

Southwest Iowa Narcotics Anonymous

Minutes for August 11, 2013

I. Opening:

The meeting was called to order @ 2:33 p.m. by Laura W. with a moment of silence followed by the Serenity Prayer.

II. Readings: Laura W. requested the following be read:

“The Twelve Traditions”, read by Mike R.

“The Twelve Concepts”, read by Mary R.

“The Service Motivation”, read by Mike VP.

III. Roll Call/Visitors:

Executive Committee:

Chairperson: Laura W.

Vice-Chairperson: Steph H.

Secretary: Glenda C.

Treasurer: Mike VP

RCM: Bill D.

RCM Alt.: OPEN

Sub-Committees:

Literature Chairperson: Mary R.

Activities Chairperson: Heather K.

PR Sub-Committees:

H&I: Gary H.

PI: OPEN

Phone Line Liaison: Brad H.

Web-Servant: Bill D.

Groups:

Let It Be: Absent

Straight Edge: Amy H.

Discovery Group: Absent

Just for Today: Alisa M.

Living Clean: Brandon S.

Harlan GSU: Bill D.

More Will Be Revealed: Absent

New Way: Mike VP.

Reaching Out: Absent

Stairway to Freedom: Sheila H.

Straight Friends: Absent w/report

New Freedom: Absent

Visions of Hope: Absent

Simple Serenity: Mike R.

Recharge Group: Absent w/report

There were 10 out of 17 voting groups at area. Acceptance, Courage & Wisdom: Mary R

Visitors: Barry B., Lori R., Nate M., Brian V. One Life to Live: Dan K.

IV. **Correction & Approval of Minutes:** Motion to approve minutes made and passed. Bill D. moved, 2nd by Brandon S. and passed unanimous

V. **Reports**

Executive Committee:

Chairperson: Greetings Area, Super stoked to be here today!! Lots of good discussion has already been discussed about some topics today and feel recovery in the air. I personally am very excited about SWINA coming up!!

ILS, Laura W.

Vice-Chairperson: Greetings Area, I am sincerely apologetic in my absence in the last couple of months due to schedule changes at work. But I did finally get the balls to set some boundaries with her and let her know that I really needed this fellowship in order to stay the loving and caring person that YOU guys have taught me to be. So now with her understanding, I will be able to withhold my position to the best of my ability. So I need you guys to know that it is all of you whom contributed to the change of whom I used to be and the person whom I am today. D(not forgetting) My higher power walking beside me as well. I guess what I'm trying to say is that money is important but not as important as the sanity that all of you have had a part in. Thank you all with much love and respect. And I've missed you all and need each and every one of you in my life.

ILS, Steph H.

.Secretary: Greetings Area, Not much here! I can't wait for SWINA. Matthew is excited. I did make it to Saturday Night Luau for the dance. Brought my daughter and she got to see what we do at these campouts that I go to. She will be joining me for SWINA. I have a financial request of \$5.99 for copies of the minutes.

ILS, Glenda C.

Treasurer: Beginning Balance \$251.34 Expenses:
1216 Glenda C (Copies ASC Minutes \$6.63 Guidelines \$11.76) \$ 5.99
1217 Griswold United Methodist (Donation for room use Aug 2013) \$ 15.00
1218 Bill D (RCM Team Expense Advance for Aug Region) \$250.00

Income:

Just For Today (Red Oak)	712952	\$20.00
Harlan GSU	712953	\$20.00
V O I D	712954	
Recharge	712955	\$10.00
New Way	712956	\$10.00
Seventh Tradition	712957	\$20.00

1194 Sari M (PI Cards, Print, Stamp)**** \$35.85 \$.80

Total Income \$ 80.80

Total Expenses \$270.99

Ending Balance \$ 61.15

This is a revised Treasurers Report. I found an eighty cent error in the check register and on the treasurers report for February 2013. Check 1194 I put in the wrong amount. It should have been \$35.05 a net gain of \$0.80 I had been searching for a while. :)

ILS, MVP

RCM: Greetings ASC from the RCM chair, IRSC will be in Cedar Rapids, IA next weekend Aug. 17-18, 2013. I'm hoping that this Area can elect a RCM Alt. to go along to help bring back information. Hopefully all the groups have taken the time to review the new IRSC Guidelines to Service. Region will be voting to implement them next weekend. I will need to take SWINA's group conscience back to Regional. Volunteers are still needed for the #800 phonenumber. Contact Brad H., Mark F., or myself to get set up answering calls, please remember to fill out call logs. Regional PR will be working on a PrePlanning Questionnaire next weekend. This questionnaire will help PR plan for the upcoming year as to what they need to be working on. They are wanting ideas for questions to be on this "What region needs to be doing better" "What region can do to help areas". If you have any ideas contact Kathy N. or myself. There will be a workshop at region on "How to be a NA geek" dealing with managing a website. The NAGS will be putting this workshop together. Regional Lit. is asking for input from areas, groups, and members on the new Traditions Workbook. There is a simple questionnaire on the NAWs website you can fill out to have your voice heard. I have a financial request of \$250 with a possibility needing more for extra night stay.

