outside issues / we can save lives with this material, it could open doors everywhere / love and tolerance / this will help people identify / district is in favor, this is considered a remote community, we expend lots of money to save lives / this can help members by making the introduction to AA easier, this could help other areas too and other countries,

let's make these members feel welcome / minority believe that this is an outside issues and articles on GV can be more helpful / reason against it is that this topic can be addressed in other literature / this can reach those in need / no, we are not ready to vote / all in favor as a group / sure it can help, but we have lots of questions, lots of people come to AA and identify as different but don't have a pamphlet / voted in favor of this / we read from a current pamphlet and we feel that we understand, we need to read what we already have / we should have a sharing session on this, and it is an opportunity to hear about this topic and hear more about the needs of this community including discrimination and other issues inside AA / one of our district inventory questions was about safety, lots of the members that are alcoholics don't feel safe based on how they dress, this is very important / long discussion and majority are in favor for this pamphlet, inclusion is the main purpose, members like the idea / if we can create something to reach these members, it could be great, also our Spanish speaking community is very different and having this material translated in to Spanish could be helpful / make them feel comfortable with this pamphlet on the literature table could be great, and help this group of people, this is an amazing thing, it is nice to have something to use as a reference / we decided to vote in favor, this has nothing to do with politics, this is to help people like us, who are transgender, to get sober / we would like to see this pass, and could have the opportunity to help people in other areas where folks are not as familiar with such topics/ it is not for me to say, it is more up to those members to talk about it / pamphlets should always transmit experience strengths and hope / having a workshop could be more helpful to become informed and then vote, people are not getting the message / we are in favor, we need to reach out the alcoholic that still suffers / I'm learning to help and identify / this is an outside issue, when I look on the purpose I can see the need of this community / anything we can do to make members feel welcome is good, we changed our name to make our group more inclusive, family is important to have an extra push and have this inclusivity / we discussed, we have lots of questions but we remember our responsibility statement, no matter age, color, identification - it is

our responsibility that the solution is available to everyone/ what this motion means is we can have the opportunity to have voice and share it with the Conference in New York / if we work to help understand the primary purpose and focus on the sobriety more than our differences, this helps, in meetings I no longer interested in been different / I'm in favor, as Hispanic we are very closed minded, years ago at the women's workshop we experienced that lesbians are not welcome at AA meetings and having a pamphlet with their experience helped them to feel more accepted, we need to have lots of information, and remember that no matter how spiritual we are- we need to have open minds / I call it an invitation- that's what pamphlets are, if an invitation can help someone gain access to AA, it's like inviting the transgender alcoholics to a meeting, also I don't identify that way but if I read it then I can understand and learn to help future sponsees with any challenges with this topic, help them to get sober no matter our circumstances, like everything in my life/ peoples choices are not our problem but if those members are alcoholics then it is our issue, we should let the flow of AA work, not do their job / my purpose is to help alcoholics, the identification is not important, let's make those people feel welcome / this came to my heart, on sharing our experience, it is our job to make them feel they are not alone, we have to show love and compassion, we need to transmit the language of the heart that Bill expressed in that book / so many pamphlets are being created and so many we can't display all of them, this creates confusion on what we should use / personal opinion, the majority of AAs shared how they feel different when they get to AA, this is my perception, if we create a pamphlet every time a person feels different- we will have millions of pamphlets, we have steps, we have the program, we have to use it / several pamphlets mentioning stories on different aspects, AA for the women, for the older alcoholic, for the alcoholic inmates, for the Native Americans, for the armed forces, if we are creating material for the alcoholic that still suffers I'm for it, and I'm in favor for this motion. Will Continue at Pre-Conference Assembly.

NEW BUSINESS

- "That AAWS publish a one-page summary of the six warranties". – *presented by District 08*
I don't know what the guaranties are / not in favor, concept 12 has what we need / not necessary / we have a whole chapter and maybe having it available in a summary could be helpful / having it in hand could be helpful for new GSRs, spiritual purpose for the guaranties are in the service manual. Will continue at Pre-Conference Assembly.

