



## Nar-Anon Family Group – Ontario Region Meeting minutes

**Location:** Zoom

**Date:** March 18,

**Attendees:** Sue, Carolyn, Lisa, Patty, Debra, Laura, Ron, Cindy, Louise, Catherine, Marg, Joe, Leena, Laurie, Jacquie, Karen

**Time:** 11:00

**Regrets:** Nokmisonz – Narateen; Sally – Courage To Change

### I. Opening message from the Chair.

Sue called to order the 2023 Spring Assembly of the Ontario Region on March 18, 2023, at 11:04.

Roll Call - Sue – Chair; Carolyn – Secretary; Lisa – Outreach; Debra – Phone Line; Laura – Serenity on Kerr; Ron – Thunder Bay South; Patty – Serenity Today; Cindy – Changing Ourselves in Hamilton; Louise – Virtual Serenity; Catherine – Owen Sound; Marg – Serenity Tuesday; Joe – No Longer Alone in Hamilton; Leena – New Beginnings; Laurie - Pioneer; Jacquie – No Longer Alone in Hamilton; Karen – Owen Sound.

### II. Prayer for the growth of our fellowship – Lisa C

### III. 12 Traditions – Patty 1-6; Marg 7-12

### IV. 12 Concepts – Louise 1-6; Leena 7-12

### V. Review and Acceptance of minutes from November 19, 2022 – Carolyn moved to Accept – 1<sup>st</sup> - Lisa; 2<sup>nd</sup> - Debbie; All in favour – Unanimous

### VI. Review and Acceptance of Region Financials – 1<sup>st</sup> - Marg; 2<sup>nd</sup> - Patty; All in favour – Unanimous

### VII. Area Reports – Area 2 has disbanded, and those groups remaining in Ontario have chosen to move to Region. No Area 1 Report. Discussion from some of the Area 1 GSRs re: dissolving Area 1, or if they could just move to Region as well. What are the advantages or disadvantages of doing either? Laurie from the

Ottawa group will chair an ad hoc committee to determine the pros and cons. She'll be reaching out to Area 1 GSRs shortly.

#### **VIII. Updates from the Region from last quarter**

i) Ad Hoc Committee GLS, Bylaws and Code of Conduct -

We meet monthly on Wednesday at 12:00 p.m. and go through the GLS line by line. If anyone is interested in joining the committee, please email [lisa.naranon@gmail.com](mailto:lisa.naranon@gmail.com). On completion of the project, the edited version will be sent to all GSRs for review before it is voted on at Assembly. The Code of Conduct draft was sent to all GSRs for review. Marg will meet with Carolyn shortly to review the suggested changes. The final draft will be sent to all GSRs for review before it is voted on at Assembly.

ii) Outreach/ORNCA updates - May 20<sup>th</sup>, 2023 at the Double Tree by Hilton in London Ontario. Steps to Serenity will be hosting the 'in-person' meeting. We are looking for items for the raffles, monetary funds, speakers (Nar-Anon and Narateen), and volunteers to help onsite. We are also looking for someone who can design the banners so they can be ordered. The committee is meeting every 2 weeks on Thursdays at 5:30 (on Zoom). If you are interested in helping out, please email [outreach@naranonontario.com](mailto:outreach@naranonontario.com). The next Ontario Speaks speaker meeting will be held on March 31<sup>st</sup> (virtual). Lisa will send out a copy of the flyer and the dates for future speaker meetings next week. Also, if any other virtual groups are interested in hosting an Ontario Speaks, please let Lisa know. She can arrange for the speakers.

iii) Payment made for the World Service Conference - Sue will temporarily step down as Chair so that she can attend the WSC as a temporary Delegate to cast the Regions Group Conscience.

iv) Narateen – Ontario has added a 3<sup>rd</sup> Narateen meeting on Wednesdays at 6:00 p.m. We are looking for additional facilitators to volunteer to facilitate one meeting a month (hopefully). Ontario Region will pay for the Vulnerable Person's check if there is a cost. Please reach out to [narateen@naranonontario.com](mailto:narateen@naranonontario.com) for additional information or for help completing the information.

v) Phone Line – All days are currently covered, averaging 3-4 calls per week.

vi) Info Line – Patty and Leena have agreed to take on the email Info Line.

#### **IX. Updates from the Region for this quarter:**

i) CAR Motion Region results – Thank you to all groups that participated. Ottawa didn't have an opportunity to submit their results, Sue will add them when received and a copy of the

results will be sent to all groups.

ii) Website – We have the budget to develop the new website this year. Please ask your groups to take a look at the current site and email any suggestions to [cjeveringham@hotmail.com](mailto:cjeveringham@hotmail.com). We have added a “Canadian Affiliates” tab to the website to include Regions/groups in Canada that aren’t part of the Ontario Region. For the virtual groups, we will be adding the Zoom meeting link to the website for those groups interested in having it added. Please send the meeting link to [cjeveringham@hotmail.com](mailto:cjeveringham@hotmail.com) if your group would like to be included.

iii) Literature printing updates – The files have started to arrive. Staples is busy reviewing the files that they hadn’t quoted to provide us with a price. The orders that are currently on hand that the files/pricing has been received, the order can be placed with Staples next week (upon receipt of payment from the group). We are looking for someone that would like to take on the literature service position. Please email [RegionChair@naranonontario.com](mailto:RegionChair@naranonontario.com) if you are interested.

#### **X. New Business – Discussions**

- i) Group [naranonontario.com](mailto:naranonontario.com) email addresses. We have an opportunity to create [naranonontario.com](mailto:naranonontario.com) email addresses for groups or committees that are interested in having them. Emails will forward to an email address of your choosing, but historical information will remain in the [naranonontario.com](mailto:naranonontario.com) email address when there is a change in service people. If your group is interested, please email [cjeveringham@hotmail.com](mailto:cjeveringham@hotmail.com)
- ii) eVoice – Laurie (Ottawa) has someone that can take a look at eVoice for us. Laurie will work with Deb (phone line) to develop a list of pros and cons of using the current phone system to aid in determining what eVoice functions would best service not just the Region, but those that are calling in.
- iii) The Serenity Newcomer meeting (Sundays at 7:00 p.m.) is looking for seasoned volunteers to chair their meetings (these meetings are all on Step 1 from the Nar-Anon 36). If you or anyone from your group is interested in helping out, please email [newcomer@naranonontario.com](mailto:newcomer@naranonontario.com) to be added to the rotation and to receive a copy of the format (virtual meeting).

#### **XI. Closing – Serenity Prayer (all) – Meeting adjourned at 12:48 p.m.**

##### **Future Meetings/Events**

**March 31<sup>st</sup> 2023** – 7:30 p.m. EST “Ontario Speaks” (virtual)

**May 20<sup>th</sup> 2023** – All Day Event - ORCNA – Doubletree – London

**September 16<sup>th</sup> 2023** – 11:00 a.m. EST - RSC – Prep for Assembly

**November 18<sup>th</sup> 2023** – 11:00 a.m. EST – Fall Assembly

Minutes submitted by: Carolyn E

Minutes approved by: Name