

Southwest Iowa Narcotics Anonymous

Minutes for January 13, 2013

I. Opening:

The meeting was called to order @ 2:35 p.m. by Mike R. with a moment of silence followed by the Serenity Prayer.

II. Readings: Mike R. requested the following be read:

“The Twelve Traditions”, read by Stacy J.

“The Twelve Concepts”, read by Jake W.

“The Service Motivation”, read by Sari M.

III. Roll Call/Visitors:

Executive Committee:

Chairperson: Mike R.

Vice-Chairperson: Laura W.

Secretary: Glenda C.

Treasurer: Mike VP.

RCM: Brandon S.

RCM Alt.: Absent

Sub-Committees:

Literature Chairperson: Mike D.

Activities Chairperson: Heather K.

PR Sub-Committees:

H&I: Paul S.

PI: Sari M.

Phone Line Liaison: Brad H.

Web-Servant: Mike R.

More Will Be Revealed: Absent

Groups:

Clean & Free: Absent

Straight Edge: Brad H.

Discovery Group: Absent

Just for Today: Kim P.

Living Clean: Brandon S.

Never Alone: Matt O.

Nobody’s Group: Bill D.

New Way: Mike VP.

Reaching Out: Absent

Saturday Serenity: Absent

Stairway to Freedom: Sheila H.

Straight Friends: Stephanie H

New Freedom: Absent

Visions of Hope: Mike D.

Simple Serenity: Jake W.

Recharge Group: Absent with report

Let It Be: Steve H.

Acceptance, Courage & Wisdom: absent

There were 10 out of 18 voting groups at area.

Visitors: Dave D. & Gary H.

IV. Correction & Approval of Minutes:

Motion to approve minutes made and passed. Brandon S. moved, 2nd by Brad H. and passed unanimous.

V. Reports

Executive Committee:

Chairperson:

Greetings Family,

New Years Dance was a blast and for those concerned my heart rate has returned to normal. As always, please be respectful of all and let's have a great area.

ILAS,

Mike R. .

Vice-Chairperson:

I want to make sure that all subcommittee and committee members of SWINA get much love from me due to all of the hard work they do!! Thank You! SWINA Rocks!! I had a wonderful time at the Xmas Bash and New Year's party (I think we did good for our first one) I personally have taken an extra step to help with the Guideline Adhoc Committee and hope I/we serve this well! Please if area would be patient, I hope to have new guidelines to approve by April, start of new seat terms!! Thanks for being here!!

ILS

Laura W

Secretary:

Hello everyone!! Just to let you know I got a new computer for Xmas and having difficulties getting email to work. For now if everyone would email your reports to Sari I would appreciate this. I will be going to her house to do minutes for now. We also need to check and make sure everyone is registered for World Services. I have a finance request of \$17.66 for copies of minutes and agenda for today.

ILS, Glenda C.

Treasurer:

Beginning Balance \$619.47

Expenses:

1186 Griswold United Methodist (Room Use ASC)	\$15.00
1187 Brandon S (RCM Copies to ASC)	\$16.59
1188 Glenda C (ASC Minutes \$17.66 PI \$3.85 Copies)	\$21.51
1189 Lit Comm (for H+I)	\$12.54
1190 Lit Comm (for PI)	\$3.04

Income:

Saturday Serenity 2916	\$50.00
Swina Activities Committee 2915	\$26.06
Recharge 2916	\$ 5.00
Let It Be (Money Order 50900568884) 2917	\$30.00
New Way 2918	\$ 5.00
Visions of Hope Group (Check 1493) 2919	\$25.00

Total Income	\$146.06
Total Expenses	\$68.68
Ending Balance	\$696.85

ILS,

Mike VP

RCM:

Greetings SWINA,

Not much to report on this month. I'm hoping that the GSR's have come back with their group's conscience on the matters we discussed last ASC: Regional Budgets, Iowa Regional Service Learning Day(s), LSU or GSU field test, and a GSR workshop for our area.

Keep in mind that the next round of CAR/CAT will take place at the beginning of next year. Our Regional Delegate team would like all the GSRs and ASC's to be aware that any proposal's you would like to submit **MUST** be CAR-Ready by August 1, 2013. If anyone has a rough-draft ready it may be submitted now and our RD team will make sure it's CAR ready by August 1.