WHAT'S ON YOUR MIND?

Please return radios and thank you to Manuel and Molly for the interpretation / archives open house at the depository in Walnut Creek, hope to see you all / sober and free conference January 25 in San Jose, you're all welcome / thank you to all the members that volunteered and helped keeping it all in order today / thank you for this assembly, for me sometimes hearing the minority is important / 3rd legacy workshop everyone is welcome / take a flyer to NCCAA coming to San Jose, we need some support / thank you everyone who has been of service at this assembly / District 07 thank you San Francisco for being flexible with dates, and thank you to the officers, and thank you members from Area 07 for helping facilitating / 2020 International Convention, our area passed a motion to write a letter of support / tradition one is about unity more than anything, and we need it thank you.

Closed with the Responsibility Statement, 5:00 p.m.

- Miguel H.
CNCA Panel 69 Recording Secretary

CNCA 2019 BUDGET VS. ACTUAL EXPENSES THROUGH OCTOBER

California Northern Coastal Area BUDGET VS. ACTUALS: 2019 BUDGET - FY19 P&L January - October, 2019

TOTAL	ACTUAL	BUDGET	% OF BUDGET
Revenue		81,825.0	
002 Group Contributions	68,419.21	0	83.62 %
003 District Contributions	3,563.37	11,666.68	30.54 %
004 Assembly Contributions	7,235.37	5,445.00	132.88 %
005 Tradition 7, Area Comm.	2,796.93	3,040.00	92.00 %
006 H & I Archives Rent		0.00	
007 CNCA Subscriptions	6.00	12.00	50.00 %
008 Personal/Misc Contributions	644.88	1,000.00	64.49 %
010 Interest Income	6.46	4.20	153.81 %
Unapplied Cash Payment Revenue	40.00		
Total Revenue	\$82,712.22	\$102,992.88	80.31 %
GROSS PROFIT	\$82,712.22	\$102,992.88	80.31 %
Expenditures 012 EXPENSE			
013 Delegate Expense			
038 Officer Expense	6,564.48 23,549.90	7,743.28 28,269.14	84.78 % 83.31 %
093 Committee Expenses	20,601.09	29,262.09	70.40 %
158 General Expenses	40,824.22	37,146.98	109.90 %
Total 012 EXPENSE	91,539.69	102,421.49	89.38 %
Misc	-593.85		
Total Expenditures	\$90,945.84	\$102,421.49	88.80 %
NET OPERATING REVENUE	-\$ 8,233.62	\$571.39	-1,440.98 %
NET REVENUE	-\$ 8,233.62	\$571.39	-1,440.98 %

CNCA BALANCE SHEETS— OCTOBER 2019

California Northern Coastal Area Statement of Financial Position As of October 31, 2019

	<u>Total</u>
ASSETS	
Current Assets	
Bank Accounts	
Operating Funds - Checking	7,633.14
Prudent Reserve - Savings	8,151.46
Total Bank Accounts	\$ 15,784.60
Other Current Assets	
Assembly Deposits	1,725.00
Total Other Current Assets	\$ 1,725.00
Total Current Assets	\$ 17,509.60
TOTAL ASSETS	\$ 17,509.60
LIABILITIES AND EQUITY	
Liabilities	
Total Liabilities	
Equity	
Operating Funds ~ Adjusted	14,603.22
Prudent Reserve ~ Savings	11,140.00
Net Revenue	-8,233.62
Total Equity	\$ 17,509.60
TOTAL LIABILITIES AND EQUITY	\$ 17,509.60

