



## MIDWEST REGION OF NAR-ANON



### MWR GSR SEPTEMBER 2019 Telecon Minutes

**When:** Saturday, September 19, 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 # 185**

**Purpose of meeting is to discuss the business of the Midwest Region of Nar-Anon**

**Call to Order:** Chair, Dale 900 AM CST

Open with the Serenity Prayer led by Dale

**Roll Call:** Secretary, Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Schaumburg	Ilene (GSR)	IL Christopher	Cheryl (GSR)
IL Pana	Charlene (GSR)	IL Homewood	Joni (Alt GSR)
IL DuQuoin	Maria (GSR)	IL Woodstock	Sherry (GSR)
IL Elmhurst	Ruth (GSR)	IL Springfield	Marlyn (Alt GSR)
MO Maryland Heights	Laura (GSR)	MO Platte Woods	Rosemary (GSR)
KS Topeka	Ruth (GSR)	KS Shawnee	Judy (GSR)
RSC Chair	Dale	RSC Treasurer	Kevin
RSC Website Chair	Rod	RSC Delegate	Theresa
RSC Secretary	Cathy	IL Vandalia Outreach Chair	Leanne B (GSR)

#### Approval of Minutes:

**MOTION:** Motion to accept the Minutes for August 17, 2019 with change of

Domain \$18 a month & Total cost \$467

Motion to approve: Leanne- IL Vandalia

Seconded by: Ilene- IL Schaumburg

No discussion - Unanimously approved

Final tally: 15 yes – 0 no – 0 abstain

*Refer to attendees listed above*

#### Financial Report: Kevin, Interim-Treasurer

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

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

Donations: none

Starter Kits: KS Independence



## MIDWEST REGION OF NAR-ANON



### **Website Report:** Rod, Webmaster

New Meetings: MO Anutt

Closed Meetings: KS El Dorado

Changes: Member Services - Add a few more things besides GSR Conference Calls - Work in progress

Meeting Formats - Newcomer's handouts

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

<http://www.naranonmidwest.org/calendar/> (Midwest website)

<https://www.nar-anon.org/events> (World Service website)

No report

### **Delegate Report:** Theresa, Delegate and Open Alternate Delegate

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

WSC will be this Spring 2020

Requested all draft literature that will be voted on in WSC 2020

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

<https://www.nar-anon.org/events> (Midwest website)

<https://www.nar-anon.org/outreach> (World Service website)

Event: Sept 28, 2019 - IL Benton

[http://www.naranonmidwest.org/event/benton-il-2019-september-recovery-event/?instance\\_id=104700](http://www.naranonmidwest.org/event/benton-il-2019-september-recovery-event/?instance_id=104700)

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

<http://www.naranonmidwest.org/narateen/> (Midwest website)

<https://www.nar-anon.org/narateen> (World Service website)

No report

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

1. 2019 Assembly
  - a. Oct 19 & 20 in IL Addison
  - b. Resent flier to GSR & RSC - Adjusted start time to 8:00
  - c. Saturday: Morning Business - Lunch brought in - Afternoon 4 Presentations - 50/50 & Baskets - Nar-Anon meeting in the evening
  - d. Sunday: Share - One Nar-Anon member & NA member  
If anyone else would like to share story
  - e. Any written or recording on shares. Can ask.  
Large conventions do record & sell  
Add this for next year
  - f. IL Schaumburg- Donations of snacks
2. New Starter Kit- sent out email with meeting information
  - a. Any comments or thoughts can be directed to Rod
  - b. Participation prior to kit being sent out to FHG
  - c. Vote at Assembly
3. 'Serenity Connection'

### **New Business**



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4. Assembly discussion of changing of responsibilities of RSC positions
  - a. Phone call attendance
  - b. Every position is open, except for Delegate
  - c. Dale will be contacting Kathy S & Ruth over the weekend
5. Assembly discussion on separate Convention from Assembly or extended Assembly to include more self help discussions
6. Dale thanks for year

### GSR 'Open Microphone'

7. Literature sales - Cost of shipping high
  - a. Groups include shipping cost to cost of material - \$20 SESH
  - b. Allow for sharing of SESH books if members do not want/can't purchase
  - c. Larger print little blue books / \$5- Naranon 36 / \$12 - Yellow books / \$8
  - d. Groups can order larger quantity to share to reduce cost
  - e. SESH book ordered by case (24 \$270 + shipping) has significant savings
  - f. Old Yellow book for 12 steps have been superseded by Naranon 36
  - g. Groups
    - i. Fourth Step Book- Will be awhile maybe 2 years - Inventory - Step Four worksheet exists
    - ii. Seeing meeting is making a difference - Celebrating 1 year - Member had started a God Jar & made a difference in her life
    - iii. Over 300 people have attended since began
    - iv. Attendance has grown - Not long ago contemplated closing - New members finding the group on line - No Outreach - Focus on keeping meetings healthy
    - v. Numbers have dwindled - Is Outreach helping growth?

### Question of the month: Tradition 10- See attachment on email

1. Keeping meeting healthy & appropriate share
2. Good share comes from the heart
3. States in the opening - We want to know how you are doing - Pass out little papers (something that makes me smile - accomplished - grateful for) members ending their shares answering one of these questions
4. Inappropriate shares there judgement with those words - Kindness is the key - Only place we can talk & not judged
5. Takes patience for newcomers to turn
6. Unhealthy is the entire meeting is about the addict
7. We learn that it is not about the addict, the only thing we can change is you - Has a 'Stop' sign

### Next GSR Teleconference: Saturday, November 17th, 9AM Central

Meeting closed by Chair, Dale  
Adjourned 10:03 CST  
Respectfully submitted by Secretary, Cathy

GSRs are **invited** and **encouraged** to eMail any RSC members 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)  
Kevin Adkins



## MIDWEST REGION OF NAR-ANON



9760 Grandview Dr  
St Louis, MO 63132

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

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