Just another reminder, you are encouraged to submit your input, suggestions, experience, and thoughts to the **Traditions Book Project**. You can do this via <http://www.na.org/traditions> .

ILS, Brandon S.

RCM Alternate:

Bill D. -No report

Sub-Committees:

Literature Committee:

We had a lit order of \$349.81.

ILS,

Mike D

Activities Chairperson:

Greetings SWINA Area:

I apologize for my absence last month. The New Years Dance went over very well. Thank you so much to the Red Oak group for hosting!! The food was wonderful. Thank you Mike for your DJ service as well I think we all had fun Dancing the New Year in. I would like to give a BIG thank you to Bill and Laura for sharing their stories what an inspiration both stories were. I am bringing a check for \$26.06 to give back to Region leftover from the H&I learning day as well as a check to area for \$102.11 for what is leftover after the two functions. I am very grateful to this AREA for allowing me to serve in this position as it is really helping me to grow in my recovery, and I am looking forward to the rest of the year and what it brings. I have emailed a copy of my report to Glenda for the minutes.

In Loving Service
Heather K

PR Sub-Committees:

H&I: verbal but no written

Paul S.

PI:

Greetings Area from the PI Chair,

We have been busy this month. I have been contacting Radio stations across Iowa for our big push with the 800 awareness team. We are making progress. I have been meeting on Skype and we are moving forward with our goals. I have a copy of the post cards and business letters that have not been approved yet but would like any input you have. Paul S and I have met with the Shelby County Jail and meetings are a go. I am sure Paul will report on that, thank you Paul for your hard work. Brad H is working hard in his new position as liaison and I also want to thank him as well. I have updated the Harlan Newspaper and Atlantic Newspaper with the 800# and

the Council Bluffs Non Pareil is printing our meeting list as well as the 800#. I have sent an email to ENNA for updates on their meeting lists and I am sending out changes to him. I have also contacted Region in regards to our current meeting list that has not yet been posted to the Regional website. I am hoping that is corrected soon. I have reported all our PR efforts through the web portal to Region. Please let me know if anyone hears our PSA's on the local radio stations!!! I have been thinking more on ordering business cards and postcards. In reviewing all the information previously gathered we are not going to need as many postcards as previously thought. I would like to scale back the amount of postcards we will order. I believe the amount of 500 business cards will be appropriate, but I want GSR's to think about this first before we order. I am still waiting on the template anyway. Each group will be responsible for gathering volunteers in their areas to dispense cards to pharmacies. So, before we order is this something we think we can do? It would be too much for just one person similar to the pull tab flyers. I would like input on this. Lastly, I have printed the PR surveys. Each group can complete all, part or none as their group's desire. This will be used for this PI committee for areas to work on. The PR survey for Region will be updated later this year. On a personal note I enjoyed myself at the Christmas Bash and New Years Dance. Thank you to Villisca and Red Oak for all your service. I am hopeful that we will have a bid for the Chili cook off in March.

ILS, Sari M

Phone Line Liaison:

Greetings SWINA!!!

Not a lot of new information on the phone line however there are a few things that we are continuing to try and fix up and are obviously doing what we can to make the system better. We have had two Skype meetings so far and currently have them scheduled monthly for the first Monday of each month at 8:00 pm. An action plan for the phone line has been prepared to help provide open communication amongst team members, continued training in areas for phone service, finalizing the guidelines, and just general improvement of the entire process. A couple of items that have been brought up regarding the line in the recent months and we continue to focus on are as follows.

- 1) Please add [319-202-7722](tel:319-202-7722)(freedom & Serenity's #) & [641-512-5007](tel:641-512-5007) (NCIANA's#) to your contact info for the 800#, these area's have ported their numbers into the system.
- 2) Please do not call the system back, if you are uncertain please contact Mark, Barry B., Kathy N. Thank you!
- 3) We are missing quite a few call logs, please fill these out as soon as possible! These logs are for a)record keeping; b) your protection; c) To ensure the system is working. Even if you miss a call please fill out a call log.