CNC AREA INVENTORY, NOVEMBER 24, 2019

CA Northern Coastal Area Inventory 11.24.19

1. What is the basic purpose of CNCA?

Image of gears-like a clock-some big and some small helping each other turn. Being a part of a greater whole. Serve each other. Love being a part of it all. Service to our group and AA as a whole. Forming true partnerships. All people want to be here. Supports the groups, listens to the groups. Very important. I know where to go when I need help. Steps Traditions and Concepts are so important. Very clear and specific purpose: link the groups of CNCA to New York so we can participate at the GS Conference and back to CNCA. Existing structure is to serve the groups. To better help one alcoholic working with another. Share our experience with each other. PI/CPC: get the word out. Deal with local anonymity breaks. Upside down triangle is the key. Get involved in service. Be the voice and channel. GSR takes group conscience. Coming together to carry the message. Information from members to groups to district, to GSB and the AA community. Then take the information back to the groups and to those still suffering. Website does not show what CNCA primary purpose is!

Here to communicate message from groups to Area and back.

Help facilitate all sub-committees to inform GSO.

2. Do we spend the Seventh Tradition contributions prudently?

Area officer travel may not be a wise use of funds. Consider attending one district meeting a month. They do not need to go to every meeting every month. Not always, when we look at all the things we spend money on. Look at technology as a solution to cut spending. Put more thought into what we are spending, spend less. A way to cut it down. Area is very rich and other areas are envious. Every district every month is something to think about. Our Area is 473 miles from end to end. Keep in mind how to best spend. Be accessible to area officers. Visibility to those who serve us. Technology to help, but we must use it. Answer comes from within. Officer district visits are a small 't' tradition and we are very unusual as an area. Tradition was started when districts just were forming. Today, we are communicating by text, email, as well as in real time. We can find a better way to do this and take workload off the

shoulders of Area officers.

Invest in technology that would allow the district officers to do more. Works on money coming in as well as going out.

Blessed Area CNCA We have \$. Contributions are flush. In 2008 things changed and we put safeguards in place, suspending district visits to save money. Our area is stronger because of officer district visits. Consider the spiritual principal of prudence and ask, is this necessary?

Appreciate the officers attending our district meetings. Guidance and calm is appreciated. CNCA Comments gives me time to reflect before I respond. Elect officers to the job need that face to face.

Learn how to spend money inside the district. Explain how each dollar is spent from basket. How do we spend.?

Very Good in our area with expenses. Meet our needs. All is fine. There has been something we have gone through recently which means we have dipped into our prudent reserve. Why are we doing this? If we spend there must be more coming in to avoid collapse. Electronic contribution services with small fees I'm good with it.

If officers did not attend my district meeting, we would miss the answers they are able give.

Committees frequently put projects into the spending plan, but many never get used. Tradition 8 allows us to continue with these projects and get outside help from special workers.

I'm proud of how Area 6 spends the money. Archive could see an increase.

Dip into reserve is not a problem if we encounter extraordinary conditions. That is what has happened and that is what it's for. District chair goes to Petaluma each month. Regional Forum will jump start us as GSRs. Thanks for attending our meetings Area Officers.

We are prudent. We are blessed to have and could do better. We have many housekeeping motions and tend to get through them too quickly?

Purpose of Officer Visits - eyes and ears of the delegate.

Look at catastrophes in the future how we handle them.

3. What does it mean to be available for Area service?

Personal and spiritual for me. Each person has to decide if they are eligible. Available, is another question. Look at the time commitment and if you can make

CNC AREA INVENTORY, NOVEMBER 24, 2019, Cont'd.

all the meetings.

Showing my sponsees how to do this.

Take position very seriously. I could do the job physically, but not emotionally. Did my best. Had nothing left to give following panel.

Willingness to be available. Had to pray about it.

Does this work for me? For my partner? Came with my group in a car. More here at the Area that look like us. Takes people to get this done. Boots on the ground. Stretching.

Today I realize that I could do more, but I still don't do the little things.

