**Mission Statement**

The Midwest Region supports the Nar-Anon Vision Statement (Blue Book, page 2) to carry the message of hope to those affected by the addiction of someone near to them. The Region supports groups by providing a venue for communication with others within the region and to act on behalf of their common interests. The Region encourages growth of the fellowship through the distribution of information about Nar-Anon to the public and in support of all Nar-Anon Family Groups (NFGs\*) located within the region.

**Fact Sheet**

***Nar-Anon Regions are comprised of the Regional Service Committee (RSC)\* and the Assembly (the totality of all NFGs located within the geographic footprint).***  The RSC functions in accordance with the spiritual nature of Nar-Anon and is a structure of service and not governance. Nar-Anon’s Twelve Traditions and Twelve Concepts of Service bind the members and officers.

Together we are better! The RSC has started a mentoring/support process for new groups in our region. You will be contacted soon with more information about support and encouragement available to you and your group. We truly want your group to feel a part of the region and receive the benefits of those who have done what you are doing. In recovery we are truly never alone. The mentoring process is not intended to be another item on your “To Do” list. Our objective is to offer a Nar-anon person who comes alongside you and your group when it is new.

The Midwest Region of NFGs formed in 2009. Groups in IL, IN and MO held elections for RSC members and the first steps on a journey of unity were taken. Kansas, Northwest Arkansas and Wisconsin joined the region at a later date. Our Secretary sends out a list monthly of all Group Service Representatives (GSRs)\* and Alternative GSRs in the six-state region as well as all current RSC Members.

***The Midwest Region has chosen a Delegate and an Alternate Delegate to represent the Midwest Region at the World Service Conference (WSC)\* of Nar-Anon.*** The Delegate brings the voice of the individual family groups to this conference. The group conscience of our individual family groups is presented to the worldwide fellowship of Nar-Anon at the World Service Conference. At the WSC Nar-Anon business, conference approved literature and new literature are discussed and approved.

***Group Service Representative (GSR).*** Each individual NFG appoints a GSR to be the group’s voice in both the Midwest Region’s Assemblies as well as during GSR Conference Calls. Groups are encouraged to appoint/elect an Alternate GSR as well to help ensure a representative is available to support the group in addition to participate in regional activities directed toward GSRs.

***Monthly GSR teleconferences are held the 3rd Saturday of each month at 9:00 am Central via Zoom.*** An agenda is emailed to each GSR and Alternate GSR in advance of the teleconference. Call content includes not only regional business but also discussion on topics intended to foster healthy groups through sharing of experience, strength and hope. Active participation is encouraged during the teleconferences. Minutes of each teleconference are concurrently emailed and posted on the region’s website in a “Pending” file for review by the GSRs. Once approved by the GSRs, the minutes are published on the Regional website. At this point, GSRs are encouraged to share content from the approved minutes with their family group.

Family Groups have the opportunity to submit topics through their GSR to the Region’s Secretary for consideration for future call agendas. The Twelve Traditions and Twelve Concepts of Service are honored and practiced in all our meetings.

***Additional Communication Support.*** A website ([www.naranonmidwest.org](http://www.naranonmidwest.org)) has been established to provide ease of communication for Regional events and notices as well as acting as a central repository for many of our important documents, both current and historic. This website adds another level of communication between the individual groups above and beyond the standing monthly teleconferences. Our regional website is viewed and utilized by potential newcomers to our program. Experience has shown many people find our home groups through the internet and the Midwest Region’s website offers much information for those seeking help.

***The Midwest Regional budget pays the fee for the region’s website hosting contract.*** This contract allows for an unlimited number of websites to be attached to it. It is a fairly simple process to set up a basic website. If you are interested in developing one for your state, metropolitan area or group, please submit a request through the Midwest Region website. The Region’s Webmaster is willing to provide support for site set-up as well as further pertinent details. (If you would like to see an example of a metro area website, you can visit [www.naranonkc.org](http://www.naranonkc.org)) The cost associated with domain registration is the responsibility of the registering entity and not the region. This is quite modest and amounts to less than $20/year/domain.

***The World Service Office has a website***, <https://www.nar-anon.org/>, that also offers many resources. Some of these are detailed below. A link to each section has been provided.

* ***Outreach*** - <http://www.nar-anon.org/outreach> - It is extremely important for new groups to inform the public about their new meeting. This is accomplished through outreach, and this section of the WSO website has instructions and resources for implementing this task. There are many documents that can be downloaded and printed on white paper as well as Public Service Announcements and ideas.
* ***Service Literature*** - <https://www.nar-anon.org/service-literature> - This section contains many documents that can be downloaded and copied to help new groups conduct successful

meetings. The Guide to Local Services is an excellent guide for new groups to follow and it is suggested that each group keep a copy of this guide for reference when needed.

