

June 2014 Midwest Region GSR Teleconference Minutes

June 21, 2014

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

Roll Call: Glen Carbon, IL – Kelly S
Homewood, IL – Bill S
Rockford, IL (Thurs) – Shannon E
Rockford, IL (Tues) – Roy Y
Indianapolis, IN – Patty B (note: Jeff will now be Alternate GSR)
Munster, IN – Diana K
Shawnee, KS – Theresa C
Branson, MO – Christine Z
Kansas City, MO – Jane
Maryland Heights, MO – Joseph L
RSC: Chair – Tonia M
Vice Chair – Cyndee D
Treasurer – Rod S
Delegate – Jan F
Alternate Delegate – Ruth M
Outreach Chair – Mike Z
Mentor – Tawnee

Guests: Jeremy and Donna from Amarillo, TX

Teleconference Minutes: No minutes are available for review.

Treasurer Report: Rod S reported that the Midwest Region's bank account has been established at US Bank. The current balance in the account is \$1,356.98. Debit cards have been requested, and a PayPal account is being set up, pending approval. As soon as possible, a new group literature package will be sent directly to the newly formed group in Danville, IN. (Note: need vote approving Treasurer's Reports).

Outreach Challenge: Mike Z presented the June Monthly Outreach Challenge – placing Nar-Anon information and meeting lists in area coffee shops. Due to the summer months, meeting attendance is often low. Not only does this Challenge reach possible newcomers, it also serves as a reminder to our regular members. These Monthly Outreach Challenges may be used throughout the year. Current and prior Challenges are located under Member Services (password: nmw13), on our regional web site: (www.nar-anonmidwest.org)

Delegate Report: Jan F and Ruth M have distributed an email with the unofficial CAR/CAT report from WSC 2014. Final minutes from the World Service Conference

(WSC) 2014 have not been received nor approved. All proposed CAT material passed. The Midwest Region's vote was cast on each of the pending motions. Any discrepancy was occasioned by amendments to a given motion, or by further discussion on the floor of the Conference. One vote was changed by the Delegate (and by many other regions), due to floor amendments and further discussion. As requested, that vote will be placed on next month's agenda for discussion. Four motions were amended which affected the region's original vote.

OLD BUSINESS:

1. Purchase of banners has been tabled for another month or two to permit response from the 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.
3. Please consider your home group or several local home groups to host the 6th Annual Assembly (October 2015). Ideally, voting on this location should occur during our upcoming 5th Annual Assembly (October 18, 2014 in Branson, MO).
4. Nominations for all open regional positions are being taken. These are 2-year service positions. They include Secretary; Treasurer; Convention Chair and, Outreach Chair. Jan F has prepared a memo listing open positions and changes to the GLS (Guide to Local Services) occasioned by WSC 2014. This memo addresses changes in qualifications for candidates and certain changes in the job descriptions. This memo is located under Member Services, 5th Annual Assembly, on our regional web site (www.nar-anonmidwest.org). WSC 2014 Motion 43 did pass, which adds language suggesting that all regional officers regularly attend Nar-Anon meetings.

NEW BUSINESS:

1. Discussion held on obstacles and solutions to keeping newcomers coming back. Joseph L talked about how important it is to conduct meetings in a healthy, helpful manner. They try to keep the focus on "us" and not the addict. This group also holds separate Step Meetings, which are in their 3rd year. They also use "wisdom sticks" (ie tongue depressors, or popsicle sticks) with recovery words (from CAL) written on each stick. Members (guided by their HP) pull out a stick and discuss what that word means to them. Words such as "recovery", "helping", "enabling", etc., keeps the focus on the member and away from relaying addict events. Rod S talked about using business cards with meeting information on one side, and several-seasoned member's phone numbers on the other, which is provided to all newcomers. This is a simple tool for meeting location days & times, and phone contacts. Theresa C talked about newcomers needing a "vent time" to process initially. Although many come to our meetings thinking that they will "find the answer of how to fix their addict," it is not long before we learn that these meetings are for us. This may be the only place where they can

