

**June 2015 Midwest Region GSR Teleconference Minutes**  
*June 20, 2015*

Chair opened call  
Delegate lead group in recitation of the Serenity Prayer  
Chair read Tradition 6 and Concept 6

**Attendees:**

**Groups:**

AR Fort Smith, Brandy  
AR Van Buren, Karen  
IL Glen Carbon, Kelly  
IL Homewood, Bill  
IL Rockford (Thursday), Lynn  
IL Springfield, Linda  
IN Indianapolis, Patty  
KS Leawood, Rose  
KS Shawnee, Theresa  
MO Des Peres, Becky  
MO Maryland Heights, Gwen

**RSC Members:**

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

**Teleconference Minutes:**

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

April and May approved unanimously pending a few minor corrections. These corrections have been made to the minutes and they are now posted on the Midwestern website.

**Treasurer's Report:**

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

- Starting Balance: 3363.50  
Revenue: 2625.23  
Expenses: 0.00  
Ending Balance: 5988.73 (+2448.73)
- The Treasurer reports that we took in two donations, an honorarium of 2500.00, and some interest. We did not have any expenses.
- Rod read the letter that was enclosed with the honorarium. In the letter, it was suggested to our Region to use the money to provide Outreach or Step Material.
- (Homewood) suggests a "Thank You" note be sent and would like to use the money as closely as possible to the suggested use. (Maryland Heights) agrees.
- It was requested by the sender that the letter only be read and not be distributed, though a brief description of the suggested uses could be put on the financial report. It was also suggested that there be instructions posted for how to apply for the benefits for their group.

- (Homewood) makes a **motion** to use the funds as closely as possible to how the letter suggests with the understanding that other needs may arise. (Maryland Heights) seconds the motion.
  - Discussion:
 

It was brought up that this honorarium may be considered a *restricted* gift, meaning we do not have the latitude to use the funds outside of what was specified in the letter. Luanne and Cyndee suggests that everyone discusses this with their groups and this conversation be brought up again in July. Another GSR mentioned to defer to Tradition 7 in relation to this topic. Shannon brought up the possibility of having a committee to create a proposal for the GSRs. This is being tabled until next month.

### **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:**

- Shared about how writing a daily gratitude list helped create more awareness of things for which to be grateful.
  - Discussion:
    - (Glenn Carbon) Writes a similar list each day with three things they are grateful for.
    - (Fort Smith) Does a gratitude scrapbook with things that they are grateful for and enjoys decorating it.
    - Shannon does a daily gratitude list each day and sends it to her sponsorship family. This has helped with depression. She also does this via text with a couple newcomers in her group.

### **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. Also, please consider what positions we may have open in the future including Chair, Vice Chair, and Alternate Delegate. Please let any RSC member if you have questions about any of these positions.
- The 6<sup>th</sup> Annual Assembly is going to be held on Saturday October 24, 2015. Please share this event with your groups and join us if you can!
  - Rod asked why the Assembly date is the 4<sup>th</sup> Saturday rather than the 3<sup>rd</sup> as it usually is, no one was sure at this time but it will be looked into.
- Tradition 5 Teleconference Workshop
  - Alternate Delegate shared her thoughts on this tradition. Says this tradition tells us why we are here and why we come back.
    - How did I feel when I realized I did not need to fight against the disease of addiction anymore?
    - How did it feel to realize the addict was powerless over their addiction? Did it change my perspective on the circumstances in our relationship?
    - Am I willing allow newcomers to recover at their own pace? And how can I encourage that?
    - How can my efforts to help be overwhelming to a newcomer or shame them?
    - Am I respectful to others, allowing them to share freely where they are in their recovery?
  - Discussion:

- (Rockford Thursday) Appreciates the time Ruth invested in preparing this.
- Please check the website for upcoming conventions and events
- If you are currently performing step meetings in your group, please let any member of the RSC know if you are willing to share the details of how your group does this
- Luanne wanted to comment that sending daily gratitude lists is a great way to connect with newcomers throughout the week and offer them more involvement with the group.
- Also Welcome Rose on your first GSR call!
- Please contact any member of the RSC with any ideas for future Agenda ideas