Hi Trusted Servants,

In light of the spread of the Covid 19 virus, some groups are unable or choosing not to meet to protect one another from this disease. This is your group’s decision. Below is some information on how to set up a unique free conference call line for your group. It is VERY easy.

If you want the call to be “Open” to newcomers and others, the region is willing to post that call information on the Midwest region website in lieu of an in-person meeting. Be aware a conference call is different but the same suggestions apply re anonymity. We protect the anonymity of our qualifier and what is said at the phone meeting is to stay at the meeting- these calls are not recorded.

If you want the phone meeting to be “Closed” simply obtain and share a conference call number with your group members.

It is very important to keep the Midwest Region website and the WSO website up to date with any meeting changes. Please notify Rod at [rodsee1947@gmail.com](mailto:rodsee1947@gmail.com) with changes to our website and submit the ‘Edit a Group’ form on the [Groups](https://www.nar-anon.org/groups) page of the WSO website.

If you are still meeting, the information on the website will stay the same. Attached is a current copy of the suggested Nar-anon meeting format.

Coronavirus information

* Many facilities where Nar-Anon groups meet have closed their doors in efforts to slow the spread of the Covid 19 virus in our communities.
* It is possible to use a free conference call for your group to meet over the phone. The website to set it up is: [freeconferencecall.com](http://freeconferencecall.com/)
* If you choose to post this number on the regional website you are opening the meeting to new comers or members of other groups.
* The Midwest Region of Nar-Anon will do its best to keep the meeting info on our website up to date. Rod’s email is [rodsee1947@gmail.com](mailto:rodsee1947@gmail.com)
* ***Should you need additional meeting information or want to speak to someone please use the “***[***Contact Us***](http://www.naranonmidwest.org/contact-us/)***” form on the website. ...***
* There are online Nar-anon meetings available <http://www.naranon.com/forum/>
* No one is immune to this virus, please be safe and take care.
* We will be discussing this at the Group Service Representative (GSR) call at 0900 on Saturday 3/21/2020 at free conference call 605-475-4700 access code 338671#
* We may schedule some regional Nar-Anon meeting calls if there is interest until meetings are able to gather again.

If you are no longer involved in your group or in a service position please let us know who to send this information to and/or forward this information to the group. We care about you and your group’s ongoing recovery.

Most sincerely in service,

Ruth M and the Regional Service Committee