



## MWR GSR Sept 2018 Telecon Minutes

When: Saturday, September 15th – 9AM Central  
Recording 162

### Call to Order:

9:00 Dale began meeting  
Serenity prayer lead by Dale

**Roll Call:** Dale

| Meeting Location / RSC   | Position                        | Meeting Location / RSC-   | Position                         |
|--|---------------------------------|---|----------------------------------|
| MO St Peters<br>Tuesday 7:00 pm<br>"St Charles Serenity Seekers" | Dana M (GSR)<br>Liz R (Alt GSR) | KS Topeka<br>Saturday 12:00 Noon<br>"Saturday Serenity Seekers"             | Marsha (GSR)                     |
| IL O'Fallon<br>Sunday 6:30 pm<br>"Highway 64 Nar-Anon"           | Anna P (GSR)                    | MWR Chair   | Dale                             |
| IL Villa Park<br>Thursday 7:00 pm<br>"Thursday's Together"       | Christina G (GSR)               | MWR Alt Delegate  | Theresa                          |
| IL Elmhurst<br>Tuesday 7:00 pm<br>"Tuesdays Together"            | Christina G (Alt GSR)           | MWR Treasurer   | Rod                              |
| IL Maryville<br>Tuesday 7:00 pm<br>"Growing Together"            | Kevin B (GSR)                   | MWR Delegate  | Ruth                             |
| IL Schaumburg<br>Monday 7:30 pm<br>"Mindful Mondays"             | Ilene (GSR)                     | KS Shawnee<br>Tuesday 7:00 pm<br>Thursday 7:00 pm<br>"New Perspectives NFG" | Judy                             |
| IL DuQuoin<br>Tuesdays 7:00 pm<br>"DuQuoin"                      | Maria (GSR)                     | KS Emporia<br>Monday 6:30 pm<br>"Hope"                                      | Carla D (GSR)                    |
| IL Vandalia<br>Friday 7:00 PM<br>"HOPE"                          | Leanne (GSR)<br>Outreach Chair  | MO Chesterfield<br>Sunday 7:30 pm<br>"To Life"                              | Debbie S (GSR)<br>Chris (member) |



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### Approval of Minutes:

**MOTION:** Motion to accept Minutes from August 18, 2018 as written.

Carla - KS Emporia: Amend States she is Alternate & should be GSR

Motion to accept minutes as amended: Leanne - IL Vandalia

Seconded by: Carla - KS Emporia

No discussion - Unanimously approved

*Refer to attendees listed above (Ruth & Judy arrived after vote)*

Final tally: 12 yes – 0 no – 0 abstain

### Financial Report: Rod, Treasurer

*See attached Treasurer Report*

Comments:

2 Literature Starter Kits purchased: IN Cedar Lake & IL Cedar Point

Budgets vrs Actual: \$860 over on Starter Kit budget

End of year: Will still have money

Need small committee for recommendation to decide how much to give to WSO

Leanne, Rod, Marsha will be on committee

Rod will set up conference call

### Outreach Report: Leanne, Outreach Committee Chair

Encourage new groups utilize your mentors

Celebrate Recovery Month - September

29th year

<https://www.recoverymonth.gov/>

### Conventions Report: Victoria, Convention Committee Chair

No report

### Website Report: Rod, Web Committee Chair

Contacted WSO for list of meetings by state

3 differences between WSO & MWR sites - Adjusted to match

Roster matches also

### Narateen Report: Kathy S, Narateen Chair

Rod - MWR Treasurer: We have pay \$100 set up fee to Verified Volunteers

3 people have gone through background checks

2 paid for themselves

1 will will pay \$38

2 positions

Committee Chair - Kathy S - Voted at 2017 Assembly

Process Person - Kathy is interim until we vote at Assembly

Can be one person

New Narateen document will be voted on at Assembly this year

Process Person needs to be voted on at Assembly this year

### Delegate Report: Ruth, Delegate; Theresa, Alternate Delegate

Theresa: Attended World Convention



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Victoria spoke on Thursday & Theresa spoke on Friday  
30 nationalities represented at Naranon  
Iran has the most Naranon meetings