Sacrifice-I am the wife of a past delegate and when he served we had young children. Do you have to be retired, young, or without children to serve? We love the officers and want them to attend our unity days.

Talk to your service sponsor-are you available every 4th Saturday? Check with family. Did not understand the commitment. Say "I don't know," when needed. Do I have the time? A car? Finances to get around? Dress appropriately? Why do we have to be a DCM before being eligible? That's crazy.

Available? Why am I doing this? Ego? People Pleasing?

Means to be knowledgeable, learn to be a GSR, then DCM, then DCMC, then Area Officer. Sit in on committees that don't require you to be DCM.

More than a set of principles: it requires action. If you're available, it will come. Responsibility grows. Service sponsor. Take care of my needs as a servant.

Enhances my sobriety. If I get bored, I know where I go.

God qualifies the willing. I have learned that here where I'm with you here in this arena. Watch the past area officers. Their hearts are in the right place. It's ok to fail.

A year from now will be our election assembly, but not all of us will be available. Family, work, tired - not going to be available. Freedom to see what God has in store for us. Essential for community of AA. Mind body and spirit all in one. Keep fit.

Have to make a choice: family or service? It's a waste when a DCM or DCMC can't be available.

Like to see that change.

Area service. Everyone here today is participating in area service. Thank you for your service. Thank you to your groups.

Personal inventory-willingness to learn, communi-

cate, make bad decisions. Follow up with action.

Fear has kept me from standing for area position.

When the opportunity came available for the Treasurer, I asked myself can I do this? I stayed quiet.

Then, when it became open again, I made the decision to stand. Wanted not to miss out again on this opportunity. Don't let this opportunity pass you by.

Listed to job description closely and then ask am I available? Don't want to do anything but I do them.

I don't have a car and don't know if I'm available. I made myself available. On committee now. I am meeting my commitments and God is in charge.

Privilege to serve. Never felt so loved.

4. How can Area officers and committees better serve our Area?

Know impact of motion before we vote on them.

I don't want officer visits go away. Committees open to new projects.

What are the needs of the area? How can we improve the communication. Officers needs to know what our needs are. Groups are not therapy. We are alcoholics in action to carry the message.

Limit area officers talking at district meetings so that district officers are doing most of the talking at local meetings. I like it when other committee chairs participate.

Workshop about insurance and 501(c)3's. Broad based help with insurance.

Maybe area officers could give up a district visit to go to a sub-district committee meeting or a local PI or BTG meeting.

Make our needs known to area. Learn how to talk about service. Can all learn from service manual. AA comes alive through the people!

Tell us what would happen if we passed motion and what would not happen if didn't pass motion.

Area officer visits are where I learn so much from them. I'm wondering how we could record them to be put on website so that other GSRs can benefit.

The language in the Comentaros is difficult. The translation needs to be clear for all.

How to attract new GSRs. Workshops! How do we do that?

Venmo and using it safely. Need to align our groups.

Archives committee and web committee have more open meetings, keep it simple all the same font...

AREA COMMITTEE — DECEMBER 2019

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*
- That CNCA permit for the temporary use of a professional-quality Spanish/English interpreter for the monthly Area Officer meeting.
- 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.”

Assembly Bids

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

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.

Discussion topics

- Reaching Out to African-American Alcoholics
- Agenda Topic Summaries: Purpose, Use & 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.”

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*

CNC AREA INVENTORY, NOVEMBER 24, 2019, Cont'd.

5. How do we avoid the tyranny of the majority – and the minority?

Educate and how we conduct ourselves at service assemblies

More people participate. More we can do as an area.

Continue educating people of Steps Traditions Concepts. Back to basics.

Facilitate the group conscience to help people speak about on what's on their mind. All to be heard.

Do we go to fast, quickly, railroad process? Let group slow things down. Might take time for things to be heard. Don't go to fast.

Do we feel safe sharing at assemblies? Make sure voice is going to be heard.

Look how we are treating each other.