* ***Groups***- <https://www.nar-anon.org/groups> - This section is used to submit information about a new group or updating your meeting information. When a group changes their meeting location, day, or time, it is important to update your information by clicking on the ‘Edit a Group’ box. It is also important to notify the Midwest Region of these changes by contacting the webmaster – their email is shown on the ‘Contact Us’ page at: <http://www.naranonmidwest.org/contact-us/> You do not want newcomers to show up at the wrong location or time when seeking help.
* ***Newsletter*** - <https://www.nar-anon.org/serenity-connection> - The Serenity Connection is a quarterly newsletter that can be sent to anyone that has an email. Simply enter your email, click on ‘Subscribe’ and you will receive this valuable resource. These articles keep you informed about what is happening in Nar-Anon and many can be used as meeting topics.

***Committees have been established to carry out the goals of the Nar-Anon Vision Statement***

* ***Outreach*** – strives to increase the general public’s awareness of Nar-Anon and its’ message of hope
* ***Conventions*** – coordinates efforts to provide support for the planning and implementation of the Midwest Region Assembly. This committee is researching the potential for the Midwest Region to host an additional Nar-Anon convention at another time during the year. They are also a resource for a group or groups to host a Nar-Anon recovery event in their area.
* ***Narateen*** – Coordinates and assists with the Narateen program for groups within the Midwest region within the Narateen Safety guidelines.
* ***Website*** – Coordinates and develops the website and what appears on the website.

***Budget*.** Regional funds are expended for literature, outreach efforts, underwriting the annual Assembly, general expenses, Delegate and Alternate Delegate costs and any other item as approved by a majority vote of the GSRs at an Assembly. In the spirit of our Seventh Tradition, individual or Nar-Anon Family Group donations to the Midwest Region are always most greatly appreciated and represent a significant portion of the annual operating budget.

***The Midwest Region has a program to help new groups with the cost of starting a Nar-Anon group in their area.***  This is done through our New Group Literature Program. The Midwest Region will provide the following items from the World Service Office for groups that show an interest in participating in the region. In exchange for providing these items, the region asks that new groups participate in the Mentoring Program, and participate in a least one GSR Conference Call in their first 3 months.

* Outreach Folder
* SESH Books (4)
* Newcomer Packets (6)
* Small Blue Books (6)
* Small Outreach Packet
* Outreach Posters - Color (4)
* The Nar-Anon Twelve Step Program (Yellow Book)

Additionally, the Midwest Region upon request, will provide literature for distribution at public events and NA conventions held within the region if the local attending groups need help financially. These events offer excellent venues for outreach and our presence and support is an important way to reach the newcomer.

***The Regional budget also covers expenses for our Delegate and Alternate Delegate to attend the Nar-Anon World Service Conference (WSC) held every two years.***  This is intended to provide continuity of communication between the Midwest Region, the World Service Office (WSO), groups from across the US, as well as from foreign countries. Our Delegate is charged with carrying the votes of each Midwest Regional NFG to the WSC, effectively impacting future decisions and the direction taken by our fellowship.

***Annual Assembly***. The Midwest Region holds an annual Assembly, usually on the third Saturday of October. Primary goals of the Assembly are to conduct the business of the region, provide a forum for education and information exchange, offer sessions to support recovery and permit GSRs and Alternates to meet and network. These Assemblies are open to any member of Nar-Anon. The following are the dates and locations of past Assemblies..

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| --- | --- | --- | --- | --- |
| **Annual Assembly** | | | | |
| First - October 2010 | St Louis MO |  | Seventh - October 2016 | Chesterfield, MO |
| Second - October 2011 | Springfield, IL |  | Eighth - October 2017 | Olathe, KS |
| Third - October 2012 | St Louis, MO |  | Ninth - October 2018 | Chesterfield, MO |
| Fourth - October 2013 | Glenwood, IL |  | Tenth - October 2019 | Addison, IL |
| Fifth - October 2014 | Branson, MO |  | Eleventh - October 2020 | Virtual via Zoom |
| Sixth - October 2015 | Addison, IL |  | Twelfth – October 2021 | Virtual via Zoom |

Workshops are featured during the annual Assemblies and cover topics as determined by GSR input and vote. Prior Assembly topics have included but were not limited to:

* Responsibilities of the GSR
* How to foster sponsorship
* Keeping meetings healthy
* How to maximize outreach efforts
* How to keep members coming back

The annual Assembly business meeting is an open meeting to discuss opportunities and solutions within individual groups, to discuss and approve the regional annual operating budget and to elect officers (i.e., RSC Members).

***In Closing*.** Starting a Nar-Anon Family Group requires a significant time commitment and an inspired dedication to providing the Nar-Anon message to friends and family members affected by addiction. Together as the Midwest Region we hope to provide you and your NFG with the vast and varied experiences of the family groups across our region – several of which have been meeting for over ten years!! We look forward to you sharing your experiences with us. We can all learn from each other. As a united front, we can bring a stronger Nar-Anon message of hope to the states in which the Midwest Region operates.

\*Acronym Reference

Conference Approved Literature (CAL)

Nar-Anon Family Groups (NFGs)

Regional Service Committee (RSC)

Group Service Representatives (GSRs)

World Service Conference (WSC)

World Service Office (WSO)