



MIDWEST REGION OF NAR-ANON

14th Annual Assembly Minutes

Saturday, October 21, 2023- 9 AM Central
Chesterfield, MO

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

GSR Attendees:

(In person)

1. Cindy K.
2. Joni H.
3. Paula T.
4. Polly C.
5. Charlie

(Online)

6. Elizabeth F.
7. Geri M.
8. Ilene N.
9. Pam H.
10. Patti K,
11. Ashley
12. Suzi

RSC Attendees:

1. Chair: Kevin A.
2. Delegate: Cathy C.
3. Alternate Delegate: Mary S.
4. Wi RSC: Peggy S
5. Webmaster: Steve E.



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6. Treasurer: Jim S

7. Secretary: Brooksy B

Meeting called to order at 9:00am by Kevin A, Chair

Attendance of GSR's and RSC by Kevin-In Person & Brooksy-On Zoom.

Kevin addressed the Assembly stating that he was grateful for the opportunity to continue learning and growing while serving in various positions, most recently as Chair, at the Regional level in both his personal recovery and in service.

Kevin recognized Cathy & Mary for their service and knowledge, especially at the World Service level, and for their leadership during the time of Covid.

Brooksy, Interim Secretary, gave an introduction of her journey to NA Service.

Treasurer's Report-Jim: Presented the financial report.

Jim presented the 2024 NA Midwest Region Family Group Budget

1. Motion made to accept the 2024 Budget. Paula T. made motion to Accept.

Polly C. seconded the motion. Motion passed unanimously. 12-0.

2. Motion made to send half of the balance, \$2500 of Midwest funds, up to World Service Organization.

Motion made by Elizabeth. Seconded by Ashley.

11 in favor; 1 abstain; 0 against. Motion passed.

Jim/Treasurer will send \$2500 from Region to WSO.

Discussion regarding this topic:

A. WSO seems to be in a much better position financially this year than last year. Hanging on to regional money does no good. Release the money as World depends on those funds.



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B. Regional typically sends World in the range of \$1-3,000 each year. Some family home groups sent their contributions directly to World; other FHG's send money to Regional level.

Wisconsin Area Report-Peggy Peggy has written a report regarding the disbanding of the Wisconsin Area. There remains \$521.78 in the Treasury. Bob from LaCrosse was the only person interested in continuing as a volunteer/representative of the Wisconsin region. Bonnie will continue as the Treasurer. Thanks to Mary S. for developing a Wisconsin Area group. Thanks to all for the support of Midwest Region.

Website Report- Steve Steve has maintained standard updates on the website. There are no current concerns. Steve is happy to be giving back to the organization and working his steps. He would welcome the opportunity to train another person to assist with maintaining the website. NA Website address: www.naranonmidwest.org

Delegate/Alternate Delegate Report-Cathy & Mary S.

Cathy is on the Interim World Service Committee where she serves as a Vice Chair. They are trying to initiate a free World Conference.

Cathy brought up the subject of chips & medallions. They can be given for time in the program and frequently are re-given. Cathy's FHG in Southern California did this. Cathy has volunteered to serve as future Chair.

Mary S. has served two years as the Alternate Delegate. Mary S. focuses on keeping things alive for the newcomer. She has initiated tradition and concept discussions at our GSR meetings for the last two years. Mary S. is also the leading force behind the Literature Committee.

Kevin's Presentation: How we missed the mark and how we succeeded.

There are 80 Family Home Groups but there are only 12 GSR's represented at the Assembly today. We need to work on getting more GSR participation.

Financially, we are doing well and continue with growth and stability.



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GSR meetings should provide ideas that can be shared in our FHGs and in each of our lives.

Coming out of covid and returning to in-person meetings, some groups have continued to grow with hybrid and are continuing zoom meetings. Zoom meetings allow increased freedom of access and increased participation. No doubt, both in person, zoom and hybrid meetings will be continuing into the future.

--BREAK--

Incredible Gift Baskets continue to be an important and valued part of Assembly. We have 17 baskets. Only downside, is that people attending Assembly via zoom can't participate in baskets—too expensive to ship. The 50-50 raffle is available online.

Discussion regarding chips and newcomer medallions. Can be purchased at "Recovery World." In some groups, there is a position known as the "Chip Person." This can be a rotating position within the FHG.

Elections led by Kevin:

Motion 3 Motion to elect Brooksy Beilke-Skoug as secretary made by Joni; seconded by Cindy. Motion passed unanimously.

Motion 4 Motion to elect Cathy as Chair made by Polly; seconded by Elizabeth. Passed unanimously.

No one ran for Vice Chair. Vice Chair position is open.

Motion 5 Motion to elect Mary S. as Delegate made by Paula; seconded by Polly. Passed unanimously.

Motion 6 Motion to elect Marty K from Chesterfield (To Life) for Outreach Coordinator made by Cindy K; seconded by Polly. Passed unanimously.

Motion 7 Motion to elect Karen O. from St. Louis made by Paula; seconded by Cindy K. Passed unanimously.



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Concept 10 and Discussion of Concept 10 Led by Cathy. Should feel safe, open and welcome to redress the group with no reprisal. Conflict occurs-pray, meditate, journal. Healthy conversation/group inventory should occur at least once a year. Guard your serenity. Voicing your opinion and being open is different from "conflict."

Keep coming back. We all regress. We fall off the wagon, too. We all have our own problems. Fortunately, our programs talk to each other. We are two damaged people on our own paths, our addicted loved ones and I. We need to meet one another as equals with honesty and respect. Recovery is a never-ending process.

A reminder that ALL are welcome at GSR and RSC meetings.

Motion 8 Motion to accept the September minutes with corrections (under "Attendees" change Irene to Ilene and Schaumberg, WI to Schaumberg, Illinois) made by Polly; seconded by Joni. 11 in favor; 1 abstain; 0 against. Motion passed.

Motion 9 Motion made for a vote of confidence in the Delegate and Alternate Delegate and for them to attend the World Service Conference in April of 2024 made by Polly; seconded by Ilene. 10 in favor; 2 abstain; 0 against. Motion passed.

Pray for Fellowship read by Karen.

Meeting adjourned at 11:43.

Notes submitted by Brooksy Beilke-Skoug, RSC Secretary



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