

April 2015 Midwest Region GSR Teleconference Minutes
April 18, 2015

Chair opened call
Delegate lead group in recitation of the Serenity Prayer
Chair read Tradition 4 and Concept 4

Attendees:

Groups:

AR Fort Smith, Brandy
AR Van Buren, Karen
IL Elmhurst, Janis
IL Homewood, Bill
IL Rockford (Thursday), Lynn
IL Rockford (Tuesday), Roy
IL Springfield, Linda
KS Shawnee, Theresa
MO Branson, Christine
MO Chesterfield, Dale
MO Des Peres, Becky
MO Kansas City, Jane
MO St Peters, Mike

RSC Members:

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

Teleconference Minutes:

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

Motion to approve (Homewood) Seconded (Des Peres). March Minutes Approved Unanimously.

Treasurer's Report:

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

- Starting Balance: 2399.97
Revenue: 705.10
Expenses: 75.70
Ending Balance: 3029.37 (-130.63)
- Reports that we took in several donations, purchased two outreach packets, and are very close to our projected needs

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:

- Will talk about the Updated Group Format in “New Business”

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.
- Group Discussion Topic: Handling Crosstalk
 - (Elmhurst) Reads “keeping **our** meetings healthy”, at the beginning of the meetings. This seems to help.
 - (Rockford, Tuesday) When crosstalk comes up during the opening, he elaborates on why it is important not to crosstalk such as disrupting the person sharing and become a conversation instead. Also stops the meeting from moving along. Important to say tenderly for newcomers.
 - (Chesterfield) Has not experienced too many issues with crosstalk, but has taken practices that help limit crosstalk into business meetings, if we let someone complete their thought before asking questions we allow them to have a complete thought. Interruption/crosstalk can cause someone to lose their train of thought and we lose the benefit of everything they have to offer.
 - (Homewood) when we live with an addict any conversation degenerates into a battle quickly, at least at a Nar-anon meeting you can at **least get** a full thought process out without interruption. Most people appreciate that they can have the floor without interruption. Has experienced a meeting with crosstalk and it DID degenerate into a battle.
 - (Alt Delegate) Meetings are a safe place, people are given the gift to be able to speak whatever their truth is without being judged. A lot of people come to Nar-anon from environments where they are not able to speak freely, if we comment on their sharing, they may have negative feelings and not want to open up again. Not cross talking shows compassion, respect, and kindness.
 - (Delegate) Not saying something in response to another’s share helps teach me to work my program. I can always comment on what someone says outside of a meeting. It helps me learn to just listen and not to comment. Also, many times the chair person feels the responsibility to say something if crosstalk begins but it is everyone’s equal responsibility for the healthiness of that meeting. If someone is feeling uncomfortable when crosstalk begins, anyone should feel free to say something.
- What would the GSRs like to have future discussions on?
 - (Elmhurst) How to deal with people discussing what another has shared at a meeting (anonymity issues)
 - (Chesterfield) Conversation about the separation of group-level positions (chair person, secretary, treasurer etc)
 - (Shawnee) How to introduce service to newer members at the group level and take responsibility for the group.
 - Please email any RSC member with possible discussion topics

New Business:

- RSC Activity Update (GSR survey)
 - Items to be included on the website, creating guidelines for GSR consideration
 - Maintaining correct information on the Roster, please continue to check your group’s information
 - Consolidating the number of communications and senders between the RSC and GSRs

- Include something in the subject line indicating that it is Nar-anon related
- Beginning to focus on the issue of sponsorship and step meetings
- We have made a commitment to increasing the unity of our group, the RSC will be having a monthly family group meeting to share with each other, and focus on our personal recovery. Perhaps in the future the GSRs will have their own family group meeting
- New group letter and facts sheet (were sent out to you with agenda) take a look at these documents and feel free to share information with your groups.
- New Sample Meeting Format (Delegate)
 - ([Document can be found here on the website](#))
 - Very helpful and important to her, especially in the beginning that the groups used the format so that she knew what to expect and it **became** familiar. The Consistency helped me feel more comfortable.
 - Discussion:
 1. Are you aware there is an updated sample meeting format?
 2. Why is it important to use it?
 - ❖ (Des Peres) Noticed that the website was password protected. Would appreciate help finding/accessing it to take back to their group and compare it with what they have already been doing. Agrees that even though at first the opening readings didn't mean much to them at the beginning, over time it gave a lot of comfort. [**password for Midwest Region Website is nmw13**]
- Assembly Update
 - Ideas from others:
 - 1) (Homewood) Make sure you have enough time to have the business meeting; comfortable accommodations and good food to make trip worth-while; workshops/speakers
 - 2) (Branson) keep the business moving along and be prepared; keep reports concise and have materials prepared. Willing to forward on any helpful materials.
 - 3) (Chesterfield) Limit report length to a specific amount of time (more can be included in the written report and individual can give a synopsis). Have everything ready to go. Likes the idea for offering an opportunity for individuals to participate in a family group meeting. Also wants to remind everyone that since this is a volunteer organization so all costs you incur are tax **deductible**.
 - (Elmhurst) Fellowship with each other (meals etc) made the assembly really special. There is a gathering place in the hotel for people to coordinate activities they might want to do and is located near many restaurants. Plans to have business during the day then after dinner have mini Nar-anon family groups. We have the room until 10pm.
 - Consensus was that a day and an evening is reasonable
 - Thank you Janis for hard work, let us know if you need help
 - Traditions 5 workshop will be tabled until another meeting
- Upcoming Conventions:
 - RRCNA XXIV Convention
 - April 24-26 S
 - Beloit, IL (Rockford Area Groups are having a literature table and family group meeting)
 - PPANA River Run
 - May 22-25
 - Westville IL (Unsure if Nar-anon is being represented at this event)
- Does anyone have any New Business they would like to bring forward at this time to add to the next agenda?