

Minutes - Amended

Florida Region Assembly

Day of the Week, March 14, 2026 / 09:15 AM – 11:30 AM

Attendees:

ROLL CALL: 13 Attendees; 7 Voting Members; 6 Non-Voting Members * Dual Role

Voting: 7	Non-Voting: 6
Mary C. - Lakeland	Bonnie J. – Regional Chair
Alex J. - Brandon	Rosemary H. – Regional Treasurer
Donna C. – New Port Richey	Yvette B. – Regional Delegate
Maureen A. – Crystal Beach	Susan F. – Convention Chair
Tony G. – North Tampa	Kim F. – Member – Daytona Beach
*Wendell O. – Citrus	
Olivia S. - Tallahassee	

Call to Order:

The Chairperson called the meeting of the Florida Region Business Meeting to order at 9:15 AM on March 14, 2026. *Rosemary H.* will record minutes for this meeting. Roll call was taken by *Bonnie J.* The Serenity Prayer was said aloud by all attendees. The Twelve Traditions and Twelve Concepts were read aloud. In the absence of a Regional Secretary, the virtual meeting was recorded.

Minutes:

Donna C. motions to approve the minutes from December 14, 2025, Mary C. (Lakeland) seconded with no corrections, minutes passed unanimously.

OFFICERS REPORTS:

- Chair / Vice-Chair (Bonnie J.)
Welcomed the two new GSRs who traveled to attend the Assembly.
Region Officers are working hard on the Monthly Newsletter and asked members to sign up for the newsletter and remind other members to sign up as well.
- Treasurer: (Rosemary H.)
Current Financial and Budget Reports were published earlier this week. Donations received since October 2025 were \$3,055.88. Expenses going out were -\$869.60. Our bank balance is \$2,699.84. Holding back the defined prudent reserve amount of \$990, the donation to Nar-Anon Family Group, Inc. is \$1,709.84. See attached Treasury Reports.

DELEGATE REPORT:

- Delegate Report – (Yvette B.)
Yvette will participate in the upcoming Interim World Service Conference (IWSC) 2026. The region has received an “Invitation To Register And Attend The Interim World Service Conference 2026 As Observers” email which will be shared by the region as recommended by the delegate. Also, the region will share the following documents, Committee Presentation, Committee Reports/Combined, Common Welfare Topics to inform Florida Region GSRs the conference content.

AREA REPORT:

- Bay Area Report: (Tony G.)

Bay Area meets quarterly and a new team of officers. Working on renewing the Bay Area Guidelines as of February 1, 2026. Tony and Donna are attending other Bay Area meetings to share how the Bay Area can assist their local meeting. Tony will send an update of the new Bay Area officers to Alex J. to update the Region's contact list.

COMMITTEE REPORTS:

- Outreach Report: (Wendell O.)

Outreach meetings continue to be held on the 2nd Wednesday of the month @ 6PM. Will ask the committee if there is a better time to meet. Recently obtained three flag signs to be shared with groups for events. The flags were distributed to Tallahassee, Bay Area, and the Region. Open discussion on methods for outreach. Donna C. mentioned outreach begins within the groups. She shared an example of a recent event that has greatly extended our fellowship due to attending this event. Group outreach is critical to growing the fellowships. Donna C. shared an upcoming recovery event called Spring Into Hope Recovery Walk- East Pasco where local groups may benefit from connecting to the recovery community. Wendall reminded members to check with their local newspaper to learn about more events.

- Helpline Report: (Report from Faye was read by Bonnie)

"I can report that all is well. We have added a new volunteer to the schedule. There just are not very many calls. The website must be giving great information."

- Website – Debra D. (report shared by Bonnie J.)

New website has been built and is currently testing to ensure all pages are converted. All documents and pages were backed up to ensure no content is lost. Still working to resolve the website's Edit Form problem. In the meantime, if you need to update meetings send to your request directly to meetings@naraonofl.org which automatically forwards to the Region's Officers and Contact person. See Debra's full report attached.