### Old Business

#### 1. The theme for the assembly is:

A New Way of Living and Loving

Chris - MO Chesterfield:

14 people currently registered

Cost will increase in early October

Debbie - MO Chesterfield:

Room block expires tomorrow, Sunday Sept 16

7 booked rooms as of Sept 15

Booked 8 rooms in her name to keep rate \$112

**MUST contact Debbie -MO Chesterfield directly  
314-409-4460 | ultconn@att.net**

#### 2. Topics for breakout sessions at assembly:

Recovery tools (Rod) / Keeping shares focused on us

Dealing w your qualifier / Continued growth for the experienced

Complete and moral inventory (Theresa) / Be there for new people

Sunday morning: Boundaries (Ruth, Christina, Cathy)

**Volunteers for those interested in facilitating the above**

#### 3. Flyers for hotel registration, basket, and SESH books for assembly

Baskets: Maryville - Vandalia - Elmhurst - Topeka - Elmhurst - Villa Park

Can send money & basket will be put together: Homewood

Ruth - IL Elmhurst

Has room in car please contact her if interested

630-864-7221 | ruthnowhere@gmail.com

SESH book order

Marsha - KS Topeka: Thinks her group will have order, needs to check

#### 4. Assistance with assembly venue

Set up help needed on Friday afternoon: 2:00 - 5:00

Clean up Saturday evening

50/50 raffle

#### 5. Dinner on Friday after set up

#### 6. Sunday added....guest speakers, more selfcare times, low cost with higher return

#### 7. Why come to the assembly?

Ideas for what region can do, bring them to assembly

Giving back & service is the 12th step

Is your group interested in hosting Assembly 2019

#### 8. Open offices for region: Vice Chair, Treasurer, Alt Delegate, Narteen Process Person

### New Business

#### 1. Substitution form/GSR/Alt GSR

If you are registered as GSR or Alt GSR, no form needed

Each group gets one vote

Another person can vote if GSR /Alt GSR will not attend, bring form filled out

#### 2. GSR 'Open Microphone' –



## MWR GSR Sept 2018 Telecon Minutes

What is on your mind?

What is going on in your meeting that you would like to discuss?

### 3. Question of the month: Tradition 9

*How does information from GSR call, emails & assembly get brought back to your group & shared back to your group?*

Kevin - IL Maryville: Business at the beginning of the meeting - At least once a month

Marsha - KS Topeka: Informational meeting first Saturday of the month - One hour long - 6-8 attend

Ilene - IL Schaumburg: Twice a month at beginning of meeting - Talk outside of meeting

Leanne - IL Vandalia: Before meeting begins first meeting after GSR call - Repeat if needed later in month

Theresa - MWR Alt Delegate: She is taking back information to her group. Members do not necessarily want to hear about the business of the region.

Ruth - MWR Delegate: We talked about one of the Traditions as topic of a meeting topic

Dale: When attending meeting in FL - 2 weeks read from SESH - 1 week pamphlets - 1 week Tradition of the month

All Traditions are on website: 12 Traditions page - SHARE

Judy - KS Shawnee: Seems few people are doing more - Information not getting to groups - Business aspects not seem of much interest - Everyone is so busy

Theresa - MWR Alt Delegate: Work smarter, not harder - We do what we can & leave the rest - Find a way people get what they need without wearing out others

Dale - MWR Chair: Stuck on topic - Can of tongue depressors that have phrase or word that will be spoken on

### 4. Next GSR Teleconference: Saturday, November 17, 9AM Central

Dale closed: thanks

Just for today: 'I will be happy. This assumes to be true what Abraham Lincoln said, 'Most folks are as happy as they make up their minds to be.'

Adjourned 10:03 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.

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](http://www.naranonmidwest.org)

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