ILS, Bill D.

RCM Alternate: OPEN

Sub-Committees:

Literature Committee: Lit. committee is doing well. We sold \$101.12 in lit last month which gave us \$133.34 in the bank. I place a lit. order of \$138. Our lit. stockpile is at its max. We also gave a new group, One Life to Live, a \$27.80 lit. order. We have \$5 left in the bank. If you want a lit. order please get your order in by 8pm the Saturday before area. If not you have to wait til the next area.

ILS, Mary R.

Activities Chairperson: Greetings Area, I just wanted to clarify with Mary Rose that the food is all taken care of and it is. I have artwork to approve by someone other than me. I have

the workshops all lined up and scheduled here with me. The luau was a great success with \$391 being deposited in the bank which gives us a balance of \$391 and some odd cents. I would like to give a big thank you to the children of addicts I had a lot of help from the kids with lots of running and decorating and cleaning that made my life much easier. I would like to give a big thank you to Laura and Mary for taking over in my absence at the Dance. Everything is all ready for the basic dance this Saturday I hope to see you all there and support this great event. We have two speakers lined up as well as a dance and diner. I believe we have everything lined up for the SWINA Campout with the exception of a host for the Campfire meeting. I could still use some volunteers for SWINA. Also please remember that preorders for hoodies, hats, and zip ups are due today. Also I spoke with Brad he is going to give me a revised Flyer to send to Region for the SWINA campout. Mike R has volunteered to chair the campfire meeting on Saturday. Something was mentioned to me last year that newcomers may not be well connected to know some of the extra fellowship that goes along with SWINA. With that being said I would like to form an informal committee Friday night to go around and welcome newcomers and people from other areas and address concerns they may have and let them know that we are very happy to have them there.

In Loving Service, Heather K

PS. Something was mentioned to me last year that newcomers may not be well connected to know some of the extra fellowship that goes along with SWINA. With that being said I would like to form an informal committee Friday night to go around and welcome newcomers and people from other areas and address concerns they may have and let them know that we are very happy to have them there. Please let me know if you would be interested in helping me do this. Alisa M from Red Oak has volunteered I would like to see at least 4 but more is welcome.

PR Sub-Committees:

H&I: Greetings to all, Very happy to be here clean and sober,. Had a nice turn out at Jail—8 males. Had a little burp on females part. But its all good now. My fault for not following up on who was going on girls side. But I will check and follow up on that every month. Zion has been doing real well also, really could use some speakers. Looking forward to SWINA. Also need more non stapled white books for jail. NA cards?

ILS, Gary H.

PI: OPEN

Phone Line Liaison: Greetings SWINA Area from the Phone Line!

It's an exciting time for the Phone line as next Sunday the 800# and Iowa Website will celebrate 1 year live. During this time there have been some bumps along the road we have had to work out but the primary goal which is to get an addict to a meeting has been accomplished on so many

occasions and this is what this line was created for. At region in Hiawatha next weekend there will likely be a small celebration of this milestone so if you get a chance to attend please do.

With the 1 year mark approaching we will also be looking at nominations for Regional positions with the phone line. At Region next weekend nominations will be discussed for Coordinator, Co-Coordinator, Secretary, Scheduling Coordinator and Training Coordinator so if this area has any potential nominees for any of these positions lets discuss so that names can be taken to the meeting.

I feel the need to stress the importance of the phone line to our area and I ask that each member of this area help spread the word and get a push for volunteers to help with the line in any way possible. I am open to coming to meetings in the area to quickly talk about the line to alleviate any anxiety or questions people may have as I have heard several members say they aren't "qualified" to help someone on the line. I feel the misconception of this being help line versus a phone line may be why we don't have as much interest in taking the line. Reminder all the volunteer has to do is be able to provide meeting site, time and location information to the addict on the line. I am truly open to whatever this area suggests as far as a workshop or information session to help get more volunteers involved as the Region is in need of more people to help take the line, give rides to meetings and go with another addict on a 12 step call. If you could take ideas back to your group for input and we could discuss in next month's meeting.

One quick final note. As we all know not all of society is filled with ethical or grateful individuals. It has been brought to our attention that there has been an individual going throughout the US calling phone lines and attempting to SCAM members they speak to on the phone. Basically he gives a story of being clean for a great number of years and his wife or other family member just passing away. He proceeds to ask the volunteer to meet for a meal (which is against policy) at which time he attempts to get more money out of the volunteer and says he has no money to pay for his meal. There have been a few scenarios he has given but the main point is to remember our policies Never go on a 12 Step Call alone, Never give out money to people. Most of us are so grateful for the NA way and the life our recovery has given us and its easy to forget there are people out there that aren't quite as grateful for what life has provided them. As much as we want to help sometimes we must remember what our policies and guidelines state. We haven't received any calls as of yet in Iowa from anyone like this however its important to be mindful it could happen. I think that's it for now.

