



NAYC

START-UP PACKET

Approved by the Joint-Area NAYC.  
Updated 6/7/05.



## DEFINITION:

We are a committee of recovering addicts who are working together to strengthen Narcotics Anonymous by encouraging more youthful participation.

## PURPOSE:

- To get young people involved in all levels of service.
- To encourage an environment in Narcotics Anonymous meetings, functions, and services that welcomes youthful participation.
- To encourage the existence of a service structure whereby equal participation and representation is more accurately reflecting the changing diversity of our fellowship.

We believe that service is an essential component to our recovery. We exist to help the young recovering addict find other means of service that may not be as apparent to them as is a commitment at the group level. And in discovering the full range of opportunities that exist within the service structure of N.A., the young recovering addict may find extended opportunities for growth, fellowship, and personal development. "Regardless of age..." we exclude no one. We are not a "special-interest" group; we are a "common needs" group. We believe that though we can all relate to one another at some level as recovering addicts, a young person entering our fellowship for the first time may have a natural tendency to seek out those within his or her own age group as a means to find a level of comfort and solidarity with other addicts sharing the same disease of addiction. In this way young addicts may be more encouraged to participate in all areas of their recovery, whether it be in service, group meetings or at N.A.-sponsored social functions. We also believe that with the ever-increasing population of young people entering into the fellowship of Narcotics Anonymous, there also needs to be an equal balance in regards to representation within the N.A. service structure. This will truly be fulfilled once the first two ideas above have been realized.

## Existing NAYC Committees

### Marin County ([www.naycmarin.org](http://www.naycmarin.org))

St. Paul's Episcopal Church - San Rafael, Ca. 94901  
(1<sup>st</sup> & 3<sup>rd</sup> Friday of every month - 6:00pm)

### Sonoma County

Veteran's Memorial Building - Santa Rosa, Ca.  
(1<sup>st</sup> Monday of every month - 8:30pm)

### Contra Costa County

Martinez Alano Club  
(2<sup>nd</sup> Thursday & 4<sup>th</sup> Wednesday of every month - 8:30pm)

### Joint-Area Committee

Huckleberry Youth Center  
(1<sup>st</sup> Thursday of every Month - 8:30pm)



## *A brief*

# History of NAYC

NAYC was founded in Marin County, Ca. in **May of 1996**. Soon after, within a few months, San Francisco started their own NAYC.

**By 1997** NAYC was in Marin, San Francisco, Peninsula, and San Jose. It was also in this year that NAYC decided to form a Joint-Area NAYC, incorporating all those in existence. A motion was submitted to the R.S.C. that NAYC be recognized as an Ad-Hoc Committee of the R.S.C. The motion had passed.

**In 1998** (approximately one year later) the *Regional NAYC Ad-Hoc Committee* had submitted a motion at the R.S.C. that they be recognized as a standing sub-committee of the R.S.C. The motion had passed.

**By 1998**, NAYC grew to include Sonoma County, East Bay North, East Bay Central, and Contra Costa. Unfortunately,

**In 1999** support for the committees in regards to member attendance was dwindling and threat the very existence of NAYC as a whole. Several of our committees were forced to fold, including San Jose, Peninsula, East Bay North, Contra Costa, East Bay Central, and eventually by a new motion submitted at the R.S.C., the *Regional NAYC Sub-Committee*.

**In 2002**, Marin County was forced to fold as well due to lack of membership.

**In 2003**, the San Francisco ASC voted also to disband their NAYC. But it was also in this year that the Marin County NAYC developed a new case of inspiration and restarted the committee.

**In 2004**, the Contra Costa NAYC restarted.

**Currently**, there are only three known NAYC's in existence, Marin, Sonoma, and Contra Costa Counties. All three are growing and experiencing tremendous support. The Joint-Area NAYC has since restarted. We hope to re-ignite the fire of NAYC throughout the Northern California Region, and perhaps even beyond.

## What we do

*We come together at every one of our meetings to find new and existing ways of being of service to the fellowship as a whole and to the individual recovering addict. Within our committee, we have a representative for every one of our ASC's sub-committees. We try to stay connected with all levels of service and its many branched and to find a way that we may be of assistance. With P.I. We seek to become more involved with the Helpline and with School's Project.*

*With H&I we seek to be available to speak at recovery centers and juvenile hall. With Activities we seek to help with any activity or project they may be planning as we ask of their assistance with our activities. We also have a representative that attends all Ad-Hoc committees whether they are for the Unity Day or Marathon meetings. We have a representative that represents NAYC at the ASC level. And we have a Regional Representative that communicates with other areas and with any other existing NAYC committee.*



## WHAT YOU CAN DO

- A) Call, write or e-mail us ([naycjac@yahoo.com](mailto:naycjac@yahoo.com))
- B) Start a meeting:
  1. Get interested members together
  2. Set a date and time to meet regularly
  3. Show up for each meeting
  4. Elect trusted servants; Chair, Vice-Chair, Secretary, CSR, Activities, PI and H&I liaisons, etc. (*CSR is to attend the ASC regularly to seek approval as a standing sub-committee*).
- C) Inspire others to join.
- D) See what commitments are open in your area and fill them with NAYC members (*schools project speakers, meeting secretaries, H&I, phone line, etc.*)
- E) Brainstorm ideas to help your area grow and inspire youth involvement in recovery.
- F) Stay clean and show up.
- G) Put together guidelines (*contact existing NAYC groups for guidance.*)
- H) Send a NAYC rep. regularly to the Joint-Area NAYC meeting.

## WHAT YOU NEED

INTERESTED AND POTENTIAL MEMBERS

MEETING LOCATION

REGULAR MEETING TIME

MEETING FORMAT

COMMITTEE GUIDELINES

MINUTES TO BE RECORDED AT EVERY MEETING

ELECTED TRUSTED SERVANTS