Bonnie J. added she is the current ECC8 Registration Administrator and has received good reviews from Nar-Anon users outside of the Florida Region who shared our website is well defined and easy to use.

- Convention – Susan F.

No updates to report since there are no plans to have a convention this year.

GSR ROUNDTABLE: (GSR Reports and Open Discussion)

New Tampa (Online)- Bonnie J. – Membership has gone up and down. Added to the Newsletter concerning how to donate when attending a virtual meeting. To increase donations, she shares why the donations are needed. A step meeting is held once a month. Using different methods to engage members to use their step book.

Lakeland - Mary C. – Have 15-17 regular members of which some are winter visitors. Five members attending ECC8.

Tallahassee - Olivia S. – Membership has dwindled down a bit. One idea to help grow the membership is to have speaker meetings with Nar-Anon members. Bonnie recommends having a speaker meeting in the months when there are five weeks.

Daytona Beach - Kim F. - Upcoming event to post to the website. She is attending the Daytona Beach meeting which has gotten smaller, but she is going to focus more time on meetings and surrounding meetings with a goal of bringing them to the region.

New Port Richey – Donna C. – New meeting started March 4, 2026, and due to illness, she missed the second meeting, but some sponsees were able to open the meeting. There were seven (7) members. The meeting is named "The Bobbleheads". Open discussion, start an Area for supporting local groups to get the meetings working together. There are lots of benefits to having an Area.

Crystal Beach - Maureen A. – Currently there are 6 regular members and difficult to get any members involved. Getting assistance from Donna C. to help with membership involvement.

Tampa North – Tony G. – Monday evening Tampa contributes to the Bay Area. Healthy meeting, 6-10 regular members. There are two members who have lost their children and it's very helpful to the group. Trying to keep newcomers, the come and go offers to help those during crises. They have a monthly step meeting.

Brandon – Alex J. – Currently have 6-8 regular members attending weekly. A few newcomers attend.

Ft. Myers – Rosemary H. – Currently have 10-15 members attending weekly.

Citrus County – Wendell O. – Celebrated groups 2nd anniversary.

New Business:

1. Vote on donation/contribution to World Services Office (WSO)

Rosemary shared the recommended donation amount is \$1,709.94 which is less the prudent reserve to WSO.

Donna C. made the motion to send the recommended amount to WSO, Mary C. seconded the motion, the motion was approved.

2. East Coast Convention 8 (ECC8) Update

Donna C. is the convention chair, and they are planning the event. It begins on Friday evening at the Hotel Alba Tampa. There is a Saturday night dinner for a charge of \$65. The speaker list is being pulled from the registered members. The program team is planning to finalize the program in April.

REMINDERS, Next Meeting Date & Time

- FL Region Virtual Assembly Meeting, June 14 @ 7pm, Time: 7-8:30pm
- FL Region Service Committee (RSC) Meeting, July 26 @ 7pm, Time: 7-8:30pm

Meeting Adjournment:

Donna C. motioned to adjourn the meeting at 11:30 AM. Motion carried unanimously. The meeting closed with the Serenity Prayer.

Submitted by,

Rosemary

Treasurer

Approval Date: _____

Insert additional documents

Treasurer Reports

Committee Report from Website

Nar-Anon Florida Region
Treasury Ledger Summary
Oct 2025 - Spet 2026
Mar 14, 2026 - Assembly

