**Q of the Month Trad 9, part 2 June 2019**

**“Our groups, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.”**

Last month we talked about whether how we served and organized our individual family groups were meeting our needs; whether minor changes should be considered, or major changes were needed. This month we will be discussing the state of our region in terms of service positions. The Midwest region is made up of Nar-Anon family groups in Kansas, Missouri, Indiana and Illinois. The Regional Service Committee (RSC) is made up of 6 positions: Chair, Vice-Chair, Secretary, Treasurer, Delegate and Alternate Delegate. The Outreach Chair, Convention Chair and Narateen Process Person are all Subcommittee Chairs who may concurrently serve as GSR.

Our region is currently without a Vice Chair (VC) and an Alternate Delegate (Alt Del). The VC is a one year term. That time is spent learning the Chair role, which the VC will assume at the end of the Assembly in October. If elected **today**, the VC term will be 4 months long. If the VC is not temporarily filled before the Assembly, the VC candidate will have to come from the RSC pool. That would, unfortunately, leave another position unfilled and needing replacement.

The Alternate Delegate is a training position for becoming the Regional Delegate. The primary job of the Delegate is to vote the region’s group conscious at the World Service Conference (WSC) every other April in California. 40-60 motions are brought before the delegates to be voted on. These motions include changes to Nar-Anons’ existing program (what we do), changes to the Nar-Anon process (how we do it), together referred to as the CAR (Conference Agenda Report) and approving or rejecting new literature, referred to as the CAT (Conference Approval Track). Additionally, elections at the World Service level are conducted for new members to the Board of Trustees. The secondary purpose of the Delegate is to be a liaison between the World and the Region’s GSRs- a resource to answer or research questions, and to be well versed in the steps, traditions and concepts of Nar-Anon.

Both the Alt and Del positions are 3 year terms. Currently the Alt Del position is vacant. If temporarily filled today, it would be a 2 year, 4 month term. If elected at the Assembly, it would be a 2 year term. As Del, Theresa will attend the WSC in Torrance, CA from Apr 30-May 4, 2020. Her delegate service will end in Oct 2021. **December of 2019 is the very last opportunity for the Alt Del to sign up to attend the** **WSC next spring and observe the voice and voting processes before becoming the Delegate.** It is well worth the experience to be introduced into the WSC before attending as the Delegate in April of 2022.

The whole idea of having service positions with term limits is that everyone can do their share without fear of being stuck in a position waiting to be rescued. We don’t do that in Nar-Anon. It is not the job of the RSC to “fix” this situation. The RSC works to serve the Nar-Anon Family Groups of the Midwest region. No one can make or force anyone to do something they do not want to do, but we can do things differently. Please give this document some attention and open-minded thought so we can have a productive discussion of ideas and potential solutions. Thank you.

**Q. How do you, the GSRs, want to address these vacant positions?**

**Q. Are you willing to do “your part?”**

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Service differs for each person.

**Is service……..**

 An extension of **gratitude**? P 142 SESH

 The **“giving back”** in Step 12? P 348 SESH

 The **“unity”** we speak of when we work together for the common good? P 259 SESH

 How we **“self-support”** by contributing our time and effort, not just a couple bills in the basket? P199 SESH

 Your part of **“changing what I can?”** p 156 SESH

 Your way of **“practicing the program in all my affairs?”** p 360 SESH

 How you **learn to get along** with other people? P36 SESH

 How you stay **focused on your personal growth** in recovery? P 359 SESH

 A way to **build self-confidence** in a supportive environment? P 305 SESH

 A way to **practice intimacy with your HP**? p 82 SESH

 A means and way to have a special **fellowship, a place to belong**? P 134 SESH

Service is not a perfect venture. We are never ready for all the things that come to us, good, bad or ugly. Haven’t we learned that by now? That we let go and let God. That we take things as they come, one day at a time. That we all work our recovery in our own time and in our own way. That we rely on a Power greater than ourselves to guide us. That we can only change ourselves. That when we make decisions that affect people outside our hula hoop, we discuss all viewpoints before making a group conscious driven decision. That we are all trying, in our way, to make ourselves and the world, better. What it comes down to is- we don’t need perfect, we don’t need ready, we need willing. In service,

Theresa, Region Delegate

“What I discovered is through Nar-Anon service work, **I can carry the message of** **recovery as I experience it.** I learn I can help others in a healthy and supportive way when I give freely. For me, giving back to the Nar-Anon fellowship is an expression of unconditional love and part of the healing process.” P 134 SESH