



MIDWEST REGION OF NAR-ANON



DECEMBER GSR 2019 Conference Call Minutes

When: Saturday, December 21, 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 #190

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

Call to Order: Chair, Ruth 9:00 AM CST

Open with the Serenity Prayer led by Cathy

Tradition 12 and Concept 12 read by Ilene

Roll Call: Secretary, Cathy

Meeting Location - RSC Position	Name	Meeting Location - RSC Position	Name
IL WillowSpring	Don (GSR)	RSC Treasurer	Kevin *
IL Schaumburg	Ilene (GSR)	RSC Delegate	Theresa
IL Geneva	Barb (GSR)	RSC Alt Delegate Interim Secretary	Cathy
IL Woodstock	Sherry (GSR)	Visitor - WI	Mary *
IL Springfield	Marilyn (Alt)	MO Maryland Heights	Laura (GSR)
IL Chicago	Cei (GSR) late *	MO Chesterfield	Clinton (Alt)
IL Christopher	Cheryl (GSR)	MO Kansas City	Kaitlyn (visitor)
IL Villa Park	Christina (GSR)	KS Topeka	Gerri (GSR)
IL DeQuoin	Maria (GSR) late *	KS Emporia	Carla (GSR)
KS Shawnee	Judy (GSR) Sarah (guest)	KS Topeka	Ruth (GSR)
RSC Web-master	Rod	RSC Outreach Chair	Nela
RSC Chair	Ruth *	(*) no vote	

Approval of Minutes:

MOTION: Motion to accept the Minutes for November 16, 2019 as written

Motion to approve: RSC Delegate - Theresa

Seconded by: RSC Treasurer - Kevin

No discussion - Unanimously approved

Final tally: 17 yes – 0 no – 0 abstain

Refer to attendees listed above

Financial Report: Kevin, Interim-Treasurer



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See Treasurer Report sent via email & posted on MWR website

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

Donations: MO St Peters - MO Chesterfield

Starter Kits: None sent

Outreach: Nela, Outreach Committee Chair

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

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

<https://nar-anon.squarespace.com/outreach> (Location of pamphlet & PSA announcement)

December goal: Drop off at local NA group Trifold 'Nar-Anon Offer Hopes' - Free download

January goal: Contact local radio stations with Nar-Anon - Free download on WSO sight

Annual NA Convention in Kansas City Jan 3-5, 2020 'Freedom to Change'

New Perspective will be there on Saturday Jan 4 (2 hour time slots available contact Judy)

Outreach table Saturday

Annual NA Convention in Chicago Jan 3-5, 2020 'New Possibilities Arise'

Nar-Anon meetings held 10 & 2 Saturday

Outreach table Friday & Saturday

Website Report: Rod, Webmaster

New Meetings: None

Closed Meetings: None

GSR call section of web-site redesign is planned for 2020

GSR information shared placed in GSR section

Inform Rod for change or closure over holiday season

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 Cathy Alternate Delegate

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

CAR Conference Agenda Report has been sent out to Ruth - Theresa - Cathy

All the motions that will be presented at WSC 2020

Will discuss how GSR want to receive & discuss literature

CAT Conference Approval Tract

Service related literature - manuals - handbooks - outreach materials

Available later on in the next year

Old Business

1. RSC positions still need to be filled
 - a. Secretary
 - b. Vice-Chair
2. GSR Contact Update Project - Postponed till GSR January 2020 call
 - a. Update roster for GSR contact information

New Business

1. GSR Call Topics
 - a. Discuss with GSRs whether they would prefer knowing in advance



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- b. Currently we often do not get to the question of the month and related topic
 - c. Theresa: Last year went through Twelve Traditions last year
 - i. Ideas
 - 1. Can do Round 2
 - 2. GSR can choose what topic to learn about Nar-Anon program
 - 3. Jan-April go through CAR motions
 - 4. Twelve Steps
 - 5. Twelve Concepts of service
 - 6. Topics on what is happening within their groups
 - ii. GSR responses
 - 1. Tradition; Attraction not promotion maintain this tradition - getting people back to meeting
 - 2. Mentoring program
 - 3. CAR motions: Votes in by Mid-March
 - a. Past have had another call to discuss
 - b. Located on WSO website
 - 4. Discussion on 'Healthy Meetings'
 - 5. Basic standards of Nar-Anon
 - a. Website section on Started New Meeting
 - i. <https://www.nar-anon.org/starting-a-group>
 - ii. <http://www.naranonmidwest.org/how-to-start-a-new-meeting/>
 - 6. Contact Theresa with any more ideas
 - 7. Schedule topics ahead of call & place on agenda
2. MidWest Region Holiday Tips
 - a. Sent with monthly GSR email & on MWR sight
<http://www.naranonmidwest.org/member-stories/>
 - b. Can share with FHG
 - c. Serenity Connection has information on topic
 - d. Comments from GSR
 - i. Made copies & available to FHG members
 - ii. Use as subjects of FHG meeting
 - iii. Praying for someone uses the Three P's: Presence - Peace - Perseverance
 - iv. Keeping holidays as simple as possible

Open Mic last 15 minutes

How to reach out to people in need

Work directly with local rehab facility

Nar-Anon pamphlets

Held meeting at their facility

Dropped off material at hospitals - doctors - rehabs

Find us on-line

Reiterated by 2 GSR

Meeting closed by Chair, Ruth
Adjourned 10:00 CST



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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
9760 Grandview Dr
St Louis, MO 63132

www.naranonmidwest.org

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