

August 2015 Midwest Region GSR Teleconference Minutes

August 15, 2015

Chair opened call. Delegate lead group in recitation of the Serenity Prayer. Chair read Tradition 8 and Concepts of Service 8..

Attendees: Van Buren, AR – Karen
Evanston, IL - Nancy
Homewood, IL - Bill
Rockford, IL Thurs - Lynn M
Springfield, IL – Linda
Willow Springs, - Don G
Indianapolis, IN – Patty B
Leawood, KS - Rose
Shawnee, KS – Theresa C
Kansas City, MO - Jane
Maryland Heights, MO – Gwen N

RSC Members: Interim Chair - Cyndee
Interim Vice Chair - Luanne K
Treasurer & Webmaster - Rod S
Secretary - Shannon E
Delegate - Jan F
Alternate Delegate - Ruth M

New GSR Introduction: Don G, Willow Springs, was introduced to the GSRs. Don briefly discussed both his personal journey in Nar-Anon, as well as starting their new Home Group, meeting on Wednesday nights 7-8 pm. The region welcomes Don and his new Home Group.

Financial Report: Six Home groups have donated \$519.00, bringing the total bank balance to \$6,120.76. Thank you to all Home Groups who generously provide necessary funds so that the Midwest Region can continue its valuable work.

Outreach: Please continue to use the regional archives for your Home Group's Outreach projects.

Delegate Report: Today is the deadline to provide feedback to the Literature Committee on the proposed Step 12.

OLD BUSINESS

1. Chair summarized the hurdles to service discussed during the May 2015 GSR teleconference. These include: (a) a feeling of being “not good enough”, including worries about making mistakes. We give what we can in every position undertaken

remembering “progress not perfection”; (b) fear that our skills don’t meet the job description - this can be overcome by working with a service partner; (c) fear of getting in and getting stuck - if you give the position reasonable time and effort, there is always an exit available; (d) fear of the unknown - just like our newcomers, all of us have been new to regional service. Regional service welcomes a willingness to serve, and a passion for the program and service; (e) not enough time - although we all feel overwhelmed at times, “Just for Today” reminds us that all we need do is the best we can today, and that is enough.

2. Chair opened the discussion topic “Why do we serve” and “What are the ‘paybacks’ for serving. Bill stated that when he first walked in the door, people gave him support - he sees service as ‘giving back what was freely given to me.’ He wants to see Nar-Anon perpetuated. He has seen the fluctuating attendance cycles within his home group Homewood, and then the Munster group, as they both continue to grow over the years. Theresa discussed that people do come and get what they need and then after time leave. Others come in and soon find out that this is a life program, a life changing program. From setting up the meeting room, to planning group events, retreat, and then to being GSR and on in service - outreach and service go hand in hand. Service is 1/3rd of the Steps. She started in service because there was so little offered families at the local rehab, and she continues to give back at the same rehab by attending monthly family meetings. Ruth discussed that service is an external overflow of our recovery program. Our Higher Power is not looking for perfect people, just willing people. Sometimes service finds us at the right time. This is a “WE” fellowship, service roles rotate and change, just like in our own lives. Lynn discussed that she came into Nar-Anon broken, and started to heal. By doing service work, it makes her feel good to help others who are hurting. Jane stated that by hearing all these shares, it empowers her. Addiction took our voices away. The group keeps me intact and reminds me what this can be, keeps me strong. This program helps us function in our daily lives, because of the things we learn. Cyndee shared that she gets back more than she ever gives. Service is an incredible reward at the end, that my small service can help others so much.
3. Regional Service Committee Positions open are: Chair (Cyndee will be adding her name to the ballot); Vice Chair (Luanne will move on to “Special Projects”); Alternate Delegate; and, Outreach Chair. Please help fill the ballot before our Assembly, such that our time can be spent on important regional business.
4. Ruth shared her insights on serving as Alternate Delegate, which included working with the Delegate and sharing those responsibilities; attending WSC 2014; and, serving on the World Service Committee - Narateen. Delegates serve the region through providing communication between the fellowship as a whole, and all the region’s home groups. In return, we take the voice and vote of our home groups to the WSC. While attending WSC, we vote on matters which affect the world-wide

fellowship - as well as working for the good of Nar-Anon. Through study of the Traditions, we work on healthier relationships within our groups, and our families. All that is required is a passion for this program, and a willingness to be of service.

5. 2015 Assembly Update - Ruth discussed that a "Save the Date" flyer is ready, and there is a block of rooms reserved at the hotel. Registration will be about \$25.00, and discussions are underway to offer a group discount rate for groups of 4 or more. The Assembly is a once-a-year opportunity to meet face to face, and to grow in your personal recovery. Business meeting (AM), workshops (PM) and a family meeting at night will be held after dinner. Lunch will be provided. The date is: Saturday, October 24, 2015, at the Hampton Inn, Addison, IL.

NEW BUSINESS:

1. Step Programs/Meetings - open discussion held. Gwen stated that their group holds Step Meetings, with one full session taking about 1 year, once on session is finished, the next starts. Their meetings are held 90 mins before the regular meeting. Volunteers emerge and all are enriched. This has worked successfully in their group. Information is discussed, along with readings, and homework encouraged. Theresa discussed that participants come into the Step Meeting already having done homework. Discussions are held on questions that troubled someone, or a question that they closely identified with and need more clarification. Program lasts about a year, and takes place on Thursdays during the regular meeting, in a different room. Demand for step classes is high in her group. There is an extra benefit for the regular meetings, that step class members shares are deep, rich and focused on their own personal recovery journey, and owning their personal journey.
2. Linda asked how the honorarium will be used on Step Classes. Chair responded that all budget decisions are reached by GSR vote. There is currently a subcommittee meeting to discuss options, and then present a report to the GSRs. The subcommittee members are Rod, Patty, Roy and Karen. No formal action will be taken on the donated funds until GSRs vote. Also a subcommittee has formed on Step Meetings, members are Shannon, Theresa and Luanne. Please pass on any options, questions or points to consider to either these subcommittees.
3. If any GSR has a topic they want discussed in our monthly teleconference; or any question - please contact any member of the RSC.

Thank you for your service!

Meeting called.

Next meeting: Saturday, September 19, 2015 at 9:00 a.m. CDT

Please forward all Midwest Region donations to:

Rod Seemann

6239 Howe Dr.
Fairway, KS 66205

Please do not put Nar-Anon on the envelope.
Please make checks payable to **Midwest Region Nar-Anon**

Respectfully submitted,

Luanne K
Secretary Pro Tem

Nar-Anon World Website: www.nar-anon.org
Nar-Anon Midwest Region Website: www.naranonmidwest.org
Member Services password: nmw13