

## MINUTES OF GAM-ANON NATIONAL MEETING Saturday 05 March 2016

The Meeting was held at St Peter Paul's Church Hall, Milton St, Dundee, DD3 6QN

Minutes of previous Meeting (3<sup>rd</sup> October 2015, were read and approved.

Meeting was chaired by Frances from Glasgow Wednesday, who welcomed everyone, and asked Evelyn (GLW WED) to read page 5 from Meditations Book on "Detachment".

### **PRESENT:**

Glasgow Monday : Jacqui, Ray, Pat  
Perth Tuesday : Murray, Janis, Margaret Mary  
Glasgow Wednesday : Frances, Ellen, Evelyn, Melissa, George, Marion  
Glasgow Thursday : Angela, Jacqui  
Dundee Thursday : Louise, Laura, Jennifer, Louisa, Dianne, Helen, Laura, Anne F  
Kirkcaldy : Rosemary  
Edinburgh : Sheena, Carol, Margaret  
Glasgow Saturday : Millie

**Total attendance 27**

### **APOLOGIES**

All members from Aberdeen: Tricia (Glu Mon) Lynne (Edinburgh) Val (Dundee) Lesley (Glu Sat)

### **GROUP REPORTS**

**Glasgow Monday:** Although numbers were down early in year, numbers are now up to regular **12-15**, with good mixture of parents/partners

**Perth Tuesday:** Although small group with **4/5** regular attenders with mixture of parents/partners, new members are staying and group is quite strong. Meeting was asked to note that group have now moved to Scott Street, in Perth.

**Aberdeen:** Jacqui (Glu Monday) gave report from Dot, indicating that there are **3** regular members.

**Glasgow Wednesday:** Good Strong meeting with average **14** attendees. Good mix of partners/parents and children.

**Glasgow Thursday:** Regular **20** members Strong group with good mix of parents/partners/ and a lot who attend alone.

**Kirkcaldy Thursday:** Rosemary continues to attend alone. Due to health problems she is unable to attend other meetings, but makes good use of her telephone. **(1)**

## Group Reports (Contin'd)

**Edinburgh Thursday:** Average attendance is **12**, with partners/parents. A lot of input received during meetings who sometimes attend Open Steps Meeting (GA/GAM-ANON)

**Dundee Thursday:** Regular **10** members with a mix of partners/parents. Members have received telephone interest, however people not turning up on evening.

**Glasgow Friday:** Janis (Perth) was asked to report that group were strong with regular **6** attendees

**Glasgow Saturday:** Strong regular Group based on **12** members and 2 visitors with mix of partners/parents. Some newcomers staying.

## TOTAL AVERAGE MEMBERSHIP 92

### SECRETARY'S REPORT

Jacqui reported on the following:

- (a) I.S.O. will be sending Gam Anews directly to her, and she will e-mail a copy to each Group
- (b) George (Glu Wed G.A.) has spoken to her re opening Gam Anon Meeting in Dumbarton, and asked for support to do this. Although more details of this still to be given to Jacqui, she is unsure of how many people from Dumbarton area would attend.
- (c) Contact Phone List requires to be updated. Jacqui left form for people to complete if they wish to be contacted on GA/Gam-anon help-line.
- (d) New Gam-anon Way of Life Book is now print and Jacqui brought copy.
- (e) There is also a New 12 Step Workbook ready to be printed – Jacqui brought sample of same. Some discussion took place on how many should be printed and it was unanimously agreed that we should have 500 books printed at cost of £1,072, which would make cost of each book approx. £2.00.
- (f) Jacqui's two year min term of Office is now up, however she indicated that she is prepared to remain for her max three year period, and asked members to think about volunteering next March (March 2017) when she would have to stand down. Jacqui shared that being Secretary is not a really big job and she has found the position quite enjoyable and has allowed her a better insight into Gam Anon.

Meeting thanked Jacqui for taking position for a further year.

