

CNFG RSC Meeting Minutes
3:00PM Sunday
January 11, 2026

Roll Call

Members Present - Phil (chair), Jean (secretary), Doug (treasurer), Carol (website),

Members Absent –John (vice-chair), Mike (delegate)

Nar-Anon members present - Lisa (GSR, Winston-Salem),

Consent minutes and agenda approval – 11.09.25 minutes approved.
Current agenda approved.

General information - Discussed contacting the GSR of the newest Nar-Anon meeting in Rock Hill. The name of the group “ Cultivate Ministries” implies affiliation with the church (Cultivate Ministries) where they meet. Phil volunteered to contact the GSR to explain Nar-Anon meetings are asked to choose a group name that is not associated with its location to avoid associating the Nar-Anon meeting with the church or any outside enterprise.

Phil will also invite the new GSR to meet with the RSC at 2:30 next month (Feb. 8) prior to the RSC meeting to meet the region officers and learn more about the region resources.

Reports

Treasurer’s report - Doug reported a current balance of \$4,135.00. Since \$2750 is the region’s prudent reserve amount, Doug will send \$1385.00 to WSO.

Home groups - Jean reported no changes since the November report. The region currently has 34 groups.

Website – Carol reported 221 visitors to the website. 69 of those visitors were first time visitors.

Outreach Committee- Mike is the Outreach chair but there have been no meetings. Carol will contact him to ask if there are any plans to initiate a first meeting.

New Group Support - John, who chairs this committee, was not present.

Old Business

Regional Zoom Account - There are several meetings using the Zoom account currently. Carol and Jean developed a Zoom calendar to keep track of the groups using the region zoom account since only one group at a time can use the account. This calendar is posted on the google drive. Right now, the account is being used for meetings on Monday, Wednesday (2xmonth), Thursday, and Saturday evenings. You may contact Jean with questions.

New Business

Carolina Region Delegate Attendance at 2026 IWSC - Jean confirmed that payment and all necessary documentation has been submitted for Mike to attend.

Response from Groups for Common Welfare Groups Topics at the IWSC - Phil received 6 responses from GSRs. #1 choice was Growth, #2 Healthy Meetings, #3 was Growth in Service. Phil will submit these ranked choices to the IWSC.

Recruitment for Regional Service Positions -

The region is in immediate need of a new secretary and an alternate delegate.

Spring Workshop and Assembly - this event is scheduled for March 2026. Phil will contact the Murrell's Inlet NFG in South Carolina to see if they might be interested in hosting the event.

We discussed possible workshop topics to include service, the 12 Concepts, Outreach, and the GLS. We decided that ultimately we need input from the hosting meeting about the topics they would suggest.

Minutes submitted by Jean 01.12.26
Next Meeting Sunday, 3PM Feb. 8, 2026