



## MIDWEST REGION OF NAR-ANON



### March GSR 2022 Conference Call Minutes

**When:** Saturday, March 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 3 and Concept 3: Ilene

**Roll Call:** Secretary, Caitlin

Meeting Location - RSC Position	GSR	Meeting Location - RSC Position	GSR
IL Schaumburg	Ilene	WI Madison Monday	Cindy
IL Maryville	Kevin B	WI LaCrosse	<b>Rose</b> , Assist. Webmaster
IL Naperville	Kim	WI Madison Tuesday	Suzi (Alt. GSR)
IL Chicago	Andrea	WI Madison Tuesday	Bonnie
IL Elmhurst	Polly		
IN Indianapolis	Susan	<b>RSC</b>	<b>Judy</b> , Vice Chair
MO Chesterfield	Debbie	<b>RSC</b>	<b>Kevin</b> , Chair
KS Emporia	Carla	<b>RSC</b>	<b>Caitlin</b> , Secretary
KS Topeka Saturday	Ksenija	<b>RSC</b>	<b>Mary</b> , Alt. Delegate
Virtual	<b>Rod</b> , Webmaster	<b>RSC</b>	<b>Jim</b> , Interim Treasurer
Virtual	Holley	<b>RSC</b>	<b>Cathy</b> , Delegate

**Bold** indicates RSC member

\*indicates left call, did not vote on minutes

#### Tradition 3 Discussion:

- Home Group
  - Note of welcome to newcomers; use "I" statements during share; refrain from discussing qualifier; offer hugs; stay in hula hoop; abide by "no outside affiliations" e.g., politics
- Family
  - Acknowledge vs. pretend doesn't exist; positive reinforcement/attaboys as mutual aid
- Service
  - Willingness to speak up; identification and encouragement of others' strengths; persistence; organizational skills

#### Open Mic:

- Non-Serenity-Prayer chants
  - e.g. "It works if you work it and you're worth it"
  - May be off-putting for newcomers who don't know what is going on
  - Generally viewed as enjoyable for existing members



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- Ideas to make it more inclusive:
  - “Repeat after me” style
  - Share on screen so newcomers can read along
- Can have group conscience if needed to determine what is best for group
- Sharing hard copies of Serenity Connection with NFG?
  - Some groups email link to members/tell them where to find it
  - Some groups read something out of newsletter during meeting
  - Few groups print off copies to hand out

### Approval of Minutes:

*See GSR Minutes sent via email & posted on MWR website*

**MOTION:** Motion to accept the minutes from February 19, 2022 as written

Motion to approve: Mary

Seconded by: Bonnie

Discussion

Clarify Mary as a committee member for assembly

Motion approved

Final tally: 14 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: WI Area (x2), Leawood KS

Expenses: none

### Website Report: Rod, Webmaster & Rose, Assistant Webmaster

Contact Us page

Enabled spam protection

All submissions will go to Rose who will triage to appropriate RSC member

### Outreach Report: Leanne, Outreach Committee Chair [absent]

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

2023 WSC

*See handout*

Going to be in-person

There may be additional discussion about this in the near future

Zoom link on WSO website?

Considering presenting a motion

### WI Area: Suzi

Contemplating in-person vs. hybrid options for meetings and events

### OLD BUSINESS

[none]

### NEW BUSINESS

2022 Assembly

In-person vs. Hybrid vs. Virtual



## MIDWEST REGION OF NAR-ANON



Most groups would prefer hybrid

Need host group for in-person portion

No volunteers

Assembly will be virtual if no group volunteers by April GSR meeting

Committee Chairperson: Judy

Committee members: Mary, Carla

### **Closing Comments:**

Open Mic topic for April

How to work Tradition and Step meetings into NFGs

**Adjournment:** Prayer for the Growth of Our Fellowship, Suzi

Meeting closed by Chair, Kevin

Adjourned 10:27 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)

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

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