

The Post-Conference Assembly business meeting of CNCA was held at the Newark Pavilion in Newark on May 14, 2022, with members attending in person and virtually. Assembly orientation was presented by Raymundo L. Miguel H. opened the meeting at 9:12am, followed by the Serenity Prayer. The AA Preamble was read by Dwight (District **51**). Ryn (District **52**) read the Twelve Traditions in English, and Moses (District **00**) read the Twelve Traditions in Spanish. There were seven past Delegates present: Diane O. (Panel 35), Bob D. (Panel 36, Area 28), David N. (Panel 59), Ken M. (Panel 61), Raymundo L. (Panel 65), and Joann L. (Panel 67), and Teddy B.-W. (Panel 69). Past Area Officers present were Judy W., Magdaleno O., Margrete A., Martha B., Michael Q., and Ray W. There was one past Trustee present, David N. The Pre-Conference Assembly minutes were accepted as published in the CNCA *Comments* and *Comentarios*.

Attendance: 376 Officer Reports

Delegate – Jennifer B: I am so excited to share my full report on the General Service Conference later this after-noon! I just sent out a flyer for the North/South Virtual Special forum with a request for video submissions. Even if you don't want to send in a video, the flyer contains good information about the program being planned for this special international event, with members from Argentina and Chile in participation with members from Canada and the United States. The virtual forum will be on July 16, pretty much all day starting at 8:00am our time. The theme for the forum is Beyond Language, Culture and Geography: Sobriety Within Everybody's Reach. And if you are thinking that something geared toward remote communities doesn't involve the Bay Area, you might note that one panel includes the topic, Hidden Communities – Unexpected Opportunities to Carry the Message. What actions can we take so that all seeking help with a drinking problem know A.A. is for all cultures? How have we found unexpected opportunities to carry the message? How do we reach alcoholics in populated areas who have yet to find us, staying mindful of who's not in the room, and then widen the conversation as to why? Members will also share on Finding Solutions to Language Barriers, Strengthening our Structure Through Service, and more. This event will be free, and registration will open up on June 13 on www.aa.org. All sessions will be interpreted into American Sign Language, English, French, and Spanish. It should be pretty amazing. You can also find information on our area website by clicking on the calendar entry for July 16.

Alternate Delegate – Eric L: We are in the early planning stage for a virtual joint committee communication meeting for Bridging the Gap, Public Information and Cooperation with the Professional Community, Accessibilities, and the Northern California Hospital and Institution committee. Members from Area 07 (CNIA) will be joining us.

Chair – Miguel H: Here we are again. Thank you District 17 for all the work on putting this assembly together. This will be the first hybrid assembly ever in CNCA history. As I'm sure lots of you noticed, we didn't get to vote on any of the assembly business at the Pre-Conference Assembly; today we have a full agenda but now a bigger view on what it takes to be hybrid at assembly level and its possible that we get to vote on some of these items on the agenda. As a custom of the Post-Conference Assemblies, we'll have a special treat- sharing on the Conference Theme with presentations from three members of our own Area. In other exciting news, starting in May, we will have an informal Spanish-speaking Sharing Session from 10:00am to 11:00am. This will begin on the same day as the Area Committee Meeting, the 4th Saturday of the month at the Petaluma Community Center. So, if you know someone that has Saturdays off or seems interested in General Service, please invite them. In March we started our traditional Area Officers job descriptions at 11:00am in the beginning of the DCM Sharing Session in preparation for our Area elections for Panel 73 at our Fall Assembly in November. You can also find this information inside the monthly issues of the *Comments* and *Comentarios*. It might be a good time to start thinking and considering making yourself available for a service position for CNCA. Panel 73 is around the corner and the spirit of rotation is starting to be in the air. **Treasurer – Chitra S:** 2022 contributions as of May 13, 2022, are \$38,800 and we budgeted for \$47,500. 2022 expenses year to date are \$51,600 and we budgeted \$38,000. The unbudgeted spending includes paying the full cost of our delegate to the Conference (\$8K), travel costs for an ad hoc committee to research taking our assemblies and ACMs hybrid (\$2K) and Fall 2019 Assembly rent (\$4K). Checking account has \$67,737.00 and our Savings account has \$11,039.31. The Area's finances are healthy as we have excess funds in our Checking account, and only currently spend over budget with motions that are passed by the Area.

