



MIDWEST REGION OF NAR-ANON



MAY GSR 2019 Conference Call Minutes

When: Saturday, May 16, 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 #199

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 Mary

Tradition 5 and Concept 5 read by Cathy

Roll Call: Interim Secretary, Cathy

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Woodstock	Sherry R (GSR)	IL Schaumburg	Ilene N (GSR)
IL Vandalia	Leanne B (GSR)	IL Chicago	Cie A (GSR) Nancy R (Alt GSR)
IL Villa Park	Christina G (GSR)	IL Springfield	Marilyn *
IL Maryville	KevinB (GSR)	IL Geneva	Barb (GSR)
IN Munster	Dana (GSR)	IN Indianapolis	Phyllis Y (GSR)
KS Emporia	Carla D (GSR)	KS Leawood	Carly (GSR)
KS Shawnee	Judy L (GSR)	MO Chesterfield	Debbie S (GSR)
MO Platte Woods	Rosemary A (GSR)	MO	Carla ?
MO Maryland Heights	Laura D (GSR)	WI ASR WI Wisconsin Rapids	Mary S (GSR)
WI Madison	Suzi H (GSR)	RSC Web Master MO Kansas City	Rod S (GSR)
RSC Delegate	Theresa	RSC Chair	Ruth M
RSC Treasurer	Kevin A	RSC Outreach Chair IL Christopher	Nela C (GSR)
RSC Alt Delegate RSC Interim Secretary	Cathy C		

Approval of Minutes:

MOTION: Motion to accept the Minutes from April 18, 2020 as amended

WI Area will have virtual business meeting on June 6

WI Area attend NA convention meeting

Mary would like a service sponsor

Motion to approve: Mary



MIDWEST REGION OF NAR-ANON



Seconded by: Carla
No discussion - Unanimously approved
Final tally: 21 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
[Financial Records](#) (Midwest website)
Donations: None
Starter Kits: None

Outreach: Nela, Outreach Committee Chair
[Outreach](#) (Midwest website)
[Outreach](#) (World Service website)
Ilene responded to the quote from April
May quote: 'Self care isn't selfish, it is self esteem.'
Email Nela for a gift

Website Report: Rod, Webmaster
New Meetings: None
Closed Meetings: None
Virtual meetings located in calendar-assembly event
Very important that Rod be informed when person to person meeting begins - Contact us page

Narateen Report: Kathy, Narateen Chair
[Narateen](#) (Midwest website)
<https://www.nar-anon.org/narateen> (World Service website)
No report

Delegate Report: Theresa, Delegate and Cathy, Alternate Delegate
[Nar-Anon Family Groups](#) (World Service website)
WSC has been postponed
Still need motions & literature emailed to Cathy (cathycarroll362@gmail.com)

Conventions: OPEN, Convention Committee Chair
[Events/Assembly](#) (Midwest website)
[Events — Nar-Anon Family Groups](#) (World Service website)

Old Business

1. World Service Conference vote
 - a. RSC will propose to WSO to hold WSC next year than wait for 4 years
 - b. [World Service Conference Documents](#)
2. Second GSR Monthly Meeting
 - a. Will host again first week of June - 2 weeks
 - b. Topic related conversation - Sharing opportunity
3. Assembly update
 - a. [Events/Assembly](#)



MIDWEST REGION OF NAR-ANON



- b. Still on hold - IL state regulations

New Business

1. Virtual meeting challenges led by Kevin
 - a. Donations
 - i. What ever one would donate at a meeting to place into envelope & then hand once in person meeting begins again
 - b. Anonymity:
 - i. Hold Zoom meeting, Individual appeared with no information for identification - Attempted to welcome, but received no response - Host removed this person since there was no response - Can place person in waiting room until person identifies themselves
 - c. Healthy meetings
 - i. International visitor - comments off topic - gave que & visitor understood
 - d. Zoom available when in person meetings resume - home bound member(s)
 - e. Zoom had issues with security months ago - security has improved
 - i. Free allows for 40 minutes
 - ii. Paid subscriptions in \$15 monthly
2. WSC update on CAL led by Nela
 - a. List to purchase attached to email for May meeting
 - b. Slogans
 - c. Step 4
 - d. Booklet: Men sharing Their Recovery
 - e. Booklet: Continuing After Loss
 - f. MWR website: Serenity Connection
 - g. Nela willing to order along with other groups
3. One Day at a Time led by Theresa
 - a. Move to June
4. Gathering again in person
 - a. Move to June

Open Mic last 15 minutes - Opportunity to connect with other GSRs for exchange of experience, strength and hope related to NFG and or recovery

1. Split into multiple groups if state has regulations
 - a. Some group automatically split when 16 or more attendees
2. Can consider other locations
3. Rent for one group
 - a. \$80 a month
 - b. This amount was voted on
 - c. Sometimes use 2 rooms
4. Look at State - Local - Location of meeting room - Social distance - Group conscious
 - a. Create outline on document - things to consider
 - b. Each group can review & decide how it effects them
5. WSO website
 - a. Information listed there
 - b. Website references
6. Might want to contact facility



MIDWEST REGION OF NAR-ANON



Meeting closed by Chair, Ruth
'Prayer for the Growth of Our Fellowship'
Adjourned 10:02 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

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