



MIDWEST REGION OF NAR-ANON



February GSR 2022 Conference Call Minutes

When: Saturday, February 19, 2022 9:00 am CST

Where: Zoom

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

Call to Order: Chair, Kevin 9:02 am CST
Serenity Prayer led by Kevin
Tradition 2 and Concept 2: Rod

Roll Call: Secretary, Caitlin

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Schaumburg	Ilene	WI Madison Monday	Brooksy
IL Vandalia	Leanne , Outreach Chair	WI LaCrosse	Rose , Assist. Webmaster
IL Woodstock	Jane	WI Madison Tuesday	Suzi (Alt. GSR)
IL Chicago	Andrea	WI Madison Tuesday	Bonnie
IL Homewood	Joni	Virtual	Rod , Webmaster
IL Elmhurst	Polly		
IL Naperville	Kim	RSC	Kevin , Chair, Treasurer
MO Platte Woods	Rosemary	RSC	Caitlin , Secretary
MO Chesterfield	Debbie	RSC	Mary , Alt. Delegate
IN Munster	Dana	RSC	Peggy , WI ASR
IN Carmel	Lisa (Guest)	RSC	Cathy , Delegate
KS Topeka Saturday	Gerri	RSC	Judy , Vice Chair

Bold indicates RSC member

*indicates left call, did not vote on minutes

Zoom Etiquette:

- Mute self when not speaking
- Turn video off when moving around
- Name self "[First name], [City]"
- Use Raise Hand icon if you have something to say

Tradition 2 Discussion:

- Home Group
 - Raise a question ahead of time for consideration before discussion; Healthy Meetings pamphlet; have a potpourri of ideas/back-ups
- Family
 - Being calm increases effectiveness; say a prayer beforehand; leave door open at end of discussion; journal thoughts ahead of time; open-ended questions; use "I" statements



MIDWEST REGION OF NAR-ANON

- Service
 - Get other perspectives; gain wisdom; accountability; prioritize recovery; growth happens outside comfort zone

Open Mic:

- What to have Group Conscience for
 - decisions that will affect group (e.g. donations, meeting format)
 - action does not have to be taken right away
- Shipping literature to Canada
 - Cathy will consult WSO

Approval of Minutes:

See GSR Minutes sent via email & posted on MWR website

MOTION: Motion to accept the minutes from January 15, 2022 as written

Motion to approve: Leanne

Seconded by: Rosemary

No discussion; Motion approved

Final tally: 15 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

Donations: Elmhurst, IL; Anonymous

Expenses: Regional Zoom account; McPherson starter kit

Website Report: Rod, Webmaster & Rose, Assistant Webmaster

Contact Us emails have been set up, will set up on website

Continuing meeting verifications

Contact Rose if you have updates about your group meeting details

Outreach Report: Leanne, Outreach Committee Chair

See Outreach handout

Delegate Report: Cathy, Delegate & Mary, Alt. Delegate

[Nothing to report]

WI Area: Peggy

[No report]

OLD BUSINESS

[none]

NEW BUSINESS

New interim treasurer

To be officially voted in at assembly in October

Jim B, Madison WI

MOTION: Motion to approve Jim as MWR interim treasurer

Motion to approve: Kevin

No discussion; Motion approved



MIDWEST REGION OF NAR-ANON

Final tally: 15 yes – 0 no – 0 abstain
Refer to attendees listed above

2022 Assembly

In-person vs. Hybrid vs. Virtual

Take to home groups and have group conscience

GSR group conscience in March

Committee Chairperson: Judy

Committee members: Mary

Excess regional funds

Could be used for unregistered assembly attendees

Could be used to send RSC members to WSC

Adjournment: Prayer for the Growth of Our Fellowship, Ilene

Meeting closed by Chair, Kevin
Adjourned 10:20 am CST
Respectfully submitted by Secretary, Caitlin

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)