

July 2025 GSR Report

Nar-Anon Family Group Sunday Step Study

Sundays at 1:00PM Pacific Time

Group 131-117

History:

This step study group started before the COVID-19 pandemic in person in Bakersfield, CA but then met remotely online via Zoom and has continued to meet online on Zoom. This group is the second of two Sunday step study groups. The other group meets one hour earlier. To learn more about the history of virtual meetings click on the following link:

<https://sites.google.com/view/nfg-step-study/service/history-of-virtual-meetings-in-nar-anon?authuser=0>

Membership:

This group meets every week for one hour and has about 10-20 participants on average. Most are from the United States with some from other countries.

Format & Literature:

We start the meeting by introducing ourselves with our name and location. Currently as of July 2025 we are finishing Step 12. We answer the corresponding questions from the Nar-Anon 36 step study workbook. Upon finishing the Twelve Steps we will do the Twelve Steps in One Hour then move on to completing the Nar-Anon Twelve Step Program found in the thin, yellow book.

In the chat, the meeting host will often put in the chat which book we are using, the page number, and the appropriate questions we are answering or what we are reading. We have been using both the Nar-Anon 36 workbook and the SESH book during our meetings.

About halfway through the meeting we take a break and have our volunteer member make an announcement about being added to the contact list or checking the list to make sure the information is correct. The link to the contact list document is dropped into the chat. Then the GSR will make any announcements such as if there are any upcoming Nar-Anon workshops, Take-Back-to-Meetings information (TBM), or motions to vote on. If there are motions to vote on, we end the meeting about 10 minutes early for a business meeting in which the motion is introduced/explained and voted on.

At the end of the meeting, we recite the Serenity Prayer.

Seventh (7th) Tradition:

The links to the Central California region and World Service Organization (WSO) are dropped in the chat during the meeting so members can make a contribution if they so desire.

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