IGS, Brad H

Web-Servant: Greetings ASC from the Web Servant Chair, I'm looking forward to the workshop at Region to be able to better manage the SWINA website. I tried to update to ASC minutes, but am having trouble remembering how to add items. I will get the minutes updated after Regional Meeting Workshop. Barry B. did port SWINA's website to Regional Website on July 28th. I can't see any difference to the website, it still works the same as it did. Please let me know of any meeting changes and I will do my best to get them changed on the website next weekend.

ILS, Bill D.

Group Reports:

Discovery Group: Absent

Just for Today: Greetings Area, The Red Oak group is doing well. We are averaging about 10-12 addicts most weeks. We just gave a 9 month key tag on Friday. I would like to apologize for missing the last 2 months of Area. I had work issues. Oh yea and last week I celebrated 18 months clean and received my key tag at the Thursday night Clarinda meeting. Looking forward to the Basic Dance on Sat. and SWINA coming up Labor Day weekend. We have a \$20 Area donation.

ILS, Alisa M.

Living Clean: Verbal report by Brandon S.

Harlan GSU: Greetings from Harlan GSU!

We hope everyone is having a great summer! All is well here in Harlan. We had our First Annual Summer Event on August 4th. It was a great success with a good turnout. We had 21 riders participate and many non-riders as well. A great time was had by all. The group conscience was taken from the three groups and we voted to Approve IRSC Guidelines. We decided to make a donation to the newcomer fund again, as we have seen that put to good use in the past. The Harlan groups have decided to put in a bid for the Gratitude Dance this November, and are looking forward to hosting that. The jail meeting will be taken in on the 20th, Nate M. and Bill D. will be taking in the men's meeting, and Stacy J. and Jenn B. will take in the women's meeting. Attendance is good at all three meetings. We have a \$20.00 area donation and no lit order at this time. We look forward to seeing everyone at the SWINA campout and the Basic Dance!

ILS, Harlan GSU

A) Greetings Area from Harlan's Monday Night Never Alone Group. Meetings have been going well, with a lot of great recovery being shared. We have decided that we will be doing another donation to the newcomer fund at the SWINA campout. We've seen this put to good use over the past several years. The Harlan groups will also be putting a bid in for the Gratitude dance on November 30th. Looking forward to the Basic Dance and the SWINA campout.

ILS, Nate M.

B) Greetings from Thursday Night Nobody's Group. Meetings are going strong with 11-16 addicts attending meetings. We are looking forward to the 1st. Annual Summer Celebration on August 4th. Our group conscience is to Approve the IRSC guidelines. We have a \$20.00 Area donation and no lit order at this time. Harlan will be putting in a bid for the Gratitude dance.

ILS. Bill D.

C) Greeting from Saturday Serenity group. Meetings are building in attendance, with an average of 6-10 addicts in attendance. We have elected Bill Y. as our GSR for the group. We have no area donation or lit order at this time. Look forward to seeing everyone at the SWINA campout. ILS, Bill Y.

New Way: Greetings ASC from the "New Way Group" Narcotics Anonymous, Things are going well at "New Way". We had average attendance since last ASC of 8-20 addicts. We had a nine month, one sixty day and one 30 days clean time celebrated. We had total donations of \$42.88, lit sales of \$20.00, and total expenses \$57.20, We have no lit order, and an ASC donation of \$10.00 today. We are on Step 1 in the Step Working Guide. The coffee is hot, and a consistent message of hope in Narcotics Anonymous continues to be carried at New Way. Come join us. 6:45PM Sundays 11 S 1st St Rm 210 in Council Bluffs, IA.

ILS, Mike VP

Reaching Out: Absent no report

Stairway to Freedom: Hi!! The meetings are doing OK. It has been a little slow but I know it will pick up soon.

Love, Sheila H.

Straight Friends: Greetings Area, Sorry I couldn't make it today. I had a family reunion to attend. But Straight Friends is doing great. Attendance is between 10-20 people. We celebrated several birthdays this month and have lots coming up in Sept. Hope to see you all at SWINA. No area donation or lit. order at this time.

ILS, Cheryl I.

New Freedom: Absent no report

Visions of Hope: Absent no report

Simple Serenity: Meetings are going very well with locals showing up. Looking forward to the Basic Dance.

ILAS, Mike R.