### TREASURER'S REPORT

£8,828 in Bank

£5,184 in Investment Account

Jacqui left out copies of Statement of Accounts for each Group

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### **P.R.O. REPORT**

Although Evelyn is no longer PRO representative she has been contacted by some schools/Women's Group and asked Meeting if it would be in order for her to ask Treasurer for travel expenses for the member volunteers who would be speaking at these groups. This was agreed.

Evelyn spoke on her time as PRO Co-ordinator. She assured the Meeting that speakers found experience rewarding, they "just told their story" and people were never asked to speak in area close to where they lived. Evelyn shared that job of PRO coordinator was not difficult, however what she found difficult was finding people to volunteer to speak/give their story.

Some more discussion took place on way forward for PRO and Carol from Dundee said that she was willing to contact Heads of each Secondary Education to begin process re Social Education Package and School Curriculum. However problem re speakers would still exist. Members asked to consider volunteering.

### **L.D.C. REPORT**

- (a) Millie reported that she has completed a stock-take of Books and has given Jacqui copy of same.
- (b) 500 New Gam Anon Way of Life Books have been delivered, New Book includes "four deadly enemies section. There was not a great deal of old GWOL copies, however Jacqui has issued an amendment which can be added to these.
- (c) Millie reported that there is a large stock of discontinued books (i.e. Hints and Reality) and asked if selection of these could be handed out to groups, with sticker saying "**NOT TO BE USED AT MEETING, BUT CAN BE HANDED OUT TO NEWCOMERS**" Agreed. Millie will also bring selection of these to next National Meeting.

### **ANY OTHER BUSINESS**

Frances brought up subject of buying printer to be used by Gam Anon Secretary, which would be situated within home of current National Secretary and would be handed on whenever changeover occurs. We already pay to have use of printer in G.A Office, however it would be much more convenient if Gam Anon had one of their own. This was agreed.

We discussed the subject of ISO letter received, regarding **Gam Anon Appreciation Month – ideas for fundraising**. Some discussion took place re impeaching anonymity. It was clarified that any such fundraising ideas would be conducted within group levels and should not include non Gam- Anon members. Further clarification was that this standard ISO letter was sent out from America to each Area of **which we are AREA UK19** and that fundraising is standard procedure in America.

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Further discussion took place re monies sent to ISO and Jacqui, National Treasurer (Glu Thurs) reported that she had send a donation *agreed by meeting* of £500 to ISO May 2015 and has not yet received a Statement of Account and asked Meeting about donation this year. Some discussion took place and it was **agreed** that as we now print our own books (permissioned templates have been downloaded) that donation of **£200 be sent** . Jacqui Secretary agreed to chase up Statement, feeling this may have been sent to England, as both have same AREA CODE 19.

### **2017 CONVENTION**

To be held in Salutation Hotel, Perth on 29/30 September/01 October 2017. Booking Forms to be sent out. There will also be opportunity to book on- line. Convention Organisers also shared that they would be visiting groups over next couple of months to talk about **Perth Convention 2017** and bring out Booking Forms.

### **TOPICS FOR DISCUSSION**

#### **(1) HOW LONG DOES IT TAKE TILL FEEL RECOVERY?**

A lot of discussion took place and ideas/suggestions were as follows:

- (a) Listening/attending meetings helped people to gain strength from others.
- (b) No great epiphany, gradual process: some members just knew they felt better and thoughts had changed. Members of their group and their family members generally saw changes for better first.
- (c) Others felt healing in the rooms, knew something within there would help, feeling the recovery and hope from very first meeting.
- (d) Healing began when we began "minding our own business" looking to our own self for happiness. Learn to detach, with love.

#### **(2) SHOULD WE DENY OR FEELINGS?**

During discussion it was agreed that getting feelings, especially **BAD** feelings out is good, but we should try to do so in controlled manner, which is better for us. Before Gam Anon we denied every feeling, specially **FEAR**. Gam Anon is a safe place to work through feelings. Sharing **GOOD** feelings gives others **HOPE**

### **DATE OF NEXT MEETING**

01 October 2016 in Edinburgh and Dundee will be chairing

**Meeting closed with Serenity Prayer**