Transaction Subtypes	Sum of Deposit	Sum of Expense	Checking Acct Balance
Beginning Balance	\$1,123.61		
Beginning Bank Balance -	\$1,123.61		
D-In-Area	\$1,822.88		
Bay Area Donation (1) - Dec 2025	\$1,500.00		
Bay Area Donation (2) - Feb 2026	\$322.88		
D-In-Grp	\$1,233.00		
122-006-Mobile-One Step at a Time	\$40.00		
122-007-Daphne-Recovery for You and Me	\$100.00		
127-024-Longwood-New Beginnings	\$100.00		
127-029-Miami, South-South Miami Recovery	\$150.00		
127-033-Ocala-Ocala Forest NFG	\$90.00		
127-038-Palm City-Courage To Change	\$100.00		
127-042-Sarasota-Sarasota NFG	\$125.00		
127-088-New Tampa-New Tampa	\$268.00		
127-106-Boynton Beach-No Longer Alone	\$100.00		
127-121-Tallahassee-Tallahassee Nar-Anon Group	\$115.00		
Individual Member	\$45.00		
D-Out-WSO		-\$610.05	
WSO Donation (1) - Dec 2025		-\$610.05	
Expense		-\$869.60	
2-OFFICE		-\$88.16	
4-FLORIDA ANNUAL REG		-\$111.25	
5-DELEGATE (IWSC 2026)		-\$27.00	
6.0-OUTREACH		-\$377.95	
6.1-HELPLINE		-\$83.25	
9-WEBSITE/TECHNOLOGY		-\$181.99	
Grand Total	\$4,179.49	-\$1,479.65	\$2,699.84

Florida Region NFG
Treasury Report
Approved Budget
Oct 2025 - Spet 2026
Mar 14, 2026 - Assembly

2022-2026 Program Revenues	ACTUAL REVENUE 2022/2023	ACTUAL REVENUE 2023/2024	ACTUAL REVENUE 2024/2025	ACTUAL REVENUE 2025/2026
Convention Gross Income: Registrations:	\$ 930.00	\$ 530.34	\$600.00	\$0.00
Dinner	\$ 510.00	\$ 210.00	\$0.00	\$0.00
Chance Drawing	\$ 531.00	\$ 170.00	\$0.00	\$0.00
Donations	\$ 55.00	\$ 379.00	\$435.00	\$0.00
Literture Sales		\$ 33.00	\$40.00	\$0.00
Total Convention Income	\$ 2,026.00	\$ 1,322.34	\$1,075.00	\$0.00
Convention Exp: (Dinner xxx.xx, Supplies & Literturexxx.xx)	\$ (792.34)	\$ (490.65)	\$0.00	\$0.00
Donation to FRCNA NA			(\$105.00)	
CONVENTION NET INCOME	\$ 1,233.66	\$ 831.69	\$970.00	\$0.00
GROUP, MEMORIAL & AREA DONATIONS TO DATE	\$ 6,545.00	\$ 5,315.00	\$ 4,353.39	\$0.00
TOTAL REVENUE	\$ 7,778.66	\$ 6,146.69	\$5,218.39	\$0.00

Reporting Year	2024/2025	2024/2025	2025/2026	2025/2026	2025/2026
Expenditures	Budget	ACTUAL	Budget	ACTUAL	Remaining
1-ASSEMBLY	\$120.00	(\$120.00)	\$200.00	\$0.00	\$200.00
2-OFFICE	\$300.00	(\$251.46)	\$300.00	(\$88.16)	\$211.84
3-ZOOM REGION ACCOUNT AND MEETINGS	\$115.00	(\$111.93)	\$115.00	\$0.00	\$115.00
4-FLORIDA ANNUAL REG	\$70.00	(\$61.25)	\$115.00	(\$111.25)	\$3.75
5-DELEGATE (IWSC 2026)	\$60.00	(\$806.00)	\$54.00	(\$27.00)	\$27.00
6.0-OUTREACH	\$1,200.00	(\$234.71)	\$1,200.00	(\$377.95)	\$822.05
6.1-HELPLINE	\$660.00	(\$215.77)	\$200.00	(\$83.25)	\$116.75
6.2-LITERATURE NEW GROUPS	\$220.00	(\$60.27)	\$220.00	\$0.00	\$220.00
7-TRAVEL (RSC)	\$1,100.00	\$0.00	\$1,100.00	\$0.00	\$1,100.00
8-NARATEEN (Background checks) / New Group Packets/Literature	\$200.00	\$0.00	\$100.00	\$0.00	\$100.00
9-WEBBSITE/TECHNOLOGY	\$350.00	(\$255.99)	\$350.00	(\$181.99)	\$168.01
10-CONVENTION (initial advance \$350 - \$100 donation to NA)	\$350.00	\$0.00	\$0.00	\$0.00	\$0.00
TOTAL BUDUGETED EXPENDITURES	\$4,745.00	(\$2,117.38)	\$3,954.00	(\$869.60)	\$3,084.40