Registrar – Claudia N: I had an opportunity last month to visit Florida Area 15 and go to their Pre-Conference Assembly. It was a great opportunity to see how other areas come together to share with their delegate. While there I was able to demonstrate how technology has influenced our service commitments, such as Air Table and the use of QR codes for registration. If you haven't registered, please look on the tables for the QR code for registration or we can help input your information for you at the registration table. If you are on Zoom, a link will be periodically put into chat for you to register with. This helps us streamline the process of gathering attendance information. Please continue to send your group changes to your district Registrar, so together we can keep our records as up to date as possible. If you need a form, I have some with me or you can access them on our website www.CNCA06.org in English and Spanish.

Recording Secretary – Amy M: As I was driving down here last night from Mendocino County, I was reflecting on the wonder of AA being a society of alcoholics in action. My work as Recording Secretary is performed today, and then the days following to turn the minutes around. I did not have a job to do prior to today to get any of this ready. But a whole bunch of other people were busy for several days and weeks performing their service roles to make this all work for us. Behind the scenes, around the clock, around the globe, someone is always busy doing something for AA, and it is remarkable to witness and an honor to be a part of such a wonderful organization. And I know that Jennifer has been very busy traveling, recovering, and preparing her report to inform us and answer our questions. I am really looking forward to it, and to hear the presentations that our members have been working on to share with us today. In my opinion, this one is the fun assembly!

Assembly Coordinator – Drew B: We were here early with the Hybrid Ad Hoc committee in preparation to provide our first hybrid assembly. We are striving for progress, not perfection. Please be patient as we hit this steep learning curve. Thank you to District 17 for pulling this assembly together in short order! There are still assemblies up for bid for this Panel. Get in touch with me if your district is considering hosting.

Literature/Grapevine/La Viña – Richard W: I was sitting in a jail cell about 18 years ago... My cellmate had recently been released, leaving me alone in a cell with a Big Book and I re-remembered how a young woman responded after a meeting when I asked her how she stayed sober before getting a sponsor. The woman told me that she attended 90 meetings in 90 days and read the stories in the back of the Big Book. So, while I was alone in a cell, searching for a glimmer of hope, I finally cracked open the life-saving book Alcoholics Anonymous. I opened the table of contents and chose a story... 'Window of Opportunity', a story added to the English 4th Edition, moved my heart for the first time. I'm sure there are drunks out there looking for a glimmer of hope right now. The most exciting news is that we are planning a 5th Edition in English and a 4th Edition in Spanish. Please encourage all members to share their personal experiences. The deadline for submitting personal stories in English for the 5th Edition is October 31 and the deadline for stories for the Spanish 4th Edition is December 15. Visit www.aa.org for formatting guidelines or contact your district literature chairs or myself.

Area Standing Committees and Sub-Committees

Accessibilities – Dan M: We are beginning to look at the deaf and hearing-impaired community and how we can eliminate barriers for them. We are asking districts to report if they have any ASL meetings. Next month, we will have a presentation from the Texas Intergroup for the hearing-impaired, and the following month, we expect our guest to be the Accessibilities Chair from San Diego who is deaf himself. We are looking at the issues around funding ASL translators. All of us who attended PRAASA were impressed with the job Area 58 did with ASL translation and the participation of the deaf community in the assembly. We expect the Accessibilities subcommittee to be very involved when our Area hosts PRAASA 2024. We meet online on the third Saturday of each month at 11:00am.

