



MWR GSR Jan 2018 Telecon Minutes

When: Saturday, January 20th – 9A Central
Where: Free Conference Call, Dial 1-605-475-4700; Access code: 338671#
(*6 to mute phone; *6 to unmute a muted phone)
Recording #145

Call to Order: Open with the Serenity Prayer, Tradition 1, Concept 1

9:00 Dale began meeting

Dale read Serenity prayer

Cathy read 1st Tradition & Concept

Roll Call: Cathy

Meeting Location - RSC Position	GSR
Chair	Dale
Treasurer	Rod
Secretary	Cathy
Alt Delegate	Theresa
Outreach Committee Chair- IL Vandalia	Leanne
IL Geneva	Marvin
IL Homewood	Bill Joni- Alt
L Maryville	Kevin
IL Rockford	Jan
IL Schaumburg	Ilene
IL WillowSpring	Don
IN Carmel	Barb
IN Munster	Deb
KS Emporia	Carla- Alt
KS Shawnee	Judy - Alt
MO Chesterfield	Debbie
MO Maryland Heights	Laura Sherri- Alt
Past Chair	Cyndee



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Approval of Minutes:

MOTION: Motion to accept Minutes from December 16, 2017 as written.

Motion to approve:: Bill- Homewood

Seconded by: Laura - Maryland Heights

No discussion - Unanimously approved

Refer to attendees listed above

Final tally: 17 yes – 0 no – 0 abstain

Financial Report: Rod, Treasurer

See attached Treasurer Report

Comments:

One donation - Check cleared for WSC - bought books for Geneva, IL

Comment needs to be removed next to Delegate & Alternate Delegate - website has been corrected

2nd page: Budget versus Actual- New group literature 85% used for new group literature -

We have assess funds should be OK

Outreach: Leanne, Outreach Committee Chair

Cabin Fever is Feb 2-4

Discussion on who might be attending

Discussed outside of call to make sure

Seminar Mental Health & Substance Abuse in Hillsborough, IL is Feb 3

Sitting on family member panel

'Embracing Hope' Calvary Baptist Church

Table talk about posting events that are NOT Nar-Anon or NA sponsored on MWR website

Currently unable to post as of this meeting

Conventions: Victoria, Convention Committee Chair

No report

Website Report: Rod, Web Committee Chair

2 new meeting in Trenton, IL & Plymouth, IN starting this week

Anyone need assistance with websites contact Rod

Delegate Report: Ruth, Delegate; Theresa, Alternate Delegate

Theresa: discussed below in New Business

Old Business

1. Midwest Region Mentoring Program (No longer alone – serving together)-service opportunity

a. Documents are not put together

b. Looking for any GSR that may be interested - please contact Dale



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2. Midwest Regional Objectives for 2017-2018 – Dale

- a. How can we maintain healthy meetings and keep folks coming back?
 - i. Most important per Ilene
 - ii. Structured GSR roundtable - topic for GSR call
 - iii. Like SESH in a meeting
[-http://www.naranonmidwest.org/wp-content/uploads/2015/12/Keeping-New-Members-Coming-Back-1.pptx](http://www.naranonmidwest.org/wp-content/uploads/2015/12/Keeping-New-Members-Coming-Back-1.pptx)
- b. How can the RSC help our family groups?
- c. How can I work the steps if there are no steps meetings in my area/how does sponsorship work?
- d. Can you help me understand what you are looking for on each of these - Dale
 - Carla-Does website have a discussion board? NO
 - Has read & appreciate information
 - Theresa- Section on healthy meeting - sponsorship - working the steps & how these can be done. Some objectives have been covered in the past
[-http://www.naranonmidwest.org/how-to-start-a-new-meeting/healthy-meetings/](http://www.naranonmidwest.org/how-to-start-a-new-meeting/healthy-meetings/)
[-http://www.naranonmidwest.org/wp-content/uploads/2015/12/Healthy-Members-%EF%83%A0-Healthy-Meetings-%EF%83%A0-Healthy-Groups.pptx](http://www.naranonmidwest.org/wp-content/uploads/2015/12/Healthy-Members-%EF%83%A0-Healthy-Meetings-%EF%83%A0-Healthy-Groups.pptx)
 - Rod- Discussion group, another website where you can post items related links page
 - Leanne has participated