Nar-Anon Florida Region
Fiscal Year Schedule
Oct 2025 - Spet 2026
Mar 14, 2026 - Assembly

Expenditures	2025/2026 Budget
1-ASSEMBLY	\$200.00
2-OFFICE	\$300.00
3-ZOOM REGION ACCOUNT AND MEETINGS	\$115.00
4-FLORIDA ANNUAL REG	\$115.00
5-DELEGATE (IWSC 2026)	\$54.00
6.0-OUTREACH	\$1,200.00
6.1-HELPLINE	\$200.00
6.2-LITERATURE NEW GROUPS	\$220.00
7-TRAVEL (RSC)	\$1,100.00
8-NARATEEN (Background checks) / New Group Packets/Literature	\$100.00
9-WEBBSITE/TECHNOLOGY	\$350.00
10-CONVENTION (initial advance \$350 - \$100 donation to NA)	\$0.00
TOTAL BUDUGETED EXPENDITURES	\$3,954.00

Region's Operating Expense with Capital Convention	\$3,954.00
Monthly Expenses	\$330.00
Prudent Reserve (3X Monthly)	\$990.00

	Balance in checking account as of	\$2,699.84
	<i>Including Groups and Area's donations:</i>	\$3,055.88
	Required hold back for prudent reserve	-\$990.00
	Balance after Prudent Reserve	\$1,709.84
Donation History 2025-2026		
Donation to be sent to WSO from Dec 2025	\$610.05 On	12/14/2025
Donation to be sent to WSO from Mar 2026	\$1,709.84 On	3/14/2026
Donation to be sent to world of June 2026	On	6/14/2026
Donation to be sent to world of Sept 2026	On	9/12/2026

Website Chair Report

Progress Report

Work on the new site is moving forward. Our new webmaster is fully engaged in building it out, and most of the pages are now in place in their draft form so we can confirm nothing is missing. She's also documenting the process, the changes being made, and the remaining steps needed to finalize the project.

A full backup of all current documents, media files, and other site content is underway. This will help ensure we don't lose anything important as we transition to the new platform. Since glitches are a normal part of launching or updating a site, we'll also complete a round of testing before go-live to work through any issues in advance.

We're still working to resolve the edit-form problem on the existing site. Thank you for your patience while this gets fixed. If you need a form updated in the meantime, please send the request with details to **meetings@naranonfl.org**. That inbox forwards to the region chair, website chair, contacts person, and Bay Area secretary so your request will be seen.

Current Website

February saw increased activity over January with 170 pages visited by 41 visitors, 36 unique users. January had no website traffic. The middle and end of February had the most traffic.

What the chart shows

- **Totals for the month: 41 visits, 170 pages, 170 hits, 44.12 KB** bandwidth.
- **Daily averages (28 days): ~1.46 visits/day** and **6.07 pages/day**.
- **Pages per visit overall: ~4.15**.
- **Zero-activity days: 11 days show 0 visits** (1–4, 8–11, 16, 18–19).
- **Active days: 17 days had activity, averaging ~2.41 visits/day** on those days.