Being relevant, picking your battles – being a part of – raising your hand.

No one voice has the control. Only at group level old timers shoot everything down. Speak up against that – minority opinion. Be an example.

Keep talking about topics: helps us reach an informed group conscience.

Including all who attend to participate in discussions.

Keeping everyone informed: what's been going on what's happening now.

Balance is key: solicitation of other group consciences. Sponsorship.

Allow the minority to speak: give them enough time.

Opportunity: give everyone the chance to share information.

Ask myself if I'm apart of the problem? Am I voting with my sponsor at the homegroup? We don't need more literature, we need help getting people to read it. Are we running competing group consciences in out of our home group? Make sure one vote.

Recovery first then trusted service second. Responsibility is on me.

Allow groups to make mistakes.

Practicing principles and allowing everyone to speak once before anyone speaks twice.

Trust the group's conscience. Live with vote. Move on from there and not to try to redo everything.

I want to do my job well and sound good doing it and so, I come to the microphone no matter how I sound. Speak well of others. Even if the vote is not

yours. Surround yourself with spiritual people. Humility. Let newcomers have their own experience. Let the group have its.

6. Is our Area accessible to all who want to participate?

Glad we have a new committee. Like to see those that are not able to come.

Transportation: bus, van, car carpooling with those who need a ride.

Language and translation help me continue my service.

Travel reimbursements for transportation cost to be there at unity days.

Sub-committee now will be a part of the Area. Make sure there are meetings available for wheelchair users. Babysitting or those who are mono language other than Spanish.

Would Sunday be a better choice for these Assemblies?

Letting what we do here be open to all to participate like sponsees.

Do I have to use my vacation time to be of service here? Are we expecting too much? If we can't even provide basics, like a suit and tie to be an area officer, are we open to everyone?

Hospitality chair? Back to basic housing.

Yes, it is accessible, but are we willing to go to any lengths? I'm still sober. People are more focused on carrying the Alcoholic these days and not the message.

Rotating Area Committee meetings and locations may be useful.

Many of us don't have a computer and we share a laptop in Spanish groups.

Feedback from ASL would be good. Having more recordings of assemblies and events for hard of hearing.

Who is not here?

Live stream these assemblies? Commuting 2 hours both ways could be used for something else.

Share message from your heart not from the color of your skin.

Share about what general service is about. Share that message.

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. Marianne announced availability of radios, please return them at the end. Recording secretary announced providing your email to be included on the email list.

Presentation - Reaching out to different ethnic groups within A.A. by Vanessa C., District 40. The answer of how to bring diversity into A.A. is not an easy one. Even though A.A. has the ability to transcend class, race, language and education barriers, there still exists differences in privilege in A.A. Vanessa shared her experience of feeling like an outsider before and upon entering sobriety/A.A. Alcoholics with differing backgrounds, experiences, and characteristics from the majority of alcoholics face unique struggles to feel a part of and comfortable in A.A. that others may not experience. The prejudices we hold often get in the way of our effort to welcome others. Putting in extra effort to reach out to those different than us instead of telling them to pull themselves up by the bootstraps could literally save lives. The principles of honesty, courage, humility, integrity, faith, justice, brotherly love, perseverance, spirituality, and service are the tools we can use to direct our thinking and our hearts. She suggested these hard and uncomfortable questions in group inventories: How educated are we in institutionalized racism? Do we make excuses and know what white fragility is? Are we being an ally to the minority or are we trying to be a white saviors? These questions are the hard questions our society will have to tackle if we truly want to erase racism and the ugliness of our country's history. Are we willing to get uncomfortable? Are we willing to reach out and gain humility?