3. Opportunity to host the 9th Annual Assembly of the Midwest Region Oct 19-21, 2018

Dale- Asked to discuss in groups hotels fill up quickly

Joni- Details on what it means to host

Dale- Document on website -

[-http://www.naranonmidwest.org/wp-content/uploads/2014/03/6th-Annual-Assembly-A-How-to-Guide-Final-Report-1.pdf](http://www.naranonmidwest.org/wp-content/uploads/2014/03/6th-Annual-Assembly-A-How-to-Guide-Final-Report-1.pdf)
[-‘Benefits of Hosting an Assembly 171202’ - see email sent to GSR for Feb 2018 meeting](#)

New Business

1. GSR ‘Open Microphone’ -

- a. What is on your mind?
 - i. Joni - Church service happening at same time - women in & out , then joined meeting. Began to cry & then engaged in cross talk & interrupted. Chair asked the ladies to sit & listen. How do you handle this?
 - ii. Bill - He was at meeting. We are an open meeting, so anyone can attend. Thought Chair handled appropriately.
 - iii. Marvin - Are there closed meetings? If so how does that work?
 - iv. Dale - All Family meeting are open Nara-Teen are required to be closed.
 - v. Theresa - OK to ask people why they are there. Sometimes they do not know they are in an incorrect meeting.
 - vi. Barb - Future topic - What are some phrases to deal with cross talk? Offering kind ideas/ways on how to address cross talk?
 - vii. Joni - When opening meeting mention. Do not use it in negative terms. ‘Questions, comment & concerns can be held till after the meeting.’
 - viii. Barb - Good read in at beginning of meeting. Made a plaque that is on table formulated wording in group conscious. Will try to get copy to share.
 - ix. Judy - Broader discussion about what would be discussed in a group conscious meetings. SESH book has index when searching for a topic.



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- x. Barb - Have noted in meeting, especially mention to new comers. Helpful when you are feeling you need more readings on a specific topic.

Dale- Address cross talk

- <https://nar-anon-webstore.myshopify.com/collections/frontpage/products/appropriate-sharing-crosstalk?variant=309288051>

2. Delegate Report & CAR and CAL

Conference Agenda Report and Conference Approved Literature

- a. Theresa Delegate report
 - i. New literature- packet you received via email Condense Motions #1
 - ii. Ruth sent out complete motions in Dec
- b. Go to World Service Web-site to look at
 - i. Behaviour
 - ii. Mens meeting - Men SESH Reading
 - iii. Computer Guideline
- c. Tally to vote in Feb - one vote per Nar-Anon group
- d. Theresa went though Condense Motions #1
 - i. Please contact Theresa or Ruth
- e. Any changes to Steps, Traditions or Concepts require a **TALLY**
 - i. Poll of every person in Nar-Anon
- f. When voting, use Condense Motion version. Help with voting.
- g. Delegates take our votes to WSC - GSR must take to group & bring back
- h. Timeline
 - i. Motions 1-13 discussed today &
 - ii. Motions 14-30 will be discussed in Feb
 - iii. Motions 31 & 31 will be discussed in March
 - iv. Bring to meeting using tally sheet. Each group can do their own way

3. Question of the month:

- a. What pieces of these calls create the best value of the call; what makes it worth your time to be on this call?
- b. Theresa- Tradition 1': Unity is our goal & basis of our recovery - Can use as one of your topics for meeting this month How do we establish unity without being the same.

4. Next GSR Teleconference: Saturday, February 17th, 9AM Central

Dale closed: thanks

Adjourned 10:38 CST

Respectfully submitted by Cathy

GSRs are **invited** and **encouraged** to eMail any RSC member with discussion topic recommendations for next month's agenda prior to the first Saturday of the month.



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Donations to the Region should be made payable to "Midwest Region of Nar-Anon" and forwarded to:
(Please do NOT write "Nar-Anon" on the envelope)

Mr. Rod Seemann
6239 Howe Drive
Fairway, KS 66205

www.naranonmidwest.org

(The password for the Member Service section on the Midwest Website: nmw13)