



## MIDWEST REGION OF NAR-ANON



### FEBRUARY GSR 2019 Conference Call Minutes

**When:** Saturday, February 15, 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 #194**

**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 Nela

Tradition 2 and Concept 2 read by Ruth

**Roll Call:** Chair, Ruth

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
MO Kansas City	Kaitlyn - Guest	IL Springfield	Marilyn - Alt GSR
IL Schaumburg	Ilene - GSR Terri - Alt GSR	IL Vandalia	Leanne- GSR
IL DuQuoin	Maria - GSR	MO Platte Woods	Mary - Guest
KS Shawnee	Judy - GSR	IL Geneva	Barb - GSR Corrine - Guest
WI Appleton	Nancy - Guest	IL Villa Park	Christine - GSR
IL Woodstock	Sherry - GSR Peg - Alt GSR	Il Christpoher	Cheryl
KS Topeka Saturday	Gerri - GSR	KS Topeka Wednesday	Ruth - GSR
KS Emporia	Carla - GSR	IL Maryville	Kevin - GSR
MO Maryland Heights	Laura - GSR	IL Chicago	Cei - GSR
IN Munster	Dana - GSR	RSC	Kevin - Treasurer
RSC	Rod - Webmaster	RSC	Nela - Outreach
RSC	Ruth - Chair		

#### Approval of Minutes:

**MOTION:** Motion to accept the Minutes from January 18, 2020 as written

Motion to approve: Ilene

Seconded by: Kevin

No discussion - Unanimously approved

Final tally: 21 yes – 0 no – 0 abstain

*Refer to attendees listed above*

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



## MIDWEST REGION OF NAR-ANON



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

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

Donations: IL St Charles

Starter Kits: IL Woodstock

**Outreach:** Nela, Outreach Committee Chair

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

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

Anyone have success getting PSA onto radio stations

WI Mary: 3

Southern IL: 16

This month's challenge: Going to court in a good way

Drug courts - Victim advocates - Probation Office

**Conventions:** OPEN, Convention Committee Chair

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

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

Pennsylvania- March Nar-Anon conventions

**Website Report:** Rod, Webmaster

New Meetings: None

Closed Meetings: KS El Dorado- closed within 6 months

Website changes: Open Mic & Questions of the Month

Reduced number of headers

Members shares under 'About Naranon'

Members Services changed to Regional Records

GSR - Financial - Assemblies - RSC - WSC

New section: Sharing Recovery

New Meeting - Steps - Sponsorship - OutReach - Open Mic - Question of Month

Calendar/New Events

Related Contacts

Header has been removed to allow for better page visibility

Any opinions please contact Rod

**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/>

WSC\_ April 30 - May 3 Received travel arrangements

CAR: 30 minutes every Sunday afternoon via conf number to work through list

CAT: Literature moving forward posters & 2 pieces

Review after motions are completed

Voting tally to Theresa & Cathy- First of April

Contact WSC for sheet & then we will get it out

Located on MWR website

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



## MIDWEST REGION OF NAR-ANON



1. Wisconsin's desire to join MidWest Nar-Anon Region
  - a. WI has voted to join MWR
  - b. Nancy- WI Appleton attending call today
    - i. Thanked for allowing to join call
    - ii. Others will also join future calls
  - c. WI GSR will join GSR calls to see what MWR is about
2. Approval of Regional Report to send to WSO  
**MOTION:** Motion to approve the MidWest Regional Report 2020 as written  
Motion to approve: Judy  
Seconded by: Rosemary  
No discussion - Unanimously approved  
Final tally: 21 yes – 0 no – 0 abstain  
*Refer to attendees listed above*
3. Assembly update
  - a. [www.naranonmidwest.org/midwest-regions-annual-assembly/](http://www.naranonmidwest.org/midwest-regions-annual-assembly/)
  - b. Oct 17 & 18, 2020
  - c. Mount Vernon, IL
  - d. Theme: 'New Beginnings'
  - e. Suggestions for topics for sessions
  - f. 11th assembly- Starting a New Decade
  - g. Contact is Nela (see roster)
4. Crisis number template
  - a. Cathy will add National crisis lines for Suicide Prevention - Domestic Violence - Child Abuse & then send out
  - b. Local numbers can be added by FHG
  - c. Share/Refer to before or after meeting
  - d. Nar-Anon is not affiliated to information
  - e. Locating information online for local resources
    - i. Online type...resources for families in crisis in 'Fayetteville, IL'/substitute your county here.
    - ii. Web Page shows 10 resources: Health department - Sexual assault - Senior abuse
    - iii. Local numbers on a document in a folder at meeting
    - iv. Also access City or Chamber of Commerce website
5. Website layout update
  - a. Addresses above in Website report
6. Mentor contact project
  - a. Touch base with all FHG to be sure we have active information that will be sent out to GSR
  - b. Letter include in email with today's meeting information

### New Business

None

### Open Mic last 15 minutes

MWR website: Oct 2020 Assembly located Calendar/Events

Attraction versus Promotion: What is the difference?

What attracted us to Nar-Anon when we first came to a meeting



## MIDWEST REGION OF NAR-ANON



Relief among a group of people that understands what I am going through - Talk about something so private - Place I can find help  
Had never heard about Nar-Anon meeting was attending Al-Anon meetings - Researched & was suggested by a Al-Anon member found Nar-Anon was a better fit - Some members attend both recovery meetings - Difficult to anyone to take on responsibilities because of that  
Found out about Nar-Anon through daughter's counselor - Appreciate Outreach ideas of where else to reach to - Warmth & non-judgmental attitude - Safe place to share

Motions meetings

[World Service Conference Documents](#)

Meeting closed by Chair, Ruth  
Adjourned 10:00 CST

Respectfully submitted by Interim-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](http://www.naranonmidwest.org)

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