Archives – Paul W: Recently, we were asked for PRAASA files and thanks to Denise and Chase on our team, we were able to fulfill that request. We also worked with a member of District 07 who is researching customs (aka little 't' traditions) for the area. She is looking at CNCA *Comments* from the past to gain some insight into how these things came about. Although we are still in the midst of Covid-19, the vaccines and antiviral treatments have significantly reduced the trauma caused by this virus. Most meetings have made adjustments due to the pan- demic. These include: The in-person meeting was converted to Zoom and it is now back to in-person, the meeting was stopped for a while and is being resurrected now that things are safer, the meeting was canceled and never restarted, the meeting converted to Zoom and remains Zoom, or the meeting convert- ed to Zoom and then became a hybrid meeting now that things are safer. Now is a great time to update your group history, or to write one if you do not already have a group history. If you need help, please contact me. We continue to clean up and clean up the records room. We continue to add digitized version of records for easier access as well as geographic diversity of serv- ers. We will also keep limited paper copies of the records. Ultimately, for records that have been digitized there should be two physical copies and one digital copy stored in at least two different places.

Bridging the Gap – George X: Have you ever thought, “What does the catchphrase 'bridging the gap' really mean?” You hear it in all aspects of life. Here are three quotes on the subject from entrepreneur, author, and international speaker Richie Norton: “What’s the difference between people who see and seek gaps and those that see and seek bridges? The first stops and stays on the side. The second, crosses and reaches new worlds.” Secondly, “Believing there is a bridge from where you are to where you want to go is 99% of the battle. The other 1% is to cross it.” And lastly, “There is only one way to bridge the perceived gap between a person and his or her greatest dreams, and that is to begin.” For an alcoholic looking to make the transition from treatment to recovery, this is where asking better questions comes in. Where is the bridge so that I can cross it? There is one now... but at first it needed to be built. Over the years, Bridging the Gap has become a vital network of touchpoints for A.A. members conducting 12th Step service. We need not have experience with treatment settings or places of confinement. Our qualifications are experience as an alcoholic and recovery in A.A. We have a very specific focus. Our job is to get someone from detox, treatment, or jail to an A.A. meeting upon return to their local community. We are not sponsors. We don't sign up for a long-term contact commitment. We're the safety net for someone alone and scared when they walk out of a facility. Our job is to talk to the newcomer about sobriety, to go with them to their first meeting, to introduce them to other mem- bers of the fellowship. To help them find coffee, maybe a home group, and hopefully a first sponsor. Then, to let the newcomer go into the hands of the group.

Finance – Joann L: Our committee members are our Treasurer, Chitra S., along with Jose F., Matt D., Gusty M., and me. From time to time you may see one of us taking money out of the 7th Tradition baskets. That is ok. That is also part of our job. But our primary job is the assist the CNCA Treasurer, monitor expenditures and prepare the budget for next year. The Finance Committee is starting the process of planning the 2023 budget. We have each been assigned to the standing committees and subcommittees and will be visiting each these this month to assist the committee in thinking about next year's expenditure. We are also in the process of planning a hybrid workshop on how to talk to the AA groups about money. Right now, we are planning to hold this event in September of this year. We will keep you posted. We have reviewed the motions on today's agenda for financial impact on the Area's finances. Today there is only one. The motion to distribute the Area newsletters electronically could potentially lower our yearly budget if passed. The current budgeted amount for 2022 to print and mail our CNCA *Comments* and *Comentarios* is \$10,116. Please come and visit us if you have any questions or concerns.

PI/CPC – Eric L: At our next committee meeting, a special guest, Class A Trustee Dr. Al Mooney, will be joining us to share his experience working with healthcare professionals.

Technology – Nick S: I was very pleased with how well the registration that Claudia and I came up with went at the last assembly and I am looking forward to helping make it that easy for future Registrars. It was great to be able to have real-time data throughout the assembly with minimal effort needed be the registration team. It was very helpful for the host district to know how many were registered right before lunch to help confirm how much food was needed. The Tech committee is preparing to take on the responsibility of hybrid functionality of the Area Committee Meetings and the final assemblies of the year. We are still working to put together instructions for use of the Microsoft licenses and the Microsoft cloud storage. Thank you for your patience. If you are a committee chair or area officer who is in need of using the software, let me know and we will work together to get you going.

