



MIDWEST REGION OF NAR-ANON



MWR GSR NOVEMBER 2019 Telecon Minutes

When: Saturday, November 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 #188

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

Call to Order: Chair, Ruth 9:01 AM CST

Open with the Serenity Prayer led by Kevin

Tradition 11 and Concept 11 read by Ruth

Roll Call: Secretary, Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Chicago	Cie A (GSR)	IL Schaumburg	Ilene N (GSR) Terri S (Alt)
IL Willow Springs	Don G (GSR)	IL Homewood	Bill S (GSR) Joni H (Alt)
IL Springfield	Marilyn (Alt)	IL Christopher	Cheryl (GSR)
IL Geneva	Barb (GSR)	IL Villa Park	Christina G (GSR)
IL Woodstock	Sherry R (GSR)	KS Topeka	Gerri M (GSR)
KS Emporia	Carla D (GSR)	KS Topeka	Ruth R (GSR)
KS Leawood	Carly (GSR)	MO Chesterfield	Clinton S (Alt)
MO Platte Woods	Rosemary A (GSR)	MO Maryland Heights	Laura D (GSR)
Chair	Ruth M	Treasurer	Kevin A
Webmaster	Rod S	Delegate	Theresa
Alt Delegate - Interim Secretary	Cathy C		

Approval of Minutes:

MOTION: Motion to accept the Minutes from September 21, 2019 as written

Motion to approve: Theresa

Seconded by: Ilene

No discussion - Unanimously approved

Final tally: 19 yes - 0 no - 0 abstain

Refer to attendees listed above

MOTION: Motion to accept the Minutes from Assembly Oct 2019 as written

Motion to approve: Ilene

Seconded by: Kevin



MIDWEST REGION OF NAR-ANON



No discussion - Unanimously approved

Final tally: 19 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: Located on report sent - KS Emporia - IN Bloomington - IL Elmhurst - IL Glenview

Starter Kits: Located on report sent - None

Outreach: Nela, Outreach Committee Chair

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

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

No Report

Conventions: Open, Convention Committee Chair - Theresa reported

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

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

Naranon PA Trevoze - March 20-22, 2020 - Nar-Anon East Coast Convention 7

Narcotics Anonymous - Chicago Regional Convention 32 in Chicago - January 2-5, 2020

Chicago are Nar-Anon FHG attend & man a table

Website Report: Rod, Webmaster

New Meetings: IL Chicago

Closed Meetings: IN Brazil

Documents from Assembly Oct 2019 on website

Narateen Report: Kathy, Narateen Chair

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

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

No report

Delegate Report: Theresa, Delegate and Open Alternate Delegate

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

No report

Old Business

1. Assembly summary- see attachment
 - a. Financial: Kevin
 - b. Assembly info and attendance Cathy
 - c. Assembly feedback and evaluation
 - i. Send comments to Cathy or Ruth
2. Next year Assembly
 - a. Hosted by IL Christopher FHG
 - b. Drury Inn IL Mount Vernon
3. Service positions filled and still needed
 - a. Secretary or Trial secretary
 - b. Vice Chair of region
 - c. Convention Chair



MIDWEST REGION OF NAR-ANON



4. RSC call time 1st Sunday of month 8PM

New Business

1. World Service Conference (WSC) May 2020
 - a. Preparation and payment for Theresa & Cathy to attend
 - b. Vote of Confidence occurred at Assembly Oct 2019

MOTION: Motion to send Delegate & Alternate Delegate to 2020 WSC
Motion to approve: Kevin IL Maryville
Seconded by: Christina IL Villa Park
No discussion - Unanimously approved
Final tally: 19 yes – 0 no – 0 abstain
Refer to attendees listed above
2. Group contact person- project- send email to start- Region has verified contact person for groups within our states
3. Service Phone call
 - a. Always open
 - b. Can request to obtain access to recorded call by contacting Secretary
 - c. Attendance minutes and anonymity: RSC and GSR
 - d. Do not want to break anonymity during calls
 - e. Mentorship available to all FHG
 - i. Every RSC member available for advice or experience
 - ii. GSR can reach out to another GSR for advice or experience
4. GSRs and Service sponsors on RSC if they need to discuss concerns in confidence- an important part of our recovery is learning to reach out, learning to trust and be trustworthy
5. GSR call topics - Next Month
 - a. Discuss with GSRs whether they would prefer knowing in advance
 - b. Currently we often do not get to the question of the month and related topic

Question of the Month Tradition¹¹ Report: Theresa, Delegate

Discussion and question of the month Tradition 11: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities...

Attraction: When interacting with the Public who does not know who we are

Donated SESH book to minister: be familiar with information - small group is part of a group

Dealing with space where meeting is being held

Agenda in meeting we are guest of the church - respecting facility

Make quarterly donations - automatic lighting for location - monetary -

Donation of air conditioner - landscaping assistance

How we treat members within the group

New members receive 4 weeks of information & phone list - reachout text/phone if they do not come back - encouraged someone to come back - someone else cares about us

Contact someone who has not attended for a while via email - mostly come back

Knowing who & how to contact facility



MIDWEST REGION OF NAR-ANON



- Being consistent & on time with payments > builds trust > builds relationships
- Facility has FHG contact information
- Relationships with someone when they run across a person who may need help
 - Practice person anonymity
 - No gossip
 - Follow format
 - Allow others to work their program their way
- Signage & access to maps
 - Know where we can find us
- Leadership - projecting
- Humility - unity - accountability

Open Mic

- New group collecting money - open a checking account - charitable account
- Region can use Rules of Corporation of WSO
 - WSO does not encourage FHG to set up a bank account
 - WSO wanted to make sure their status was not miss-used
- EIN: Employee Identification Number - File a yearly report -
- US Bank has a charitable bank account without fees
- Can open a personal account
- Credit Unions might be an option - purchase individual checks
- Stored in personal safe

Meeting closed by Chair, Ruth M
Adjourned 10:02CST
Respectfully submitted by Interim Secretary, Cathy C

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
9760 Grandview Dr
St Louis, MO 63132

www.naranonmidwest.org

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