

Minutes from Nar-Anon Area Meeting
October 5, 2013
12:00 p.m.

MARK CALENDAR FOR NOV. 2, 2013 VOTE ON FORMING AN AREA

Attendance – 12

SpringHill	Palm Harbor/Crystal Beach
Lutz	Dunedin
Tampa (North)	Largo/Clearwater
Tampa (South)	Palm Harbor/Crystal Beach
Land o' Lake	New Port Richey
Largo/Clearwater	Oldsmar

Tony welcomed the group and opened the meeting at approximately 12:15 PM.

Old Business

Decision to resume review of GSL at November meeting
Decision to discuss consolidating ordering of literature at November meeting
Reminder about donations for each meeting/for use of church facility
November meeting – we will vote on forming an area. **Everyone needs to discuss with their groups and plan to attend meeting to bring group's vote.**

New Business

"Business Meetings".

Not much information or guidance provided for conducting business meetings. Some information provided in GLS: Sample Agenda, etc.

Discussion:

Everyone seemed to have concerns about low attendance at Business Meetings, meetings were announced in advance, Treasurer's report should be given at each business meeting. Scheduling of meetings varied from group to group. Some were held once a month, some once a quarter, others as needed. Topics for meetings ranged from selection of group leaders, discussion of group concerns, budget information, planning special events, voting on motions.

"Ideas to Enhance Group Meetings"

Not a lot of information regarding the running of and topics for group meetings. Literature is available entitled, "Sample Format for Nar-Anon Meetings" and "Meeting Ideas". (Passed Out)

Rule of Thumb Suggestions were discussed:

Have good signage – so meeting is easily located
Create warm and organized atmosphere: have greeters, literature set up in advance, name tags, set aside time for newcomers to share. Include small blue book, group member lists with numbers, and meeting lists in newcomer's packet.

New Ideas to Try

1. Have members write short **gratitude list** at beginning of meeting. Pass out paper and pencils and have each member write down 5 things grateful for and share lists.
2. Have **candlelight meetings**. When sharing begins, turn off lights and use flameless candles.
3. **Birthday SESH** readings – have members share the SESH reading corresponding to their birthday, and share.
4. **Pitch meetings**. Place strips of paper with words associated with NarAnon (hope, enabling, trust, etc.) in an envelope. Pitch the envelope to someone, have them pull out a strip and share on that word. Then pitch the envelope to another member. Continue until everyone has had a turn.
5. Incorporate the tradition and concept of the month as a topic.
6. Hold anniversary and speaker meetings.

Next meeting is November 2, 2013 "Keep Them Coming Back"

REMINDER: EVERYONE NEEDS TO BE AT NOVEMBER MEETING TO VOTE ON FORMING AN AREA!

Tony closed the meeting at approximately 1:40 PM followed by the Serenity Prayer.

Minutes submitted by:

Minutes from Nar-Anon Area Meeting
NOVEMBER 2ND, 2013
12:00 PM

Roll Call - Attendance – 6

Palm Harbor/Crystal Beach
Lutz
Tampa N.
Tampa S.
Palm Harbor/Crystal Beach
New Port Richey

Gary welcomed the group and opened the meeting at approximately 12:05 PM with The Serenity Prayer.

ANNOUNCEMENTS

Dunedin meeting “Just for Today” closed
FRCNA Orlando July 4th 2014
ECC5 September 2014

OLD BUSINESS

The vote for forming an AREA will be held on December 7th, 2013. Please try to attend!

Decision was made that if the AREA vote passes not to elect officers for the AREA earlier than the first quarter of 2014. This will allow those interested in filling these positions time to volunteer.

Decision was made to resume review of GLS at December meeting.

Review of October’s ANA Topic, “Ideas to Enhance Group Meetings”.

Reminder to collect money at the end of each meeting to donate to church for use of facility.

NEW BUSINESS

Talked about signage and whether it is against anonymity and decided it should be left up to the groups’ consciousness.

Decision was made to use the last 30 minutes of the ANA meeting to review and discuss section 5.1 and 5.2 of the “Guide to Local Services” handbook, “Area Structure, Area Officers, and Duties of Area Officers”

Next meeting will be held on December 7th, 2013. Lutz GSR will lead the December 7th, 2013 ANA Meeting.

TOPIC “Keep Coming Back” presented by Crystal Beach GSR

Ideas:

1. Last months topic had some good ideas relating to this; warm organized atmosphere, have someone greet and welcome newcomers, show them the literature, and make sure they feel comfortable
2. Regardless of the topic, share about how it was when you first came, what you felt, what you thought, why you came back and why you keep coming back.
3. Make sure they have the resources to reach out to someone if needed before the next meeting, a contact list.
4. Have a volunteer, man and a woman call the newcomer during the week, touch base with them ask how they are doing, how their week is going and to see if they plan on attending the next meeting or if there is anything that you can answer about Nar-Anon for them.
5. Open for discussion – Suggestions were Speak about silent times to newcomers and let them know that sometimes there are moments of silence waiting for the next person to share, The idea of having a “Men’s Group” or meeting was also brought up, something to encourage more men to attend. Placing a call list in a newcomer packet, so they have people to reach out to.

Topic Discussion closed at approximately 1:05PM.

The reading, review and discuss section 5.1 and 5.2 of the “Guide to Local Services” handbook, “Area Structure, Area Officers, and Duties of Area Officers” started at approximately 1:05PM and continued until the closing of the meeting at approximately 1:40PM.

Crystal Beach GSR closed meeting with the Serenity Prayer. Meeting adjourned at 1:45PM.

Minutes submitted by:

Area-Non-Area (ANA) meeting 2:15-3:15 pm (Day of Serenity) 9-7-13

Old Business covered:

- We will discuss forming an Area during Sept and Oct ANA meetings and then vote at Nov ANA meeting
- Discussed future voting and "assembly" rules are up for change through motions. Reference was made to page 6-3 of the Resource Guide as providing very relevant information on this subject
- Discussed possible financial impacts of forming an Area:
 - Could impact "Outreach" but needs more discussion.
 - Most likely will need budget down the road once Area formed.
 - Impact on diminishing flow of contributions as they move from Group to Area to Region to World???
 - Any additional cost of Area could well be offset with area increase in outreach and growth/expansion/new members of Group
- Began discussion on consolidating ordering of Literature; agreed to continue discussion in Oct meeting
- Next ANA meeting (October 5) will include "Business Meetings" topic and program.