

March 2015 Midwest Region GSR Teleconference Minutes

March 21, 2015

Treasurer opened call. Delegate lead group in recitation of the Serenity Prayer, and read Tradition 3 and Concepts of Service 3.

Attendees: Fort Smith, AR – Brandy
Rockford, IL Tues – Roy Y
Rockford, IL Thurs – Lynn M
Springfield, IL – Linda
Indianapolis, IN – Patty B
Shawnee, KS – Theresa C
Branson, MO – Christine Z
Des Peres, MO – Beckie
Maryland Heights, MO – Gwen N
St. Peters, MO – Mike Z

RSC Members: Jan F - Delegate
Ruth M – Alternate Delegate
Shannon E – Secretary
Rod S – Treasurer
Tawnee V – Mentor

Members: Cyndee D
Luanne K

Teleconference Minutes: Technical correction to the footer for December 2014 and January 2015 GSR minutes has been made. February 2015 GSR minutes were amended to list the correct city, “Centerville, IN”. Amended GSR minutes for February 2015 were unanimously approved.

Outreach – Shannon shared on Rockford, IL’s Area Outreach (combining both home groups). They meet quarterly, and use prior monthly challenges. Members attend an area treatment center’s monthly family education program, providing information about Nar-Anon and meetings. They attend area NA Conventions, as well as listing their meetings on Craig’s List. Flyers with both web sites are placed in area businesses. Mini outreach packages are provided to area physicians. Outreach is encouraged with the premise that you will never know when that information will find a person seeking help.

Delegate Report: Nar-Anon’s WSC (World Service Conference) is held every two years – with the next Conference being held April 29 – May 2, 2016. Jan F forwarded the Invitation to Roster members on February 11, 2015. The Invitation is posted on the regional web site (www.naranonmidwest.org) under Member Services, as well as WSO’s web site (www.nar-anon.org) under Members. The World Conference theme is “Strength through Service”. A gentle reminder was made to remember being respectful of others while on teleconference calls, in emails and other communication

between service members. Ruth provided a brief Assembly update that area hotels are being canvassed, looking for those hotels, which can provide both rooms, and meeting space. Assembly Updates will be added to future agendas.

OLD BUSINESS

1. Open positions remain for Chair, Vice Chair and Outreach Committee Chair.
2. RSC proposal was taken up by GSRs/Alternates. Motion made to accept Cyndee D as Interim Regional Chair until the next Assembly unanimously passed. Motion made to accept Luanne K as Interim Regional Vice Chair until the next Assembly unanimously passed.

FINANCIAL REPORT: New group literature was sent to Centerville, IN group. One donation was received. Balance as of end of February 2015 is: \$2,399.97. Report accepted as presented.

NEW BUSINESS:

1. Ruth M has prepared a Tradition 4 summary and how it has influenced her recovery. This summary was emailed to Roster members on February 11, along with the GSR agenda. GSRs were actively engaged in a discussion on needs, strengths, and suggestions from the various home groups.
- Addiction brings much inconsistency and chaos to the family. Many groups use the sample format for Nar-Anon meetings as the foundation for a healthy meeting – including reading of the 12 Steps & 12 Traditions, reading from SESH or other CAL (conference-approved literature), choosing a topic for discussion, and closing the meeting in a manner keeping with our 12 Step recovery program. Consistency in meeting format provides our members with stability in an unstable world. Consistency also provides a safe place to share our hearts.
- One of the issues brought up from the Home Group Survey and this call was the need for Sponsorship. Many groups are struggling with the lack of sponsors who have worked the 12 Steps. WSO Literature has several brochures available discussing sponsorship. It was suggested to make Sponsorship a workshop topic at the next Assembly.
- Nar-Anon's new sample-meeting format (because of changes approved during WSC 2014) is available on WSO's web site, under member section, service literature. This is available in PDF or for purchase. See: [New Sample Meeting Format](#)
- Get together after the meeting or during the week help members connect with each other.
- As membership within our groups fluctuates, it is important to retain our seasoned members of Nar-Anon. We all bring our own life experiences to meetings. Where groups consist of only newcomers, it is hard to keep the focus on this recovery program. More experienced members can bring a richer, deeper understanding of the program, and their recovery experiences.

These members bring both their experience, but also their strength and hope in their recovery.

- Consider starting a separate Step Class within your home group. Members sharing on the readings and questions from Nar-Anon 36 bring a deeper connection to other members and to the Steps. These classes then “graduate” sponsors or share partners within the home group. Although there is a need for sponsorship, there are options available to promote a deeper understanding of step work. Nar-Anon 36 currently covers Steps 1-9, with Step 10 available for fellowship review.
 - Many newcomers do not understand “cross-talk”, and it becomes an uncomfortable situation in our meetings. We were all new once – having grace and understanding is important. Avoiding questions back and forth, by gently suggesting “we can’t tell you what is right for you, but we can discuss it more after the meeting”, keeps the sharing on topic, and opens the door for more fellowship after the meeting. Please be mindful about “shooting down” or “shutting up” members – gentle and respectful helps newcomers understand that we do not give advice, judgments or opinions, but share our ESH (experience, strength and hope).
2. Upcoming NA Conventions:
 - a. ARVANA 22, Fort Smith, AR – Karen, Fort Smith, AR, is currently attending this convention, along with a group of volunteers to staff a literature table.
 - b. MARCNA 32, Wichita, KS – will send email to Wichita GSR to see if they are planning to have any Nar-Anon presence at that convention.
 - c. RRCNA 24, St. Beloit, IL - Roy, Rockford, IL, is planning to attend Saturday’s portion, and along with volunteers will have a literature table April 25.
 3. Flyer on Fort Leonard Wood’s invitation to an all-day event (April 1) will be sent to all GSRs/Alternates. Any volunteers should contact Christine Z, Branson, MO, to assist with literature table and any presentations. The region will purchase an outreach package for use at that event.
 4. Brief discussion was held on events that are listed on the regional web site, ensuring that Nar-Anon’s 12 Traditions are considered when placing flyers or events (Nar-Anon or NA where Nar-Anon has a presence) on the site. In keeping with our Traditions, we do not endorse or affiliate with other entities, although we may do outreach at these events. Please be mindful of newcomers coming to the web site, that they receive a clear picture of what Nar-Anon is – a 12 Step recovery program for friends and family members affected by the addiction of their loved ones. Other events can be circulated by email – inviting our members to join in the outreach project or service project.

Meeting called.

Next meeting: Saturday, April 18, 2015 at 9:00 a.m. CDT

Please forward all Midwest Region donations to:

Rod Seeman

6239 Howe Dr.

Fairway, KS 66205

Please do not put Nar-Anon on the envelope.

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

Respectfully submitted,

Luanne K

Secretary Pro Tem

Nar-Anon World Website: www.nar-anon.org

Nar-Anon Midwest Region Website: www.naranonmidwest.org

Member Services password: nmw13