Hybrid Ad Hoc – Ken M: We are conducting our second assembly test/trial today and will be presenting our recommendations at the next ACM, at which time the Hybrid Ad Hoc committee will be disbanded and the roles and recommendations we suggest will be absorbed by the Tech committee and the Assembly Coordinator.

POST CONFERENCE ASSEMBLY—MAY 14, 2022

Website – Megan M: Your CNCA 06 website continues to evolve. Yesterday we created another “doorway” to AA and CNCA06 confidential documents. These documents are our Delegate’s results from the 72nd General Service Conference. The link to the page is www.cnca06.org/72gscresults. You will hear Jennifer speak about her experience and the results of the Conference this afternoon and then you can read more at your leisure. The page is password-protected because the documents are not meant for all the internet to view. You can ask your DCM or DCMC for the password. We hope that members will start thinking about the upcoming panel and consider serving on the Web committee. Some experience with computers is nice but not required. Please visit us on the third Saturday of the month at 12:30pm. We meet virtually and will most likely continue to do so. To serve on this committee, please write down your name, phone number, and email and give this to any Area Officer this summer or fall.

Interpretation and Translation – Magdaleno O: The Motions Book is already being translated and has a tentative goal to have it ready during the course of this panel.

PRAASA 2024 – Teddy B-W: What is PRAASA? It’s the Pacific Region Alcoholics Anonymous Service Assembly. A weekend conference for 1,500 service nerds! Each of the fifteen areas of the Pacific Region hosts PRAASA on a rotational schedule and it is our turn in 2024. We have signed the contract with the San Francisco Marriott Marquis, which will be venue for the event, and we have a logo! The work has begun, and we have over 70 volunteers signed up, so far, to work on the various committees. If you would like to volunteer to serve on one of the committees for PRAASA 2024 please send me an email. Together with several members of the steering committee I got to attend the PRAASA 2022 wrap-up meeting and express our thanks to the 2022 host committee for a wonderful job. I have reached out to Al-Anon, San Francisco District to see if they are available to program the parallel Al-Anon component of PRAASA 2024 but could use some help in making contact. I will start attending the PRAASA 2023 planning meetings starting next month.

Area Business

Old Business

- That the trustees’ Literature committee develop a graphic novel, or a series of graphic novels, that depict the first 164 pages of the Big Book. – *Presented by District 90 at the Area Committee Meeting 2/27/21*

*Discussion: [Group consciences]- Our group is split on this decision. Some say yes and that it would be an attractive way to visualize the book, while others say it takes away from the spirituality of reading the book with someone else. // Our group is in substantial favor of this; it can be an attractive way to understand the literature and we need to continue to develop more and different ways to reach newcomers. // Our district is in favor. It is accessible and can reach people from different back-grounds if done well. What we have now may work for so many who are here, but we don’t hear about what doesn’t work for those who aren’t here because they aren’t here to tell us. The text is not sacred. The minority opinion expressed concern about cost and feels the 5th Edition should be completed first. // I am the GSR from the group that brought this motion forward. We feel a graphic representation of the basic text will work well as an enhancement and an accessory; it doesn’t mean to re-place the Big Book. // We are in favor. It may clear out much of the sexism that is evident in our current text and can take care of all of us. // Our district is in favor. // Our group is split; it can be an attractive tool for people having difficulty reading and understanding the Big Book. Those that said no to it feel a new-comer should be getting a sponsor as their guide. // Our group is not in favor. We feel it will lose the impact of the message and there are concerns about the length. // We think this is a good idea. It sticks to our primary purpose to help those who are suffering. // We are in unanimous support. // We are in unanimous support of this. It makes the message accessible to every- one. // This can be helpful to the suffering alcoholic. We don’t know how many people we lose if our literature is not accessible. Even a glossary can’t always help those that have a barrier to the literature. As long as the message stays the same it is a great idea. [Personal opinions]- I am in favor. I don’t learn as well by reading and I do so much better with visual learning. That does not mean I don’t read well. It’s more than about reading and literacy levels, it is about reading comprehension. This is a great idea. // I was at a PRAASA years ago when the Twelve Steps Illustrated pamphlet was first introduced and we learned how valuable and important this approach was to helping people understand. // I am in favor of this. // Consider the effectiveness to someone whose native language is not English. *The Assembly was asked if they were ready to vote, and members were ready to vote. Substantial unanimity (2/3) was re- quired for the motion to pass.**

