



MWR GSR MARCH 201X Telecon Minutes



When: Saturday, March 16, 2019– 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 #173

Chair call to Order 9:00am CST

Open with the Serenity Prayer led by Dale

Tradition 3 and Concept 3 read by Dale

"Third just for today...I will adjust myself to myself to what is, and not try to adjust everything to my own desires.

Roll Call: Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Schaumburg	Ilene N (GSR) Terri S (Alt)	IL Geneva	Barb (GSR)
IL Vandalia Outreach Committee Chair	Leanne B (GSR)	IL Springfield	Marilyn (Alt)
IL Maryville	Kevin B (GSR)	IL DuQuoin	Maria (GSR)
IL Homewood	Joni H (Alt)	IL WillowSpring	Don G (GSR)
IL Villa Park	Christina G (GSR)	MO Chesterfield	Debbie S (GSR)
RSC Chair	Dale	RSC Treasurer	Rod
RSC Delegate	Theresa	RSC Secretary	Cathy
KS Emporia	Carla D (GSR)	KS Emporia	Ruth R (GSR)
KS Shawnee	Judy L (GSR)	KS Topeka	Gerri A (Alt GSR)

Approval of Minutes:

MOTION: Motion to accept Minutes from Assembly 2018 as written.

Motion to approve:: Leanne - IL Vandalia

Seconded by: Ilene - IL Schaumburg

No discussion - Unanimously approved

Refer to attendees listed above

Final tally: 15 yes – 0 no – 0 abstain

Motion to accept Minutes from February 2019 as amended.



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Motion to approve: Leanne - IL Vandalia

Seconded by: Don - IL Western Springs

Carla KS Emporia: Delegate report: Need Alternate Delegate not Alternate GSR

No discussion - Unanimously approved

Refer to attendees listed above

Final tally: 15 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:

3 donations: KS Emporia - MO Kansas City - MO Maryland Heights

New starter kit: IL Bellville

Still need a Treasurer, as Rod is interim

Outreach: Leanne, Outreach Committee Chair

Recovering Retreat 12 step KY Louisville July 13-14

World service under event: <https://www.nar-anon.org/events>

Not in chronological order

Document sent with March GSR March email '**Outreach GSR Call 190316**'

Conventions: Victoria, Convention Committee Chair

No report

Website Report: Rod, Web Committee Chair

2 new meetings in IN Indianapolis start tomorrow - Need mentors

MO Sikeston location still not listed on WSO or MWR restarting

Looking at old minutes Tawnee WSO Board started region in 2009 sent old minutes

Almost all minutes from beginning of region now posted on MWR

Doc with motions use to be kept separately - Anyone who would like to help

Narateen Report: Kathy S

No report

Delegate Report: Theresa, Delegate; OPEN, Alternate Delegate

Still does not have Traditions Booklet

Old Business - (For your review, we will not discuss unless someone has questions)

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
<https://www.nar-anon.org/serenity-connection>
3. Start planning your involvement/participation in the 10th Midwest Region Assembly in the Chicago area next Oct 18-20, 2019

New Business

1. GSR 'Open Microphone' –

How does your group use/and/or differentiate between the 12 Steps, Traditions, and Concepts?



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- Judy - KS Shawnee: Alternate weeks between - Steps to yourself Traditions group/family Concepts broader world/community
- Ilene - IL Schaumburg: Read Steps every meeting Tradition & Concept of month not discussed - Reading from SESH - Lamented cards
- Jerry - KS Topeka: Use SESH book
- Leanne - IL Vandalia: Serenity Connection - SESH - Use Traditions that have been supplied from Theresa
- Joni - IL Homewood: One week SESH that day (topic can pick any) - Step for Month - Tradition of the Month (many do not want to volunteer when Tradition week) Book & Topic have more volunteers
- Dale: Traditions- Lack of understanding could be why
- Maria - IL DuQuoin: Step meeting - Open read SESH current day - Open sharing - In 2 years never used a topic will bring up at next business meeting - Topic might be helpful
- Dale: Shares focused on member or qualifier
- Maria - IL DuQuoin: Never has selected a topic - Mix shares on addictive loved one others focus on themselves - Many cycle through - New focus on loved one - Regular focus on themselves and how 'I dealt with it' - 'Tools I am using'
- Dale: Topic focus - Does it help that they focus on themselves & not my loved one
- Leanne - IL Vandalia: Definitely helps - Learn to take care of ourselves
- Joni - IL Homewood: Distraught member - May not want to topic because they can not focus - Mind elsewhere
- Dale: Go through SESH for topic of discussion - Can also talk about whatever ever you would like to talk about
- Jerry - KS Topeka: Step Meeting - New comers do not understand what was going on - Do a mini newcomers talk - Be flexible
- Don - IL Willow Springs: Big turn over 3-4 consistent members. - New comers look for quick fix & we don't have that & try to move focus to themselves - Friendly environment purpose of group - Large turn over - Dark & in the middle of neighborhood - Does location really make a difference
- Kevin - IL Maryville: Started in basement of church - Moved to more central location & participation soared - Right off freeway - NA meeting in the basement Naranon is in conference room
- Dale: Times & date & location - Sometimes it is what it is - Maybe we create a 3X5 card that can be handled

2. Question of the month:

Cathy will send out: Steps Traditions Concepts

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

Example of using Tradition in another situation outside of Naranon

Look at principles

Tradition 1: Unity & common welfare

Leanne - IL Vandalia: Hospital had renovations & the team left attitude at home & worked together

Theresa: As you live your life you then interact differently with addicted love ones & others

Tradition 5: Meetings are a safe place

Leanne - IL Vandalia: Brings her to church similar type of trust

Teresa: Conversation with a best friend - This is not for gossip

Tradition 7: Self supporting



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Marilyn - IL Springfield: Try not to discuss with too many people

Theresa: Attending meetings & reading literature - People who want it not who need it -
We don't know what we don't know

Dale: Careful not to stop being self supportive of oneself - I am not open for others to
support - Difficult to break in - The whole thing starts to unravel - Without them
we begin to unravel - Not in Traditions it is guidance

Judy - KS Shawnee: Relationship for parenting - Non-addictive son - Help him to be
accountable

Tradition 9: Every member is responsible for care of group - Inter-relationship between
FHG/Region/World

Theresa: What happens at work if we don't do our job? Trusted servants at our job. There
to faithfully do their part.

Dale: Replace house windows & did not fit. Turned out too much chalk was used & low
paid worker caused the ripple effect

Tradition 10: No opinion on outside controversy

Maria - IL DuQuoin: My extended family - Get together- Politics needs to stay out of it -
Purpose to be there for the family

Tradition 11: Outreach on attraction not promotion

Theresa: You have the right to protect your boundaries - Stepping out of conversation -
Do not need to participate

Tradition 12: Spiritual foundation is anonymity

Theresa: As parents we have to explain why we do certain things - Not required to explain
our actions or reactions to anyone - You have rights as an individual person

Joni - IL Homewood: Taking & applying to real life

Theresa: Looking at principles behind Traditions - Work in day to day life- Might be helpful to
clarify with addictive loved one

Jerry - KS Topeka: Anonymity - Our qualifier should have anonymity do not share with others -
Personal struggles are theirs

Theresa: Get to this as we get further into the program

3. Next GSR Teleconference: Saturday, April 20th, 9AM Central

Dale closed
Adjourned 10:03 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

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