Members shared; highlights included:

- Acknowledgement of our drive to go to meetings where we feel "comfortable," and the importance of moving out of our comfort zone and being willing to learn in order to do more
- Recognizing when a newcomer's needs and challenges may go beyond what we are capable of addressing and suggesting outside help
- Changing the culture of A.A. to become more accepting is the responsibility of the individual; and the tools/principles we learn in A.A. allow us to do that
- Acceptance of the reality that not every meeting can be for everybody
- As people we have more in common than we may think; we all share the same "race" of alcoholism, and our solution is the same.
- Members shared how they didn't feel welcome when they came in, but acknowledged it was primarily due to having their walls up and not being welcoming themselves. We often get in our own way of connecting to others.
- A member shared the location of meetings as a barrier to reaching out
- A member shared that in A.A. we have inherited the culture of our society. Passing on a different culture is guided by the responsibility declaration, and our tendency to squander our inheritance gets in our way.
- A member shared about going to sordid and dangerous places in service of A.A. and reminded us that we can go anywhere with faith that our higher power will protect us as long as our motives are good
- A member shared the perspective that in A.A. we are uniquely qualified to practice love and tolerance for one another in a way that the rest of society may not be capable of
- A member acknowledged her tendency to make assumptions about others based on outward appearances
- A member wondered whether Public Information and Cooperation with the Professional Community is reaching out and going to cultural centers

Discussion of topics for next month: 1) Reaching out to the African American alcoholic, 2) Best practices for communication and service, 3) Difficulties with recovery due to departing from our basic text and too much discussion of opinions (back to basics), and 4) Homeless newcomers. The group decided to vote between number 2 (16 votes) and 3 (13 votes).

Next Month's Topic "Best Practices for Communication in Service," then "Back to our basic text." Meeting adjourned at 10:55 AM with the Responsibility Statement

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

CNCA CALENDAR—PANEL 69

	2019—Panel 69	June	27—Area Committee Meeting
December	21—Area Committee Meeting <i>(Note: 3rd Saturday)</i>	July	2-5—AA International Convention, COBO Ctr., Detroit, MI
	2020—Panel 69	August	25—Area Committee Meeting
January	11—Area Committee Meeting <i>(Note: 2nd Saturday)</i>		8—Summer Assembly, Crosswalk Community Church, Napa, hosted by District 11
February	22—Area Committee Meeting	September	15—Area Committee Meeting <i>(Note: 3rd Saturday)</i>
March	6-8—PRAASA (Area 3, Tucson, AZ)	October	21—23, Pacific Regional Forum, Las Vegas, NV
	28—Area Committee Meeting	November	26—Area Committee Meeting
April	4-5—Pre Conference Assembly, tbd	December	24—Area Committee Meeting
	19—25, General Service Conference, NY		14—Election Assembly, tbd
May	25—Area Committee Meeting		28—Area Committee Meeting
	16—Post-Conference Assembly, Robert Livermore Community Center, Livermore, hosted by Districts 7, 8, 20 & 70		19—Area Committee Meeting <i>(Note: 3rd Saturday)</i>
	23—Area Committee Meeting		

PANEL 69 ASSEMBLY DATES

2020 Pre-Conference Assembly
April 4-5

2020 Fall Election Assembly
November 14

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

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

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

PANEL 69 AREA OFFICERS & AREA MEETING INFORMATION

Delegate

Teddy B.-W.

Recording Secretary

Miguel H.

General Service Office

P.O. Box 459
Grand Central Station
New York, NY 10163
212-870-3400
www.aa.org

Alternate Delegate

Jennifer B.

Assembly Coordinator

Coree H.

Chair

Eric L.

Literature/Grapevine Chair

Magdaleno O.

CNCA

P.O. Box 884222
San Francisco, CA 94188-4222
www.cnca06.org

Treasurer

Dennis H.

Pacific Regional Trustee

Kathi F.
prtrustee@centurylink.net

NorCal H&I Committee

P.O. Box 192490
San Francisco, CA 94119-2490
www.handinorcal.org

Registrar

Erica G.

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

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 Magdalena 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
AND ASSISTED LISTENING**