



## MWR GSR NOV 2018 Telecon Minutes

**When: Saturday, November 17th – 9A Central  
Recording #165**

### Call to Order:

9:00 Dale began meeting

Serenity prayer read

'Just for Today' read by Dale S

Tradition 11 read by Ilene N & Concept 11 read by Cathy C

**Roll Call:** Cathy

Meeting Location - RSC Position	GSR/RSC	Meeting Location - RSC Position	GSR/RSC
IL Schaumburg Monday 7:30 pm "Mindful Mondays"	Ilene N GSR	IL Homewood Wednesday 7:00 pm "Serenity Seekers"	Joni H Alt GSR
IL Villa Park Thursday 7:00 pm "Thursday's Together"	Christina G GSR	IL Maryville Tuesday 7:00 pm "Growing Together"	Kevin B GSR
IL WillowSpring Monday 7:00 pm "New Understanding"	Don G GSR	IL Springfield Thursday 7:00 pm "Focusing On Me"	Marilyn Alt GSR
KS Emporia Monday 6:30 pm "Hope"	Carla D GSR	KS Atchison Thursday 7:00 pm "Loving Miracles"	Melisa GSR
MO St Peters Tuesday 7:00 pm "St Charles Serenity Seekers"	Liz R. Alt GSR	AR Van Buren Thursday 8:00 pm "The Better Way"	Karen GSR
MO Pleasant Valley Wednesday 7:00 pm "Northland Hope"	Kathy S GSR	MO Chesterfield Sunday 7:30 pm "To Life"	Dale S RSC Chair
IL Elmhurst Tuesday 7:00 pm "Tuesdays Together"	Cathy C RSC Secretary		Rod S RSC Temp Treasurer
	Theresa RSC Delegate	IL Vandalia Friday 7:00 PM "HOPE"	Leanne B RSC Outreach Committee Chair & GSR
		IL Schaumburg Monday 7:30 pm "Mindful Mondays"	Terri S Alt GSR



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### Approval of Minutes:

**MOTION:** Motion to accept Minutes from Sept 15, 2018 as written.

Motion to approve:: Leanne B- IL Vandalia

Seconded by: Marilyn- IL Springfield

No discussion - Unanimously approved

*Refer to attendees listed above*

Final tally: 12 yes – 0 no – 0 abstain

### Financial Report: Rod, Treasurer

*See Treasurer Report located:*

<https://www.naranonmidwest.org/member-services/treasurers-reports/>

Started month with \$4221.98

4 donations: MO Pleasant Valley - IL Vandalia - MO Chesterfield - KS Emporia

Assembly information

Purchased Started Kits: KS Humboldt - KS Wichita - MO Columbia

WSO donation made of \$500

### Outreach Report: Leanne, Outreach Committee Chair

2 functions: MO Eureka - IL Fairview Heights

Questions on where meetings are located

Create a list for what is need when attending an Outreach opportunity

Banner - Stand alone sign artwork being worked on

Cost of Outreach is up to each FHG

Business card that have QR code - easy to hand out & website is always updated

Liz- MO St Peters: Had banner made at Fast Signs - around \$200 - will graphis to Dale -

Check to make sure we are using correct logo

### Conventions Report: Victoria, Convention Committee Chair

No report

### Website Report: Rod, Web Committee Chair

3 new meetings: MO Columbia - IL Belleville - KS Atchison

KS Atchison- Meeting Wednesday & Sunday

1 closed meeting: IN Lafayette

Thinking about changing 'Member's stories' page to 'Member's shares' page

It is a bit more inclusive

Dale to talk to Jim about sponsoring IL Belleville

### Narateen Report: Kathy S, Narateen Chair

New group in

Currently open IL Nokomis

Starting in January a second meeting in MO Pleasant Valley

### Delegate Report: Theresa, Delegate

Literature for review

If interested in getting involved please contact Ruth M, Literature Review Chair

[ruthnowhere@gmail.com](mailto:ruthnowhere@gmail.com) / cell: 630.864.7221



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Group project

Can also go directly WSO & comment

<https://www.nar-anon.org/search?q=review>

45 countries that have meetings

Translation department could use your help in translating

<https://www.nar-anon.org/news/2016/9/29/opportunity-for-international-website-involvement?rq=translation>

### Old Business

#### 1. Assembly in review: Debbie/Chris/Rod/Dale

- a. Attendance: 58
- b. Financials: Took in \$4484.00 - Expenses of \$1789.22 - Net \$2694.78
- c. Survey results (thank you Theresa)
  - i. Feel short on election process
  - ii. Breakout meeting sessions scored high
  - iii. Happy to have self-help sessions
- d. Thanks to all for your support in attending, help with program, baskets, etc
  - i. Average income \$30-\$33 per basket
- e. Sunday morning
  - i. Good turnout for first attempt
- f. Rod
  - i. Donation to facility
  - ii. RSC is recommending that we donate \$250 to United Hebrew Congregation
    1. 10% of the procedures
    2. 2 years ago we donated \$150 to United Hebrew Congregation

**MOTION:** Motion to donate \$250 to United Hebrew Congregation

Motion to approve: Ilene N - IL Schaumburg

Seconded by: Liz R - MO St Peters

No discussion - Unanimously approved

*Refer to attendees listed above*

Final tally: 12 yes – 0 no – 0 abstain

    3. Rod will write check 7 send to Dale
    4. Theresa will write a Thank You note

#### 2. Open offices for region: Treasurer, Alt Delegate

### New Business

#### 1. Goals for GSR's for RSC to work on 2018-2019...vote

- a. List: Each GSR rate the list 1-8 send to Dale - Cathy will send out to GSR via email
  - Increase member volunteerism incorporating service early in recovery - for newcomers
  - Review Starter Kit
  - How to start a meeting
  - Yard signs design - banners- tablecloths
  - Local networking between FHG



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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

### 2. Groups interested in hosting next year's assembly....10<sup>th</sup> assembly

- a. IL Elmhurst is interested with assistance from IL Schaumburg & IL Villa Park
- b. GSR will vote during Dec meeting
- c. If any other group is interested please let RSC know

### 2. GSR 'Open Microphone'

- a. Cross talk
  - i. A few stepped up & informed person that it was not appropriate
  - ii. Might share Crosstalk pamphlet in next meeting
  - iii. Responded to cross talk
  - iv. Felt like I was being attacked
  - v. If you don't agree what was said do not need to bring home
  - vi. Trouble in another group using 'popcorn' method of share
    1. Brought up format change not working & go back to sharing around table
    2. Must be stopped immediately in a gentle loving way
  - vii. Another meeting some people will ask a specific information & that starts cross talk
  - viii. Maybe person responded because they could not accept what was shared
  - ix. Another meeting has a gentlemen for over 2 years but continues to make comments & answers people - stares at a newcomer, can be very off putting
  - x. One meeting a month is a Pamphlet meeting
  - xi. Emphasize in opening about cross talk
  - xii. Just say 'Cross talk' when it is occurring
  - xiii. WSO sample format has a strong statement
  - xiv. Explain what Cross talk is - need to explain
  - xv. Sit down with individual outside of meeting to explain

### 4. Next GSR Teleconference: Saturday, December 15, 9AM Central

Adjourned 10:00: CST

Respectfully submitted by Cathy C

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)