Recharge Group: Greetings SWINA ASC from "The Recharge Group", Things are going well at Recharge. Attendance is steady 9-11 addicts. We had a Twenty Three year, a six month, and a thirty day tag given out last month. Total donations of \$22.49, total expenses of \$15.00. We have no lit order, and an ASC donation of \$10.00. It bears noting that we are a family friendly meeting, friends, family, including children, are always welcome. Come check us out sometime. Monday 7pm, 3025 Mabrey Ln., Carter Lake IA. There is a new meeting in Carter Lake-"One Life To Live" meets at 8:00pm on Thursdays at Lakeview Bible Church 1651 Avenue "Q" This is an open meeting of "NA".

LIR, The Recharge Group NA

Straight Edge: Greetings SWINA area from Straight Edge group. It's been an exciting and eventful month of recovery in Clarinda. Our attendance has been booming this month as we have averaged 12-15 addicts each week and had an overflowing meeting of 23 this past Thursday! With the large attendance we have also given out several key tags as we have welcomed 3

newcomers to our meeting and celebrated (2) 30 day clean time, (3) 60 days, a 1 year (Congrats Brad), an 18 month (Congrats Alisa), and a 10 year birthday. Meetings have been filled with love, wisdom and a lot of gratitude!!!!

In addition to the excitement with attendance and birthdays you can see we also have a new GSR that we are excited about. (Amy H (me) was voted in 2 weeks ago and is excited to serve in this role for our group)

We had a few attendees to the Luau and we would like to commend everyone for a great job with a great event enjoyed by all. We are looking forward to both the Basic Dance and of course SWINA coming up in the next few weeks!

We do have a small \$11.04 lit order but no area donation this month.

As always we welcome you to come visit us at the Hope Center on the east side of the square in Clarinda Thursday nights at 7 pm.

ILS, Amy H

Let It Be: Absent no report

Acceptance, Courage & Wisdom: Verbal Report

More will Be Revealed: Absent no report

One Life to Live: Greetings area from the one life to live meeting. I'm so excited to have been able to finally bring another meeting to my hometown of Carter Lake which needs them very badly. We have a nursery in our facility which works out great for addicts like myself who hate taking their small children to meetings for purposes of concentration on the message. We have had an average of 8.2 people in the first five weeks of our meeting, and I have not yet had to sit by myself for even one meeting! We have taken in \$69.25 in seventh tradition donations. No area donations yet as we are still working on purchasing everything to start up our meeting.

In loving service,
Dan K

VI. Financial Requests: Bill D. \$250 for Regional. Voted 6 Yes, 0 No, 4 Abstain. All other Area operating expenses were approved unanimously.

VII. Sharing Session: Turned over to Barry B. at 3:15 pm

1) Heather wants to see us form an informal committee to go around with newcomers to campouts and introduce them to old timers and inviting to campfires. Looking for names of volunteers. Also Steph H. wondering if more raffle items are needed? Heather states she has enough.

2) Barry B. got a call from Pott. County Jail wanting literature. Can be donated or they are willing to pay for it. Barry B. is going to get with Gary H. and Brad H. to do some service with Council Bluffs area to possible better serve them.

3) Mary R. was called about the Luau function that the park was left in a disastrous state. Parking campers or vehicles and not paying for the spot all week, kids going into the cow pasture, and the women's bathroom was nasty. Campground people were not happy at all. Brandon S. was also approached by the ranger at his place of work reporting the same issues. Bill S. states when he was activities chair the ranger always gave very good reports in the past on our group of people. There was a recommendation to make sure there is a thorough walk through after each camping event or function. And please pay for all days you have an object parked on your campsite.

Sharing session closed at 3:35 Break at 3:35

Resumed at 3:47 pm.

VIII. Unfinished Services:

A) Halloween Dance? There will not be a Halloween dance this year because of conflict of others around having theirs.

B) Noms for RCM Alt., PI, and Activities Chair—**RCM Alt**-Nate M. accepts w/willingness. Voted 9 yes, 1 abstain. **PI**-none at this time. Brad H. is interested in time. We need to help guide other members. Making sure we don't just put a warm body in the position but someone who has the willingness.

Activities Chair- Brian V. accepts w/willingness. Voted 9 yes, 1 abstain.

Activities Chair Alt.- Alisa M. accepts w/willingness. Voted 9 yes, 1 abstain.

C) Gratitude dance-Harlan bids with a flyer available. November 30. 8 yes, 2 ab.

D)

E)

IX. Current Services:

A) Questions for Region- help plan agenda for what region will do next fiscal year.

B) Voted on Regional Guidelines- Voted 8 yes, 0 no, 2 abstain.

C) Cash for Regional?- Already discussed in the financial requests sections of minutes.

D)

E)

X. Announcements & Flood Meeting: GET TO A MEETING!!

XI. September ASC to be held on the 8th in Griswold, IA.

7th Tradition today of \$20. Laura W. close meeting 4:30 pm Motion by Steph H. and 2nd by Dan K.