



2018 MWR Nar-Anon 9th Annual Assembly Minutes

When: Saturday, October 20, 2018
Chesterfield, MO

Meeting called to order at 8:23 by Dale

I. Welcome began by Dale at 8:23

A. Dale

1. Readings - Parking lot - State of the Region
2. Celtic Woman - *'When You Believe'*

B. Debbie

1. Thanks to Chris, Jim, Stephanie, Mary, Dale
2. Survey, please complete
3. Messages
4. Fundraising
 - a) 21 baskets
 - b) Raffle tickets
 - c) Silent auction
 - d) Live auction
5. Ice breaker
 - a) Broke into groups to find one thing in common

II. Assembly called to Order: Dale, Chair (8:40)

- A. Preamble read
- B. Serenity prayer read
- C. Voting members in attendance
- D. Attendance taken by Cathy C, Secretary

Name	State/City	Position	Name	State/City	Position
Carla D	KS Emporia	GSR	Christina G	IL Villa Park	GSR
Debbie S	MO Chesterfield	GSR	Kathy S	MO Pleasant Valley	GSR
Laura D	MO Maryland Heights	GSR	Liz R	MO St Peters	GSR Sub



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Lori B	Il Maryville	Alt GSR	Luanne K	KS Shawnee	GSR Syb
Marsha S	KS Topeka	GSR	Michelle N	Il Springfield	GSR Sub
Nela M	Il Christopher	GSR	Tara T	Il Schaumburg	GSR Sub

III. Dale, Chair

A. State of the Region

[9th Annual Assembly – State-of-the-Region-20oct2018 \(1\)](#)

B. Goals

[9th Annual Assembly – Goals for 2019 Nar Anon](#)

IV. Treasurer's Report: Rod S, Treasurer

A. Sept 30, 2018 Treasurer's report

[Treasurers-Report-180930](#)

B. Donation to WSO

1. Marsha, Leanne & Rod met to discuss of donating 50%

2. **MOTION:** The Midwest Region to donate \$500 to WSO

Motion by Marsha S, KS Topeka

Seconded by Luanne K, KS Shawnee

Vote was taken from all listed above

Unanimously approved: 13 yes – 0 no – 0 abstain

3. 2019 Proposed budget

[2019 Budget Worksheet 181008](#)

MOTION: The Midwest Region accepts the budget for 2019 as proposed

Motion by Luanne K, KS Shawnee

Seconded by Liz R, MO ST Peters

Vote was taken from all listed above

Unanimously approved: 13 yes – 0 no – 0 abstain

V. Website: Rod S, Webmaster

[MWR Website Stats – Hits-Visitors – ongoing](#)



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VI. Outreach: Leanne B, Outreach Committee Chair

9th Annual Assembly – Outreach Assembly 2018

VII. Bio Break

VIII. Narateen: Kathy S, Narateen Chair

9th Annual Assembly – MWR Narateen Guidelines

A. Comments

1. Verified Volunteers handling background check
2. Narateen Process Person (NPP)
 - a) Specifically process through background check
 - b) Currently Kathy S as interim
3. Facilitators run meetings
 - a) Must have 2
 - b) Recommend 1 male & 1 female
4. Narateen Chair currently filled by Kathy S

B. Questions

1. Many kids between 10-12 need help
 - a) May not be age appropriate for this group
 - b) Reach out to Kathy S if situation arises
2. Can a counselor be a facilitator, is there a conflict?
 - a) Facilitator should be a member of Naranon
3. How will this be overseen through region & meeting
 - a) Mentorship - touching on regular basis
 - b) **Presumption falls under current member**
 - (1) Not region responsibility to keep meeting open
 - c) Does a Naranon Family Group (NFG) adopt a Narateen group?
 - (1) That is currently occurring
 - (2) Not a requirement
 - (3) Group must register annually with WSO
 - d) Outreach is the same as Naranon

MOTION: MWR to accept guidelines as written for Narateen

Motion by Leanne B, Il Vandalia

Seconded by Luanne K, KS Shawnee

Vote was taken from all listed above

Unanimously approved: 13 yes – 0 no – 0 abstain

MOTION: MWR to accept Kathy S as Narateen Process Person for MWR Naranon

Vote was taken from all listed above



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Unanimously approved: 13 yes – 0 no – 0 abstain

IX. Delegate Report: Ruth M, Delegate

[9th Annual Assembly – Literature Priority List WSC 2018](#)

X. Elections, Voting and Formal Results

A. Vice-Chair

1. Jim B, MO Chesterfield

Vote was taken from all listed above

Approved: 12 yes – 0 no – 1 abstain

B. Treasurer

1. No nominees

C. Delegate

1. Theresa C

Vote was taken from all listed above

Unanimously approved: 13 yes – 0 no – 0 abstain

D. Alt Delegate

1. No nominees

XI. Where is the Region? Dale S, Chair

[9th Annual Assembly – Goals for 2019 Nar Anon](#)

GOALS

Increase member volunteerism incorporating service early in recovery - for newcomers

Review Starter Kit

How to start a meeting

Yard signs design

Local networking between FHG

Sept Recovery Month regional & local participation

Follow up on closed groups - post mo rum -

Mentorship - location - proximity to new group - maybe GSR to become a mentor

Support for family members when loved on is in hospital/facility

Meeting closed by Luanne K & Liz R at 12:00

XII. Workshops

A. Workshop #1: Recovery tools-Rod and Carla

[9th Annual Assembly – Tools of Recovery – Updated](#)

[9th Annual Assembly – Recovery Tools Word Search Key](#)



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- B. Workshop #2: Keeping Shares focused on us-Leanne
[9th Annual Assembly – Keeping Shares Focused on Us 2018](#)
- C. Workshop #3: Searching and Fearless Moral Inventory-Step 4-Theresa
[9th Annual Assembly – Step 4 Inventory Workshop](#)
[9th Annual Assembly – Step 4](#)
[9th Annual Assembly – Step 4 Practice Sheet](#)

XIII. Selfcare

- A. Meditation/visualization
- B. Serenity Through Oils

XIV. Evaluations and Raffles

XV. Sunday Workshop

- A. Boundaries Ruth M, Christina G & Cathy C
[9th Annual Assembly – Boundaries Questions Oct 2018](#)
[9th Annual Assembly – NFG Bill of Rights](#)

Respectfully submitted
by Cathy C, MWR Secretary