**Nar-Anon Midwest Region**

**9th Annual Assembly**

**October 19-21, 2018**

Assembly Schedule

**Fri, Oct 19** Check into hotels.

2-6:00 pm Set up at United Hebrew Youth Lounge; Baskets may be brought by or hold till Saturday am

6:30 pm Chimis Restaurant for “on your own” dinner with others

**Sat, Oct 20**

7:00-8:15 am Register for Assembly outside meeting room. Drop off baskets.

 Breakfast

 Purchase 50/50 and Basket Raffle tickets.

8:15-8:30 am Welcome from Host Committee

**Business Meeting**

8:30-8:50 am Dale: Welcome, Readings, Parking lot, State of the Region

8:50-9:15 am Rod: Budget and Vote to accept, vote on region donation to WSO

9:15-9:30 am Rod: Website update and what’s available

9:30-10:00 am Leanne: Outreach presentation/mentor program update

10-10:15 am *Bio Break*

10:15-10:45 am Kathy S: Narateen update and NPP vote, narateen guideline vote

10:45-11:00 am Ruth and Theresa: Delegate report, update from WSC and news from WSO

11:00-11:25 am Dale: Elections, Voting and Formal results.

11:25-12:00pm Dale: Where is the region doing great and where have we missed the mark?

 What can the region do for your groups in 2019 (top 3 goals for 2019)

 Ideas: review the new group starter lit packet, review and update

 “how to start a meeting” section

12:00-1:00 pm Lunch, buy 50/50 and Baskets raffle tickets and silent auction opportunities

1:00-4:00 pm Neck/should massages available throughout the afternoon, no charge.

1:00-1:20 pm Meditation/visualization

1:20-1:30 pm Movie clip

1:30-2:15 pm Workshop #1: Recovery tools-Rod and Carla

2:15-2:30 pm *Break*

2:30-3:15 pm Workshop #2: Keeping Shares focused on us-Leanne

3:15-3:30 pm  *Break*

3:30-4:00 pm Serenity Through Oils

4:00-4:45 pm Workshop #3: Complete and moral inventory-Step 4-Theresa

4:45-5:00 pm Break

5:00-5:15 pm Complete evaluations

5:15-6:00 pm Draw for 50/50 and Baskets raffles, silent auction close, live auction

6:00-6:15 pm Drinks and appetizers, break

6:15-7:00 pm Music-Ron Eichaker

7:00-7:30 pm Drinks and appetizers

7:30-8:15 pm Dinner

8:15 pm Group share meeting and depart

**Sun, Oct 21**

8:00-9:00 am Breakfast at United Hebrew Youth Lounge

9:00-9:45 am Boundaries-Ruth, Christina, and Cathy

9:45-10:00 am Bio break

10:00-10:50 am Panel discussion: success stories NA and Nar-Anon, Phil with NA; Marty, Patricia, and Jim with Nar-Anon

10:50-11:00 am Dale: Close assembly

11:00 am Clean-up and reset rooms