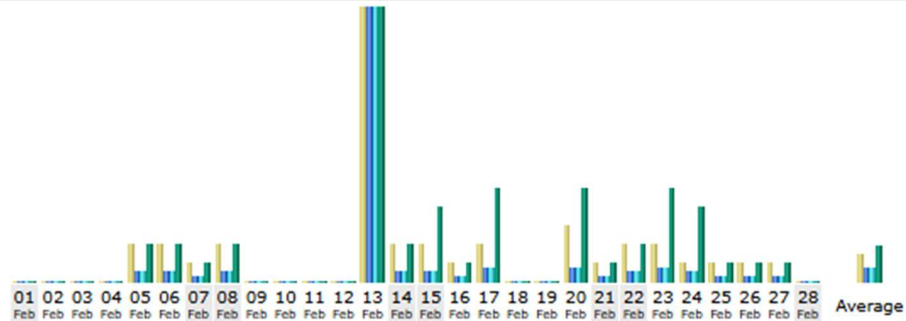
Notable pattern

- **One big spike on Feb 12: 10 visits** and **112 pages/hits** that day.
 - That single day accounts for **~24%** of all visits and **~66%** of all pageviews for the month.

- Excluding Feb 12, the site ran at **31 visits** and **58 pages** for the rest of the month, or **~1.87 pages per visit**, which is very light engagement.

The good new is I checked for Robots/Spiders, and none of the volume is attributed to bots or testing, so the spikes seems to be real visitors. Possibly ECC8 registrants??

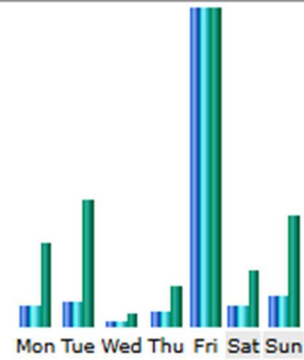
Days of month



Day	Number of visits	Pages	Hits	Bandwidth
01 Feb 2026	0	0	0	0
02 Feb 2026	0	0	0	0
03 Feb 2026	0	0	0	0
04 Feb 2026	0	0	0	0
05 Feb 2026	2	4	4	1.62 KB
06 Feb 2026	2	4	4	1.62 KB
07 Feb 2026	1	2	2	832 Bytes
08 Feb 2026	2	4	4	1.62 KB
09 Feb 2026	0	0	0	0
10 Feb 2026	0	0	0	0
11 Feb 2026	0	0	0	0
12 Feb 2026	0	0	0	0
13 Feb 2026	15	112	112	12.09 KB
14 Feb 2026	2	4	4	1.63 KB
15 Feb 2026	2	4	4	3.31 KB
16 Feb 2026	1	2	2	834 Bytes
17 Feb 2026	2	6	6	4.13 KB
18 Feb 2026	0	0	0	0
19 Feb 2026	0	0	0	0
20 Feb 2026	3	6	6	4.13 KB
21 Feb 2026	1	2	2	834 Bytes
22 Feb 2026	2	4	4	1.63 KB
23 Feb 2026	2	6	6	4.13 KB
24 Feb 2026	1	4	4	3.31 KB
25 Feb 2026	1	2	2	834 Bytes
26 Feb 2026	1	2	2	834 Bytes
27 Feb 2026	1	2	2	834 Bytes
28 Feb 2026	0	0	0	0
Average	1	6	6	1.58 KB
Total	41	170	170	44.12 KB

Durations on the site is 0 to 30 seconds.

Days of week



Day	Pages	Hits	Bandwidth
Mon	2	2	1.24 KB
Tue	2	2	1.86 KB
Wed	0	0	208 Bytes
Thu	1	1	624 Bytes
Fri	31	31	4.66 KB
Sat	2	2	833 Bytes
Sun	3	3	1.64 KB

Insights

1. **Activity clusters on Fridays.** Roughly three-quarters of all pageviews happened on Friday. The other six days combined account for about one-quarter.
2. **Mid-week lull.** Wednesday shows no activity; Monday–Thursday (other than Friday) are minimal.
3. **Light weekend usage.** Saturday + Sunday together are about **12%** of the pages, so there is some weekend reach, but it's small.