



## MWR GSR FEB 2019 Telecon Minutes

**When:** Saturday, February 16th– 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 #171**

### Chair call to Order 9:00am CST

Open with the Serenity Prayer led by Dale

Tradition 2 and Concept 2 read by Cathy

**Roll Call:** Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Homewood	Joni H (Alt)	IL O'Fallon	Anna P (GSR)
IL Schaumburg	Ilene N (GSR)	IL Vandalia Outreach Chair	Leanne B (GSR & RSC)
IL Villa Park	Christina G (GSR)	IL Schaumburg	Terri S (Alt) <i>no vote</i>
IL Maryville	Kevin B ( GSR)	MO Kansas City	Rosemary (GSR)
MO Maryland Heights	Laura D (GSR)	MO Chesterfield	Debbie S (GSR)
MO St Peters	Liz R (Alt)	MO Pleasant Valley Narateen Chair	Kathy S (GSR & RSC)
IN Munster	Deb E (GSR)	KS Shawnee	Judy L (GSR)
KS Atchison	Melissa (GSR)	KS Topeka	Ruth R (GSR)
KS Emporia	Carla D (GSR)	RSC Chair	Dale
RSC Secretary	Cathy C	RSC Treasurer-Web Master	Rod
RSC Delegate	Theresa		

### Approval of Minutes:

**MOTION:** Motion to accept Minutes from January 16, 2019 as corrected.

Adding information about how to purchase Tradition Handbook (review)

Motion to approve:: IL Vandalia - Leanne as corrected

Seconded by: IL Schaumburg - Ilene



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No discussion - Unanimously approved  
*Refer to attendees listed above*  
Final tally: 17 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:

Donations: IN Muncie - IN Bloomington - KS Emporia  
Starter kit for MO Kansas City (Saturday) & KS Topeka (Wednesday)

### **Conventions:** Victoria, Committee Chair

No report

### **Outreach:** Leanne, Outreach Committee Chair

Refer to note that was sent about September Recovery Month

### **Website Report:** Rod, Web Committee Chair

IN Frankfort closing

IN Indianapolis new

Member Service

Summarize open Mic discussions: Cathy will condense & remove names

Format of meetings: GSR please send to Rod

### **Narateen Report:** Kathy S, Committee Chair

Involved with World Service Office

Roster question: Kathy will contact Cathy to work out

### **Delegate Report:** Theresa, Delegate; OPEN, Alternate Delegate

March Eastern Penn & Georgia

April New England, Massachusetts

May Orlando FL

<https://www.nar-anon.org/events>

Need Alternate Delegate by end of 2019

### **Old Business**

1. Reminder that the region website has many resources on it including numerous group guidelines
2. Serenity Connection on nar-anon.org website....has many helpful articles for self recovery
3. Start planning on your involvement/participation in the 10<sup>th</sup> Midwest Region Assembly in the Chicago area next Oct 18-20, 2019
  - a. Contact Cathy C if interested in being involved with organizing

### **New Business**

1. **Anyone on the call:** If you would like to be a part of the folks working on any of the RSC goals for this year, please let me know.



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2. How to start a meeting on the website and a review of the starter kit to start a meeting on the website and a review of the starter kit
  - a. Join Leanne, Theresa, and Rod
3. Cathy had sent out a list to GSR
4. Leanne: promote September Recovery Month
  - a. Document sent out via email with Feb email
  - b. "Join the Voices for Recovery: Together We Are Stronger"
  - c. <https://recoverymonth.gov/about>

### GSR 'Open Microphone'

Theresa: Ownership from day one coming into a meeting

Ideas how to instill that ownership of the meeting within first 3 months of attending

Get newcomer into the group & service started early in recovery

Ilene: What we should not do - Smile at person & leave them alone - Most newcomers do not want a spot light - Welcome folder given out, they make their own, list of other meetings in the area

Kevin: It takes awhile for them to make meeting their own

Liz: They want to heard & that others care - Receive pamphlets & phone/email contact

Judy: At ease at the door - More successful approach is after the meeting

Rod: Newcomers packet & blue booklet

Leanne from Nela - Tissue, blue book, pamphlets, notepad & pen

Joni: No welcome packet - Close of meeting will hand out coin to new comer

Feel free to email Cathy C with details

### Question of the month: Tradition 2

<https://www.naranonmidwest.org/newcomers-info/twelve-traditions/>

About Naranon > Twelve Traditions

Questions to contemplate:

*Can you set aside your ego and bring your Higher Power with you into family discussions?*

*Can we live our daily lives as we live out program?*

*Can you leave your ego outside, bring?*

Theresa: People struggle to detach with love - What is their place & what is their place not to do something? How much do we continue to give without getting anything back? Money, lodging or something of this sort. Love & support without enable.

Liz: When daughter was still using did not speak at all. When I was able to not judge her we were able to talk.

Ilene: Saved my life with other family members. Family members disagreed. One of my sons went with me for a few years. Before program: we would argue - unbearable stress. With program we were able to agree not to disagree. We are all hurting & try to find the best way through this.

Cathy: Son is 30 began when he is 16, many years of total chaos. I have moved back to IL & son is still in CA. He was clean for over a year & we knew he had relapsed. I went to visit him. I Have learned not to question, accept & not judge him. Son broke down & asked for help. Went to emergency room that evening & he has celebrated one year clean. Truly believe because I stopped judging he was able to ask for help.

Joni: Son in rehab getting to be released suggest he move to MN. Must pay cash up front. They do not want to be a drug addict, yet fighting. Detaching at that moment, said it is his life.



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Qualifiers decision. Stayed calm. On board with counselor. Kissed him & I hope you do the best thing for your life. I love you. A decision needed to be made. Went to chapel to pray. Giving it up to God. Be still and know I God.

Rod: We spend our lives in our control room. Difficult to place our belief aside & let our higher power take over. Profession is a 'controller'. Everyone listens & problem goes away.

Theresa: Can use as a topic in your meetings

### 5. Next GSR Teleconference: Saturday, March 16th, 9AM Central

Dale closed: thanks

Just for today: 'I will be happy. This assumes to be true what Abraham Lincoln said, 'Most folks are as happy as they make up their minds to be.'

Adjourned 9:56 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

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

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