



## MIDWEST REGION OF NAR-ANON



### MARCH GSR 2020 Conference Call Minutes

**When:** Saturday, March 21, 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 #196**

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

**Call to Order:** Chair, Ruth 9:03 AM CST

Open with the Serenity Prayer led by Nela

Tradition 3 and Concept 3 read by Ruth

**Roll Call:** Interim Secretary, Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Schaumburg	Ilene (GSR)	IL Villa Park	Christina (GSR)
IL Christopher RSC OutReach Chair	Nela (Alt GSR)	IL Geneva	Barb (GSR) Corine (Guest)
IL Vandalia	Leanne (GSR)	IL Woodstock	Sherry (GSR)
IL Christopher	Kevin (GSR)	IL Homewood	Jonie (Alt GSR)
IN Indianapolis	Phyllis (GSR)	IN Munster	Dana (GSR)
KS Topeka	Gerri (GSR)	KS Shawnee	Judy (GSR)
KS Leawood	Carly (GSR)	MO Platte Woods	Rosemary (GSR)
MO Chesterfield	Debbie (GSR)	MO Maryland Heights	Laura (GSR)
WI	Susan H (GSR-Guest)	WI Madison	Peggy S (GSR-Guest)
WI Wis Rapids	Mary S (WI NFG ASR-Guest)	RSC Delegate	Theresa
RSC Treasurer	Kevin	RSC WebMaster	Rod
RSC Chair	Ruth	RSC Delegate-Interim Secretary	Cathy

#### Approval of Minutes:

**MOTION:** Motion to accept the Minutes from March 21, 2020 as written

Motion to approve: Theresa

Seconded by: Leanne

No discussion - Unanimously approved

Final tally: 19 yes - 0 no - 0 abstain

*Refer to attendees listed above*



## MIDWEST REGION OF NAR-ANON



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

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

[Financial Records](#) (Midwest website)

Donations: KS Emporia - IL Elmhurst - Anonymous

Starter Kits: Located on report sent - Can add before meeting if preferred

### **Outreach:** Nela, Outreach Committee Chair

[Outreach](#) (Midwest website)

[Outreach](#) (World Service website)

Outreach goals for next 3 months on website: May need to be tweaked a bit

PSA on WSO site Outreach

Black balloons March 6 - Christopher participated this year & last year

Black balloons - card distributed to businesses in town

Honoring anyone lost in addiction

### **Conventions:** OPEN, Convention Committee Chair

[Calendar](#) (Midwest website)

[Events — Nar-Anon Family Groups](#) (World Service website)

No Report

### **Website Report:** Rod, Webmaster

New Meetings: IN Covington - IN Indianapolis (Tuesday)

Closed Meetings: Van Buran (Sunday) - IL Palos Hills Narateen

Rod-Theresa-Cathy working on Open Mic page on Website -

Comments from the last 2-3 years

Currently password protected - Do not think that is necessary - No names used

Fine to remove password

Password: NMW13 (same password anywhere on website)

If meeting status changes - please inform Rod - will do best to keep website updated - check for accuracy

### **Narateen Report:** Kathy, Narateen Chair

[Narateen](#) (Midwest website)

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

### **Delegate Report:** Theresa, Delegate and Cathy, Alternate Delegate

[Nar-Anon Family Groups](#)

WSC postponed, might be canceled

Still need Motions & Literature returned

Work with your groups to complete Tally sheet

### **Conventions:** OPEN, Convention Committee Chair

[Calendar](#) (Midwest website)

[Events — Nar-Anon Family Groups](#) (World Service website)

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

1. Assembly update
  - a. Link on website: [Events/Assembly](#)
  - b. Would love suggestions from GSR for topics
  - c. Nela: notalone2017@yahoo.com
2. Crisis line template



## MIDWEST REGION OF NAR-ANON



- a. **Open Mic Topics** (Midwest website) Need password: NMW13
- b. Website link national hotlines
  - i. 800 799 7233 domestic violence
  - ii. 800 422 4453 child abuse
3. WSC update
  - a. **World Service Conference Documents** (Midwest website) Need password: NMW13
  - b. No more calls

### New Business

1. Coronavirus
2. What is your group doing
  - a. Free Conference Call - Email sent last week
    - i. Mixed results as so many
    - ii. Tues - Wed - Thurs
    - iii. Less than 5 minutes to set up account
    - iv. Can share & use within each group
    - v. Service does not allow users to see who is using service
  - b. Zoom: \$15 monthly fee
    - i. Able to see scheduled meetings with each user
  - c. Lifesize
  - d. Text group communication
  - e. Website 'Contact me' directs to Rod who will direct to appropriate group
  - f. Can open by sharing conference line on website or keep closed to current member
  - g. Anonymity concerns of others in household if video is used
  - h. **Nar-Anon Family Groups** (World Service website)
    - i. Be mindful of sharing in this situation - Use Traditions to guide us
    - j. Participants is calls - everyone was happy to hear each other voices - facilitator
  - k. Meeting formats sent with email for this call
3. IN Munster: Dana asking for information - Cathy will text Dana
4. Wish there was a call in 2 weeks & not have to wait for a month

Meeting closed by Chair Ruth

Adjourned 10:06 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)

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

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