Vote: Yes (133) / No (22) / Abstain (7)

Minority opinion: I am not confident this is the best approach to reach the newcomer. // I am concerned that we are getting further away from it being a 'we' program and sets people up for the thinking that they can get sober by themselves. They won't know how to sit with someone and read the book. // I don't think this is a bad idea at all but feel it would be prudent to wait until the completion of the plain-language Big Book, and then use that translation to produce a graphic novel.

No motion to reconsider. Motion <<<PASSED>>>

Old Business

- That the trustees' Literature committee consider deleting or changing the following wording in the book *Living Sober*: "Better to be chubby or pleasingly plump than drunk, right? Did you ever hear of anyone being arrested for 'fat driving'?", which is located in Chapter 9 titled 'Eating or Drinking Something- Usually, Sweet' on page 23 of the 2019 printing. - Presented by District 90 at the Area Committee Meeting 7/24/21

Discussion: [Group consciences]- We are unanimously in favor of the change; it is demeaning to someone's self-worth and sounds like we are trying to play doctor and it is not our role. We also feel that is a violation of the Traditions to take a stance on how to treat one's body. // We are unanimously in favor of this change. There are more people showing with is-sues around food and it would be more respectful. We would trust the people working on it to find the most appropriate language. // Our support for this change is unanimous. // Our district is unanimous to change the wording. It is unnecessary and discriminatory. This book is more widely read by newcomers. // Our group is fairly split; most are against any changes. // We are split and most feel it is not needed. A slight majority see it as a good change because it is insensitive. // The majority of the group says yes to the change. The word 'fat' is not used at eating disorder meetings. // We are in favor; this change is needed, and we also feel there are other issues with more of the pas-sage and a revision could make this chapter much more powerful. // The majority is in favor; the minority opinion feels it is not needed. // We are against the change and do not think it is offensive. We think we need to study this deeper before making any revisions. // The majority is in favor of this motion. The language is offensive and removing that sentence does not take away from the chapter. The minority opinion feels it is a slippery slope to make several small changes and a look at the entire book would be good. // We are against the change. The context is different when dealing with alcoholism. // We are divided on this. The majority feels the purpose is to pass the message about alcoholism. **[Personal opinions]-** I don't think it needs to be changed. When we are new, we can be offended by every- thing. At first, I was worried about eating candy and my sponsor used this line on me and I have passed it on. It's about 'first things first'. // I am in favor. I think of the Responsibility Statement, and we don't want to alienate anyone. // We are so sensitive; anybody can be offended by anything. How many of us used to be offended by God? // Let's move this forward and let the whole fellowship decide. // My sponsor used to call me 'dummy' and it hurt my feelings until eventually it became a term of endearment. If I continued to seek ways to avoid feeling hurt, I would be dead. I am worried about how quickly we wish to avoid hurt feelings in our literature and think if it continues, we are in trouble. // The majority feels it does not need changing. It is a not specifically in quote proclaiming that "AA says this." // I am from the group that brought this forward and, in our discussions, it wasn't about hurt feelings and whether or not it is offensive. It is about the violation of the Traditions by AA taking an opinion on an outside issue and that it is inappropriate for AA to do that. // I agree to this change; it is offensive, and we want AA to be attractive. We need to think less of ourselves and focus on the people coming in. It is our responsibility to correct it. // We must remember the newcomer. We don't know how long people stay in the room if they are confronted with offensive ideas and we need to ask if we can afford to lose them? // I see it broken down into two parts- base and form. Base is our message, and form is how we transmit that message, and we need to make sure we focus on both. It depends on us. The motion gives a word of hope, let's make the change.