- vent, and be surrounded by support during and especially after the meeting. It does not take long for the newcomer to “get it.”
2. Rod S asked for volunteers to join the Web Site Committee. Terri (Naperville) has agreed to continue working with this committee. In Kansas City, for example, one member from each of the 4 groups is on that committee. Emails are exchanged with possible changes, comments and feedback. Please ask your home group members for volunteers – there is not much time involved, nor any specialized knowledge – merely the ability to navigate the website, and lend a voice to possible changes. Please contact Rod S rod@nar-anon.org.
 3. Rod S discussed updates on the website. St. Joseph, MO meeting is on hold, until a new location can be found. Notation is made on our website. A note was placed on the Shawnee, KS meeting site that a sign language interpreter is available. A member has volunteered her services to act as an interpreter. If there are any special designations for your home groups, please email Rod S. rod@nar-anon.org.
 4. Cyndee D and Tonia M will finalize information with US Bank to be added as co-signatures on the Midwest Region bank account.
 5. All donations should be mailed to our Treasurer: Rod S, 6239 Howe Dr., Fairway, KS 66205. Checks should be made payable to: Midwest Region Nar-Anon. Suggestion was made to place this information on the bottom of each agenda (in addition to its current listing on regional financial reports).
 6. 5th Annual Assembly Update – Christine Z noted that 11 people have registered to date. Please remind all members that early registration for the Assembly assists in planning, and having necessary items available. If there is a weekend activity, you are interested in attending, please email Christine Z (ozarksnewhorizon@yahoo.com) to determine if discounted tickets can be secured. Bill S is willing to hold a group conscious with the Homewood, IL group to donate left over raffle tickets (purchased for the 4th Annual Assembly). Joseph L also has raffle tickets from prior Assemblies, which will be donated. Due to new GSRs on this call, Cyndee D requested further discussion on how home groups can contribute to the Assembly (a follow up to earlier email). Both Cyndee D and Christine Z discussed the concept of home group donated baskets, which will be raffled off toward the end of the Assembly, to raise funds for regional business. Please consider donating one or more baskets – containing your home group name & contact info – along with items unique to your area or items of recovery. These baskets will be raffled off – with all monies given to support regional expenses. Christine Z informed the GSRs of a silent auction – wherein home groups or individual members could donate an item – to be auctioned off at the Assembly. All monies raised from these items will go to support the region.
 7. Christine Z made an inquiry regarding the “Contact Us” link on the website. Rod S explained that if the word “call” is placed in the subject line (as instructed), that message is forwarded to his cell phone, and promptly returned. There is also a requirement to fill in the captcha code at the

bottom before sending the request (used to prevent spam). Further investigation will ensure that this portion of the website is functional.

8. Guests on the call (Jeremy and Donna, Amarillo, TX) asked about joining the area/region. Discussion occurred about areas and regions, teleconferencing business meetings, etc. Other groups (in Arkansas and Louisiana) have expressed interest in joining the Midwest Region. Originally, in 2008, when the Midwest Region formed, there were no areas. All home groups within the four geographical states were included in the newly formed Midwest Region (Illinois, Indiana and Missouri, with the early addition of Kansas). Note: The GLS (Guide to Local Services) and GWS (Guide to World Service) are the reference points. Any group or several groups may form an area if desired. As of this date, there are no areas created within the Midwest Region. Christine Z reported on several groups in Arkansas who have expressed interest in attending the Assembly, and possibly joining this region.

NA CONVENTIONS: Christine Z, Mike Z and Joseph L attended Flight to Freedom's 30th annual convention. Joseph L reported on the workshops, potluck luncheon, and the interactions with NA members attending. The 2015 Chair for Cabin Fever (held the 1st weekend in February at Lake of Ozarks) provided Joseph L with his contact information. Tonia M is planning to attend the Float Trip scheduled now for August 2014. Bill S is attending the Pig Roast in Southern Chicago this date. At the request of NA, a Nar-Anon speaker was provided (the GSR from Worth, IL).

Next meeting: Saturday, July 19, 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