

February 2012 Midwest Region GSR Teleconference Minutes

February 18, 2012

Called to Order by Luanne. Opened with the Serenity Prayer. Twelve Concepts of Service were read.

Attendees : Elmhurst, IL
Homewood, IL
Rockford, IL
Bloomington, IL
Munster, IN
Shawnee, KS
Des Peres, MO
Maryland Heights, MO
RSC Members: Donna
Sharon
Tawnee
Jan
David
Paula

Minutes from January 21st Teleconference. Motion made to approve; was seconded. Call to vote: 7 yea, 1 abstain. Motion carried.

Chair's Report. 1) Will be showcasing home groups over the next few months. Sharing of best practices will only serve to strengthen the MidWest Region. 2) Call for service. Requested each GSR look at home group in order to identify those willing to serve in some capacity (conventions, outreach, website committees). Chair solicited Home Group member names with none brought forward at this time.

Reports

- **Delegate Report** (Tawnee). Important deadlines: Mar 5th – CAR report tally sheet due. Mar 15th CAT report tally sheet due. Thanked GSRs for participating in CAR review teleconference. MidWest Regional report was written for submission to the World Service Conference. Fairbanks group will be sending a donation to the region to support literature for the ISNAC meeting.
- **Secretary Report.** GSR reports were sent out with two being returned.
- **Treasurer Report.** Starting balance (as of Jan 21st): \$2493.08; Collected Revenue: \$150.00; Expenses: \$540 for WSC (first installment for alternate delegate) and \$31.25 for Cabin Fever literature; Ending balance (as of Jan 31st): \$2071.83. After Jan 31st, additional donations of \$191.00 were received; additionally the 2nd installment for alternate delegate was paid and literature was ordered for ISNAC.
- **Unfinished Business.** CAR Informational Call. Disappointment there was not greater participation by GSRs. Important that group voices are heard. Participation helps groups better understand content. Questions posed by Luanne: Should a second call be held? Would it be beneficial to record it for playback? How is the group handling CAR? GSRs were asked to consider future motions to set dates to discuss the reports with delegates and alternates. Majority believed the call to be beneficial, that recording it in the future would be helpful, and stated they are having more deliberate conversations with their home groups about the CAR.
- **Sharing Group Experience.** What does the newcomer receive at their first meeting?
 - Maryland Heights: Packet of information (not standard WSO issue) to include Information for New Comers, Open Letter to My Family, Appropriate Sharing and CrossTalk,

Detachment, Twenty Questions on Do You Need Nar-Anon, Just for Today bookmark. Have visited the concept of having unique newcomer meetings. Members believe this is not a good strategy and that newcomers benefit greatly from hearing experiences of current members and if they had their own meeting, would have likely not returned. A contact list is distributed. Sharing is done once-around-the-room method. Newcomers reserve comments for end of meeting.

- Des Peres: Receive new literature packet (WSO). Someone is there early to greet anyone arriving early. Pamphlet is circulated for active members to add their name, number, email and these are given to newcomers. Often newcomers stay after to ask questions.
- Shawnee: Someone gives them a newcomer packet (standard WSO plus Blue Brochure), introduces themselves and welcomes the newcomer to the group. Have found newcomers' comments are best held until the end of the meeting. Ask all newcomers sign in. Provide a phone list of current members. Often newcomers stay and talk with existing members (particularly those with similar situation, experience).
- Munster: Encourage to attend at least 6 meetings. Provide a standard WSO newcomer packet. Have a literature stand with all conference approved literature. Want to add the sign in sheet for newcomers (to facilitate follow up) as some other groups already are.
- Bloomington: Give the standard newcomer packet with Blue Book. Read the newcomers welcome. As for a member to share what the program means and how it has affected them. Literature is displayed and made available. Phone list is available. The popcorn method of sharing is done.
- Homewood: Similar to above. Read the newcomers welcome. Keep the first step in mind. Use the popcorn method of sharing, reserving the last portion of the meeting for newcomer sharing. Make literature available to them. Encourage attendance to a minimum of 6 meetings.
- Elmhurst: Give standard WSO packet plus Blue Booklet. Have an area Nar-Anon meeting list along with a phone list (if they want it). Literature is openly displayed and available at no charge. Current group member sits next to the newcomer and explains the process. Encourage sharing of member names as well as who introduced them to Nar-Anon. Use popcorn method of sharing. Emphasize no cross talk.
- Rockford: Give names of all attendees and offer a follow up phone call if wanted. Often share stories as to what brought the individual to Nar-Anon.

- **Conventions.**

- ISNAC. Mar 2 – 4. Organizer: David. Presence to include a speaker, a room and a literature table.
- Cabin Fever. Paula is awaiting feedback.
- Chicago Conference. Paula is awaiting feedback.
- Call to Service. Luanne requested 1) a volunteer from GSR home group to take on leadership of the Convention Committee. No volunteer was identified. 2) Would like to create a perpetual convention calendar. Additionally, 3) track key metrics on conventions in a spreadsheet.
- Cabin Fever Experience (Joseph). Had a literature table. Six members of New Choices attended the convention, in addition to Luanne. Since several convention attendees were not from MO, would be great to see Nar-Anon participation from adjacent states. There was feedback on the keynote speaker that wasn't positive (over use of colorful language).
- Rockford, IL. End of April. Organizer: Jan.
- Topeka, KS. Apr 13 – 15. Expecting 800 – 900 attendees. Organizer: Rod (will be inviting Wichita).

- **Outreach Committee.** Made contact with Columbus group RE: ISNAC meeting. They will be supporting. Also talking with Fairbanks group about supporting ISNAC as well as potential interest in joining the region.
 - RSC is planning to do general guidelines on outreach for consistency.
 - Chair called GSRs to identify members who might have interest in distributing information to various groups. Any names collected should be forwarded to David.
- **Website.** The domain name has been registered for 5 years as naranonmidwest.org (as voted on by GSRs). The fee was \$123.26 for one year. One year of web hosting was secured at a cost of \$111.94, and includes email capability. Volunteers are needed to work on the website committee. Content of the site will be determined by GSRs.
- **New Business.** Topics for next month's agenda: NCADA has reinstated Town Hall Meetings in greater StL metro area. For details, refer to not-even-once.com. Tawnee has requested time to discuss the CAR process. Any questions that home groups have should be collected and forwarded for WSC attendees to secure responses. Will be asking GSRs to showcase their home group on future calls for the purpose of best practice sharing. Homewood volunteered.