The Assembly was asked if they were ready to vote, and members were ready to vote. Substantial unanimity (2/3) was required for the motion to pass.

Vote: Yes (67) / No (144) / Abstain (9)

Minority opinion: This is a violation of Tradition 10 and encourages people to pick up a bad habit. It's demoralizing. // I wonder if I can make a point of order; I notice so many people speaking in favor of it and why the vote count ended up as it did. // We live in a changed world and our literature does not need to be set in stone. It's derogatory. It would be better to come up with wording to describe what we are happy about. // It is not sacred writing and Bill W. did not write it. // We often hear things like, "My sponsor was mean to me and I'm sober." We can help new-comers without being demeaning. // What works for some doesn't work for all. We don't usually hear from those it didn't work for because they are not here to tell us. It's called survivorship bias. // I voted for this because in the 1930's there was a lot that wasn't known about alcoholism, and it was believed it was a moral issue until it was learned that it did not have to do with moral character. These days, it is known that food addiction is very real and serious. I know some people who relapsed on meth because they were concerned about their weight gain. It's a simple sentence removal. // I agree with the concerns about the vote count and want to vote again. // It is still so shocking the rudeness that exists in our literature. AA is better than this. It is not necessary to keep it and we can choose to not perpetuate the rudeness. // The rooms of Overeaters Anonymous are full of people from AA. It would be great if we could show more awareness on this issue. True, maybe people aren't getting pulled over for their weight, but they can die from food addiction. // We can just pass this on to the whole fellowship to decide. Voting against it is acting like we know better than AA as a whole. // We are not doctors. It implies that we know better to say, "Just be sober and don't worry about your health."

Motion to reconsider and seconded; motion to reconsider passed by simple majority.

Motion to remain Old Business at the Summer Assembly held at the Santa Cruz Fairgrounds in Santa Cruz on August 53, 2022.

What's On Your Mind?

376 registered, wow! We had 121 online and 255 in person with 137 GSRs! Amazing, and I love how we embraced the technology. // In an earlier report we heard about the Tech committee doing assemblies and the technology needed to pull it off. We experienced a lot of tech glitches here today and the needs at different locations will be faced as we get there. I really support the idea of hiring an outside vendor to meet this need. We have boucoup bucks. // Thank you to everyone who helped with the technology today to do a hybrid assembly. We had some glitch- es but tried so hard and everybody took such care ; it was wonderful. // The in-person crowd seems to think of the online crowd as outsiders. In the room you can talk to each other. We can receive messages. We are real people. // Thank you for the assembly; sorry that Covid is still keeping us apart. The talk about literature revisions is painful, but we need to take a look. // I'd love to make a shout out to District 17 for hosting a wonderful assembly and lunch was delicious. We faced some challenges. Thank you to Mateo and Manuel for putting up with us. Thank you, Cindi, for handling the Zoom problems. We know we need very robust bandwidth. See you at the fun assembly. // Thank you, Jennifer. You explained everything so well and your love for AA is evident. The puzzle and the explanation about the 12 & 12 were great. // Thank you District 17 for the assembly and thank you all for the 7th Tradition. With today's attendance it ends up being about \$18 per person. They came in under budget with a total cost of \$5,150.95. // I'd like to express my gratitude. Through today's experience I have more of an understanding of our process. I know we are not all happy with the results, but it shows we are all listening. // Thank you, Jennifer, and thanks to all. I know it takes a lot to put on an assembly. The vegetarian meal option was fantastic!

The assembly was closed at 4:25pm with the Responsibility Declaration.
Submitted with Love and Gratitude,

Amy Menendez
CNCA Recording Secretary- Panel 71