



## MIDWEST REGION OF NAR-ANON



### JANUARY GSR 2019 Conference Call Minutes

**When:** Saturday, January 18, 2020– 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 #192**

**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 Leanne

Tradition 1 and Concept 1 read by Ruth

**Roll Call:** Interim Secretary, Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Schaumburg	Ilene (GSR)	MO Chesterfield	Debbie (GSR)
IL Vandalia	Leanne (GSR)	MO Maryland Heights	Laura (GSR)
IL WillowSpring	Don (GSR)	MO Platte Woods	Rosemary (GSR)
IL Woodstock	Sherry (GSR)	MO Kansas City	Kaitlyn (Guest)
IL Homewood	Joni (Alt GSR)	KS Shawnee	Judy
Alternate Delegate	Cathy	KS Emporia	Carla
Interim Secretary			
Chair	Ruth*	KS Topeka	Ruth
Webmaster	Rod	Treasurer	Kevin*
Delegate	Theresa	Outreach Chair	Nela* (late)
* No vote			

#### Approval of Minutes:

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

Correction: Spelling of guest from KS Shawnee to 'Sarah'

Motion to approve: Judy

Seconded by: Leanne

No discussion - Unanimously approved

Final tally: 14 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: IL Christopher - KS Topeka - MO Maryland Heights



## MIDWEST REGION OF NAR-ANON



Starter Kits: None

**Outreach:** Nela, Outreach Committee Chair

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

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

Challenge to to contact radio stations to play PSA

Contact via email - phone - in person

Can others include MWR sight as a resource for treatment/therapist sight

Yes- Up to them - We would not 'push' it

Willingness to be a speaker at treatment center

**Conventions:** OPEN, Convention Committee Chair

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

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

California - Western California Feb 22

Eastern Pennsylvania - Combination with East Coast - March 20

Luanne & Theresa will attend

NA Convention April 4 Emporia KS - Nar-Anon will have a table

Carla handling volunteers to man table

**Website Report:** Rod, Webmaster

New Meetings: None

Closed Meetings: None

Outreach goals on website

Step meeting KS Topeka on Monday evenings

Assembly information for hotel reservations

Will add Nar-Anon & NA conventions

**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/>

See below

**Old Business**

1. WSC and CAR meetings- Theresa
  - a. WSC - 55 motions
  - b. Theresa has reviewed & summarized motions
  - c. Many minor changes - pamphlets/brochures
  - d. Sunday afternoons - 30 minutes - Feb/March - 2:30
  - e. Weekly email will be sent with topic for each week
  - f. GSR &/or any members can attend - gather info & share with their group
2. Region Report- distribute in February for approval in Feb- Ruth
3. Region group contact persons update tone emailed in February

**New Business**



## MIDWEST REGION OF NAR-ANON



1. Website location for GSR topic info- if you have decided
  - a. Theresa - Cathy - Rod have meet
    - i. No final decision - will meet again
  - b. How is website used by members
    - i. Access minutes to share with group
    - ii. Any family members use website
      1. No one goes - would encourage if we had more information
      2. GSR is looked at to sharing information with group
      3. Need to encourage others to visit website
    - iii. Used to find ideas for meetings
    - iv. Newcomers have found group via website
      1. Did they only click on meeting section or read other information
    - v. Information searchable via search bar
    - vi. Information on the website is searchable on internet to bring to MWR sight
    - vii. Using calendar
2. Other new business
  - a. Mentor contact via
    - i. Correct emails - no response - spam

### Question of the month

Discussion our program is to be one of attractions vrs promotion

How did you come to a Nar-Anon group

Opportunity to connect with other GSRs for exchange of experience, strength and hope related to NFG and or recovery

Moved to February GSR call

### Open Mic last 15 minutes -

People who attend meetings that are in danger - seldom mention to call 911 if in danger

Notebook with numbers for resources kept at meeting

Hand them information after meeting & they decide how to use or not

Contact police is not always successful

National line 800-25-ABUSE- directed to communities have crisis center

Only time we give advice is when someone is in danger

Good topic for further discussion

Obtain a list of hotline numbers

Counselor can help develop a safety plan

Document/Template on website to share - Bring back to group - service opportunity for member

Leanne will send document to RSC

### Meeting closed with the Serenity Prayer lead by Theresa

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



## MIDWEST REGION OF NAR-ANON



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)

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

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