

May 2015 Midwest Region GSR Teleconference Minutes
May 16, 2015

Chair opened call
Delegate lead group in recitation of the Serenity Prayer
Chair read Tradition 5 and Concept 5

Attendees:

Groups:

IL Evanston, Nancy
IL Homewood, Bill
IL Rockford (Thursday), Lynn
IL Rockford (Tuesday), Roy
IN Indianapolis, Patty
KS Shawnee, Theresa
MO Chesterfield, Susan
MO Maryland Heights, Gwen
MO St Peters, Mike

RSC Members:

Chair, Cyndee
Vice Chair, Luanne
Treasurer/Webmaster, Rod
Secretary, Shannon
Delegate, Jan

Teleconference Minutes:

([Archive of Minutes Available Here](#))

No Minutes to approve at this time. Shannon is currently working on completing the October Assembly Minutes, she appreciates your patience.

Treasurer's Report:

([Archive of Treasurer's Reports Available Here](#))

- Starting Balance: 3029.37
Revenue: 334.13
Expenses: 0.00
Ending Balance: 3363.50 (+13.50)
- Reports that we took in two donations and did not have any expenses. We received an honorarium in the amount of 2500.00. At some point we will have to decide what we are going to do with that money.

Outreach Report:

We do not have an Outreach Chair, but there **is** an archive of prior outreach challenges on the Midwest Region Website for use ([Archive of Outreach Challenges Available Here](#)). We are currently looking for someone to fill the Outreach Chair Position.

Delegate Report:

- Step 11 has been sent out for review/feedback (Deadline for feedback June 27th). Please distribute to your home groups
 - (Indianapolis) Suggests future documents be sent in both PDF and Word Document so that everyone is able to open the document and easily edit it.

Old Business:

- Outreach Chair and Convention Chair positions are still open, please pass this on to your groups. Please consider filling a position on a trial basis. These are very important positions to the Region.
- Discussion on How to implement the updated Suggested Meeting Format (Delegate and members) Not to be confused with “Sample format for Beginner Meetings”, though it is a very helpful document.
([Document can be found here on the website](#))
 - Hold business meeting/ hold group conscience to decide how it could be used in your group, if there is anything you would like to tweek
 - Hold a discussion about the importance of using a format for the meeting (how it promotes unity and consistency within the fellowship). Shared how the familiar opening gave comfort and security.
 - Compare to how your meetings are being currently held and how it may benefit
 - (Shawnee) Held a group conscience meeting before implementing. They have started expanding topics and other ways to experience the group, as well as a new focus on the new member. Feels that the use of the word god can cause others to think we are a religious group. When people figure out that we aren't there to fix the addict, they show up once and might not return for months
 - (Secretary) Very subtle changes such as silencing electronic **devices**, also added in a portion mentioning alternative parking options. Rockford area groups are in favor of the meeting format, keeps it simple for people to chair.
- Group Discussion Topic: What Stops People from Engaging in Service
 - (Chair) Grateful that each person in service has decided to raise their hand to help, because it is a difficult thing to do. What stops people from raising their hand and engaging in service? What are the obstacles?
 - (Delegate) One hurdle might be individuals thinking they aren't good enough, they might make mistakes, or people might not like them. This comes from the things we have had to deal with, we put ourselves so low that we struggle giving ourselves credit with what we can do. We are tough on ourselves.
 - (Shawnee) One big challenge is technical skills. Though most people are comfortable with computers, not everyone feels tech savvy. Some people may be more hesitant to contribute at the Regional Level even more than group level due to that. She finds other ways to serve that do not involve using technology such as local outreach efforts or helping set up. Thinks its important to operate within your skill set so that it is fun and not stressful. Some people worry that if they get into a position they will have a hard time getting out of it. What if your term is up and there is no replacement? Thinks that chairing a meeting is a great way to start engaging in service, if it is someone's first time, maybe consider doing it together. Maybe encourage newer people to do it.
 - (Rockford, Thursday) Thinks that fear is a big factor in people deciding to step up. The same people tend to serve at our group. Not sure how to get others to get involved. We tell people they won't be alone and others will help but people are hesitant. They just want to come to the meeting but don't want to get more involved. Open to suggestions.
 - (Secretary) Was afraid to serve until asked to chair the meeting. Starting a new meeting also helped get further out of my comfort zone because I had to be the group's GSR. Being nominated for a position on the RSC was even scary due to not knowing if someone was going to step up at the group level and what would happen to the group. Also didn't think that I was going to be capable of doing the task. Was encouraged to do

what was best for me and the rest would fall into place and people would step up. A lot of people are afraid to step up because they don't think they can do it like someone else did, but we encourage others they can work in a position in their own way. People say they are afraid of time commitments, but we encourage them to use the slogan "just for today" and not worry too much about the future. Any amount of time in service is helpful.

- The rewards of service will be discussed in June
- Discussion on Assembly Update will be on June Call

New Business:

- Roberts Rules of Order (Vice Chair)



MWR Roberts Rules of Order May 2015.p

- It is a lot to take in, but we are working on keeping it simple. Using common courtesy usually diminishes the need to have rules. If anyone has any questions or comments on that document, please let any RSC member know. Thank you to everyone who helped create this document.
- Tradition 5 workshop will be tabled until June
- Upcoming Conventions:
 - Flight to Freedom NA Convention
June 11-14
Carlyle, IL (Unsure if Nar-anon will be represented at this event)
- RSC have heard your interest in step meetings and would like to know how your groups conduct step meetings, such as how your group organizes them, resource materials, scheduling etc.... Please give some thought to this topic and send any information you have to any RSC member.
- If there is any New Business you would like to see on a future agenda, please contact any RSC member.