



## MWR GSR JAN 2019 Telecon Minutes

**When: Saturday, January 19th– 9A Central**

**Where: Free Conference Call, Dial 1-605-475-4700; Access code: 338671#**

(\*6 to mute phone; \*6 to unmute a muted phone)

**Recording #169**

### Call to Order:

9:00 Dale began meeting

Dale lead Serenity prayer:

Cathy read 1st Tradition & Concept:

Dale read 'Just for Today

**Roll Call:** Cathy

Meeting Location - RSC Position	Name	Meeting Location - RSC Position	Name
IL Schaumburg	Ilene N (GSR)	KS Topeka	Marsha S (GSR)
IL Homewood	Joni H (Alt GSR)	KS Atchison	Melisa (GSR)
IL Du Quoin	Maria (GSR)	KS Emporia	Carla D (GSR)
IL Villa Park	Christina G (GSR)	KS Shawnee	Judy L (GSR)
IL O'Fallon	Anna P (GSR)	MO Chesterfield	Debbie S (GSR)
AR Van Buren	Karen (GSR)	MO Maryland Heights	Laura D (GSR)
RSC Chair	Dale	RSC Secretary	Cathy C
RSC Treasurer (Temp)	Rod	RSC Delegate	Theresa
IL Elmhurst	Ruth (GSR) late-no vote		

### Approval of Minutes:

**MOTION:** Motion to accept Minutes from December 16, 2017 as corrected.

Motion to approve:: IL Schaumburg- Ilene N

Seconded by: MO Maryland Heights- Laura D

No discussion - Unanimously approved

*Refer to attendees listed above*

Final tally: 13 yes – 0 no – 0 abstain

### Financial Report: Rod, Treasurer

*See Treasurer Report send via email & posted on MWR website*

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

Comments: One donation: MO St Peters



## MWR GSR JAN 2019 Telecon Minutes

**Outreach:** Leanne, Outreach Committee Chair  
No report

**Conventions:** Victoria, Convention Committee Chair  
No Report

**Website Report:** Rod, Web Committee Chair  
Donate information on Financial page  
Password protected 'nmw13'  
<http://www.naranonmidwest.org/member-services/treasurers-reports/>  
New meetings: MO Pleasant Valley, Narateen & KS Topeka, Nar-Anon Wednesday

**Narateen Report:** Kathy  
No report

**Delegate Report:** Theresa, Delegate; Open, Alternate Delegate  
Traditions Handbook is up for fellowship review, through May 2019  
<https://nar-anon-webstore.myshopify.com/collections/fellowship-review>  
Order through the webstore - Unable to order through the order form  
To purchase contact World Service Office via phone or email  
Booklet so that might be why it is not listed & must purchase

### Old Business

1. Goals from GSR's for RSC to work on 2018-2019...vote
  - a. RSC has reviewed & will begin to work
  - b. GSR members who want to be involved
  - c. Cathy will send out list to GSR members
  - d. List

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
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. Chicago area
  - b. Any topics or ideas please contact Cathy C
3. Open positions...Treasurer and Alternate Delegate



## MWR GSR JAN 2019 Telecon Minutes

### New Business

1. Regional Website
2. Serenity connection Quarterly newsletter
3. Chesterfield Summit:  
DEA - Police  
6:30 pm -10:00 pm Feb 27

### GSR 'Open Microphone' –

#### ***Struggling with members talking about our qualifiers not ourselves***

Paragraph on Sharing is read: 'In addition to an update about our loved one, do try to focus on how you are doing with your recovery.'

Changed opening to address issues that have occurred, read all the time. Try to redirect.

Complaints about members from others.

Shares lead by example. One on one after to mention we are concerned about them.

If anyone use different opening paragraphs we can add to website

Choose topic into a question, forces members to look at themselves

Reading in SESH book. Share how to use tools & steps in relationships.

#### ***Roster, appropriate amount of times to reach out***

Do not reach out to newcomers, if there is a long term member that stops attending an email is sent

Do not reach out to anyone, except if meeting is canceled.

Sign-in sheet. One person used to send inspirational texts. Give out a call list that have completed the steps.

#### ***Meeting cancelation***

Concerned about new comer who shows up & meeting is canceled

Meeting in school. follow school schedule

If you are aware ahead of time, can send to Rod so he can post on website

WSO has a form that can be filled out to update website

**Next GSR Teleconference: Saturday, February 16th, 9AM Central**

Dale closed: thanks

Adjourned 9:59 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



## **MWR GSR JAN 2019 Telecon Minutes**



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

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