

August 2014 Midwest Region GSR Teleconference Minutes August 16, 2014

Chair opened call. Delegate lead group in the Serenity Prayer. Chair read Tradition 8 and Concept 8.

Before the meeting opened, Joseph L, Maryland Heights, MO, passed on information that Ron K (one of the founding members of the Midwest Region, and past Chair) had passed yesterday from cancer. Our condolences and thoughts go out to his family as they walk through their grief journey.

Roll Call: Columbia, MO – Lushawna R
 Kansas City, MO – Jane W
 Indianapolis, IN – Patty B
 Glen Carbon, IL – Kelly S
 Homewood, IL – Bill S
 Rockford, IL (Tuesday) – Roy Y
 Rockford, IL (Thursday) – Shannon E

RSC: Chair – Tonia M
 Vice Chair – Cyndee D
 Treasurer – Rod S
 Delegate – Jan F
 Alternate Delegate – Ruth M
 Outreach Chair – Mike Z
 Mentor – Tawnee V
 Secretary Pro Tem – Luanne K

Teleconference Minutes: April GSR Minutes were sent this morning to GSRs/Alternates. January 2014 through June 2014 GSR Teleconference Minutes were unanimously approved.

Treasurer Report: Rod S reported that the ending balance for the Midwest Region's bank account was \$1,116.20. Since that report, there is an additional expense for the new group literature package for Columbia, MO. Lushawna R acknowledged receipt. Motion to Approve the Treasurer's Report unanimously passed.

Outreach Report: Mike Z presented the August Monthly Outreach Challenge – focusing on our local Courts and area Drug Courts. Not every area provides a special Drug Court, however, many courts deal with this issue. Most courthouses have information centers where literature can be placed (Nar-Anon literature and meeting lists). Please consider providing this resource to your local judges (or their administrative assistants). Shannon E shared about a local event being held on September 20, 2014. She inquired about "white" outreach literature for this event.

An Outreach Package will be provided to her group. Rod S also mentioned that outreach literature is available on WSO's website, as well as the Regional website, for download and copying.

Delegate Report: Jan F reported that she is preparing the Delegate Report for the 5th Annual Assembly.

OLD BUSINESS:

1. Purchase of banners has been tabled. The region is awaiting further information from WSO Literature Committee.
2. Currently, there are two (2) RSC positions open and available for service within the region: Secretary and Convention Committee Chair. Please continue to canvas your home group members for volunteers. WSC 2014 (World Service Conference) amended the duties & responsibilities listed in the GLS (Guide to Local Services – page 6, items 2 & 7). The amended changes are listed on the regional website (www.naranonmidwest.org). If anyone is interested in a service role, please suggest they contact a current or former RSC member. Questions can be asked and experiences shared.
3. 6th Annual Assembly location – please canvas your Home Group, or several Home Groups for interest in hosting this Assembly.

NEW BUSINESS:

1. 5th Annual Assembly update – Christine Z was not available to provide an update. Mike Z noted that there were some problems getting centerpieces for the tables, and that several baskets have already been received.
2. Nominations for open office positions: Cyndee D has prepared the Midwest Region's Regional Service Committee Nominations form. The RSC is working on a ballot for vote at the Regional Assembly. Rod S has posted this form on the Regional Website.
3. Ruth M provided a report on Narateen. There is one Narateen meeting currently held in Worth, IL. WSC 2014 approved the Narateen Guidelines, which will be added as an addendum to GLS (Guide to Local Services). There is a Facilitator Registration form for registering the group with WSO. Facilitators will be required to have background checks (to meet local, state and federal guidelines). In order to keep meetings healthy and safe, WSC recommends regions form a committee to process and verify background checks. Al-Anon has an established, structured program for their Alateen groups, which can be used as a possible guideline. Ruth M is recommending that the Midwest Region form a committee of interested persons to develop regional guidelines for Narateen meetings. Any interested individual should contact Ruth M (ruthnowhere@gmail.com) for further details. Patty B discussed a family who brought their teen daughter to a meeting. The teen's issues of anger significantly changed the dynamics, and she could benefit from a Narateen meeting. Patty B would be interested in hearing more about Narateen.

4. How do our Groups handle a member in crisis? Kelly S shared a recent situation in her group with a family in distress. The family was welcomed, provided literature, and told how these meetings were conducted. The majority of the meeting was devoted to this family in distress. Afterward, members shared additional resources, including the Blue Book with signed names and numbers of members as contact persons. Ruth M shared that at a recent meeting; members were asked if anyone needed a “1-2-3 meeting”, a one on one time for people in distress. Bill S shared that there are two types of distress. One is a member in distress, where most groups deal well with that situation; second is when the meeting is in crisis. In the later situation, there must be a willingness to step up and take a leadership role in service. Jan F shared that in her group a contact list is passed out to newcomers, as well as having a fellowship time at the end of the meeting. The time after the meeting helps newcomers know they are not alone. Just listening and giving comfort provides help for a newcomer; “we understand” and “you are never alone” are examples of that comfort. Tonia M shared attending the Maryland Heights group, and how the members welcomed a newcomer. Each group has their own way of dealing with a crisis. Shannon E shared that as trusted servants, her group focuses on the Steps and Traditions, as they form the basis for a healthy meeting. A balance between helping newcomers and keeping people coming back should be kept, with the focus that the meetings are a safe place to be. Their group handles cross talk with a gentle reminder. The last 15 minutes are reserved for newcomers to share. Since starting in November, this group has 10 members regularly attending.
5. The registration form for the 5th Annual Assembly is on the regional website. Please share this information with your members. Lushawna R asked what the objectives of the Assembly are, and what members can expect. Mike Z shared that the Assembly includes the business meeting for the region, as well as workshops on different topics. Often the Assembly concludes with a face-to-face meeting. This year, the workshops will include the Traditions (Ruth M) and Outreach (Mike Z). Regional members share information back and forth. More people attending will lead to more members stepping up for service within the Group and within the Region. Luanne K shared that Assemblies and Conventions help her reach out and grow within her program. New ideas are shared with the Home Group and region. One such idea is Safety First - a concept to keep new members safe, both personally and emotionally. When someone is in crisis, a natural reaction is the help them solve their problems. Through working the program, and reaching out to others, we grow, learn and in turn, share with others. Ruth M shared that Assemblies provide an opportunity to meet other people in recovery, and to see that this program works. Members can meet people who have experienced peace and serenity in their own recovery.
6. NA Conventions: This Saturday (August 23), NA South Chicago will host their annual convention at the South Chicago Hyatt Regency McCormick. Ruth M shared that Nar-Anon will have a literature table, as well as two Nar-Anon meetings at 10 a.m. and 2:30 p.m. South Chicago NA has provided the room,

and there will be an open NA speaker at noon. Members from Elmhurst and Rockford will be present. The flyer is on the regional website.

7. A gentle reminder to send all donations to: Rod Seemann, Treasurer (address below). These donations will be used to promote regional business, including sending new group literature to our newly formed groups, and to provide for our vote to be carried to future Nar-Anon World Service Conferences.

Next meeting: Saturday, September 20, 2014, at 9:00 a.m.

Please forward all Midwest Region Donations to:

Rod Seemann

Treasurer – Midwest Region

6239 Howe Dr.

Fairway, KS 66205

Please make checks payable to **Midwest Region Nar-Anon**

Respectfully submitted,

Luanne K

Secretary Pro Tem