

January 2015 Midwest Region GSR Teleconference Minutes

January 17, 2015

Chair opened call.

Delegate lead group in recitation of the Serenity Prayer.

Chair read Tradition 12 and Concept 12.

Attendees:

Groups:

Elmhurst IL

- Point of order: Would like the position of Narateen chair removed from roster since there is no such filled position right now. Wanted to emphasize that each member can only fulfill one position and hold one vote.
- This position will be removed on next roster. Point of order suspended.

Homewood IL

Rockford IL (Tuesday)

Rockford IL (Thursday)

Indianapolis IN

Shawnee KS

Branson MO

Maryland Heights MO

St Peters MO

RSC Members:

Chair

Treasurer/Webmaster

Secretary

Delegate

Alternate Delegate

Teleconference Minutes:

No minutes ready to approve at this time

Treasurer's Report:

(Full Document Sent by Secretary on 1/06/14 Re: MWR: January 3, 2015 GSR Conference Call)

- Starting Balance: 2258.99
- Revenue: 100.00
- Expenses: 0.00
- Ending Balance: 2359.08
- Treasurer reported there was not much activity but we continue to be close to our projected needs
- The December Treasurer's Reports were unanimously accepted as submitted

Delegate Report:

Nothing to report but wanted to confirm that the RSC did receive an email noting the change of GSR for Rockford Thursday group.

Old Business:

- Outreach Chair and Convention Chair positions are still open, please pass this on to your groups
- 6th Annual Assembly Update:
 - Branson and Elmhurst have both offered

- There was discussion about if it was appropriate to vote today since groups didn't have a chance to discuss the two choices or know that this vote was going to occur today. Others wanted to know who was going to host so that there would be adequate time to plan. Felt as though there had been enough time to discuss and it would benefit the hosting group to have a decision made today.
- MOTION to vote today. MOTION was seconded. Vote was called: Branson (2) Elmhurst (5). The 6th Assembly will be held in Elmhurst IL.
- 2015 Theme for the Midwest Region
 - Outreach
 - Recovery
 - Principles of Service
 - MOTION to vote. MOTION was seconded. Vote was called: Outreach (0) Recovery (3) Principles (4) Abstain (1). The theme for 2015 will be Principles of Service.

New Business:

- Our Vice Chair has stepped down so this position is open, please share with your groups that this position is open for the Midwest Region
- Tradition 3 Workshop (Alternate Delegate)
- Upcoming Conventions (Homewood IL, Alternate Delegate)
 1. Indiana
 - March 7
 - Radisson in Merryville, IN
 2. Rockford
 - April 25
 - Somewhere in S Beloit, WI (Delegate offered to confirm information)
- Rockford IL (Thursday) needs to send in GSR registration form to the Secretary to have voting rights
- Contact RSC with discussion topics you would like considered for future GSR call agendas

Tradition 3 Workshop:

(Full Document Sent by Secretary on 1/06/14 Re: MWR: January 3, 2015 GSR Conference Call)

The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.

- Questions:
 - What does your group do to encourage sharing? Do you ever change it up?
 - (Shawnee KS) We try to be very welcoming and pull them aside and give them a quick review of what to expect in the meeting. We encourage sharing in several ways:
 1. Open floor for topic
 2. Use today's page in SESH book for topic
 3. Can always speak on an off-topic subject if it is on your heart
 4. Stick meetings (pick a topic out of a jar- this prevents people from thinking ahead on what they are going to say)
 5. Group Conscience meetings (we have a pot luck to encourage participation)
 - (Rockford IL Tuesday) We do step meetings. We try to encourage members to keep coming back, we have not changed things up too much.
 - What does your group do to discourage cross talk and advise giving, why?
 - (Elmhurst) Reads Guidelines for Healthy Meetings as a reminder

- (Shawnee KS) Our group's biggest struggle is when one person is sharing for too long, the group tries to help move things along so that everyone gets a chance to share. Is open to suggestions for how to handle that
- (Elmhurst) When their group has someone sharing for a long time, it tends to be a newcomer or someone in distress, because they also don't know how to deal with it, they just all silently agree that they must need it. Sometimes people meet after the meeting so that people can have additional support if people need more sharing time.
- (Maryland Heights MO) They read in the opening the suggested sharing time and that we do not engage in cross talk. They also encourage people that we can talk more after the meeting or use the call list. They let people go as long as they need to, especially if they are having a difficult time, others just try to be patient.
- (Alternate Delegate) Has been at meetings where newcomers have been cut off and they have not returned. People may feel rejected or ashamed when they are cut short. Meetings need to be a safe place to share openly.
- How do you personally keep the focus on yourself when sharing? Why?
 - (Delegate) Learned early on that this program is about ME. In the beginning I shared about my addict, but someone once said we don't need to share our war stories, we all have them. This helps me remember to keep the focus on myself and what I am going through and not talking about my addict. We learn by hearing about what they are going through, how they got through it, and how they are doing now. Focusing on the addict does not help me grow.
 - (Elmhurst IL) Felt the Delegate's report at the Annual Assembly helped them so much. Now thinks about what they are doing in recovery. Writes down so they can look back and see how they have been doing.
 - (Shawnee KS) Liked Elmhurst's share on this question
- How does your group welcome the newcomer?
 - Facilitator felt we have already discussed newcomers and moved onto final question
- How does your group keep the program spiritual not affiliated with any specific religion or organization?
 - (Shawnee KS) Religion does not come up as an issue. Some have a very strong Christian belief but others have entirely different beliefs and they are all respected.

Action Items:

- Please share with your groups that the Outreach Chair, Convention Chair, and Vice Chair positions are still open for the Midwest Region and need to be filled
- Contact RSC with discussion topics you would like considered for future GSR call agendas

Documents Referenced:

(Please contact the RSC to request any of these documents)

- Treasurer's Report and Traditions Workshop, Sent by Secretary on 1/06/14 Re: MWR: January 3, 2015 GSR Conference Call