There was some confusion with scheduling this past month. As a reminder Tammi H. is the Iowa Phone Services Team Scheduling Coordinator, please send changes in schedules to: tammihess@yahoo.com and phone@iowa-na.org thank you!!

Finally it has been brought up that some members were requesting others numbers via the phone line just as another reminder: **Please do not give out other members numbers. Ask the caller for their name and phone number and you contact that requested person if possible and pass on the information. Let's please try to remember to protect each other.**

I have sent this information out to our current area volunteers however am not 100 % sure if they are receiving the information as I have requested a confirmation email back however have only received such email from 1 volunteer. I would ask that any volunteers that are here please look at your emails and confirm your receipt of these emails and all GSR's to please pass this request on to volunteers in your area meetings. In closing I want to thank everyone who is volunteering their time to help with the phone line your service is of great importance and much appreciated. We are always looking for new and more volunteers to assist with both phone calls and rides to meetings so please continue to encourage this in your home meetings for anyone who might like to get involved in service this is a great opportunity. If anyone has any questions or concerns regarding the line please feel free to get ahold of me and I will assist any way I can or at least do what I can to point them in the right direction.

In Loving Service

Brad H

Web-Servant:

Still looking into possibility of combining website with region. More will be revealed.

ILAS,

Mike R.

Group Reports:

Clean & Free:

Absent, no report

Discovery Group:

Absent, no report

Just for Today:

Absent No report

Living Clean: verbal but no written

ILS,

Brandon S.

Never Alone:

Verbal report

FNA

Matt O.

Nobody's Group:

Greetings, ASC from Harlan's Nobody's Group.

Meetings are going strong in Harlan, with an average of 10-12 addicts attending weekly.

We celebrated an 18 month, 1 year, and 4 year, clean time birthdays this month and had 1 new comer join our meetings.

We have a \$15.99 lit order and no Area donation this month.

I had a great time at the New Year's Eve Dance in Red Oak. Thank you Red Oak for hosting the dance this year, your new facility was very accommodating. Thank you Laura W. for your message of recovery.

This was the first time I shared my story at a NA function, needless to say I was a little bit nervous, but it was very rewarding to have addicts ask me questions afterwards about how I and my family got thru some of the trying times in my life without using. To me that is how we grow in our recovery, seeing that other addicts have been able to stay clean in times that have been difficult Living Life on Life's Terms.

Our group has voted on creating a GSU in Harlan this month. More will be revealed. We have also voted to implement a new reading dealing with Court Attendance Cards, we will be signing them. We feel it is important for the still suffering addict to get to meeting no matter how they get there.

Progress has been made on getting a H&I meeting into the Shelby County Jail. Thank you Sari M and Paul S for all of your hard work in getting things set up with the jail. We will be taking an H&I meeting in once a month for both male and female inmates as needed.

In Loving Service

Bill D

New Way:

Greetings ASC from the "New Way Group" Narcotics Anonymous, Hello everyone I am

Mike and I am an addict. Things are going well at New Way. We had attendance this last month of 4-8 addicts. We had one addict celebrate thirty days clean this month. We have no lit order and a five dollar donaton to the ASC. Seventh Tradition is being met, The topic is on step seven, the coffee is hot, and a consistent message of hope in Narcotics Anonymous continues to be carried.

ILS, Mike VP

Reaching Out:

Absent, no report

Saturday Serenity:

Hello Area from Saturday Serenity in Harlan, IA. Meetings are going good with a small attendance of about 14-15 addicts last month. As always there is a strong message of recovery. On another note, I want to extend my apologies to everyone here. Lately curve balls and due to these circumstances I have missed meetings and area. PLEASE, bare with me but I am trying to uphold my positions. If I continue to have problems I will consider other options. Thank you again for understanding. This month we have no lit order but we do have an area donation of \$50.00. I was able to attend the Christmas Bash with my family and friends. I enjoyed myself very much so. Thank you to everyone for helping put these functions on!!

ILS,

Stacy J.

Stairway to Freedom:

Hi, the meetings are doing ok. We have some more newcomers at each meeting.

Loving, Sheila H

Straight Friends:

Greetings Area, Straight Friends is doing great as always. Celebrated several B-days including Straight Friends 11th year of being open to addicts, and going strong and continues to grow.... Each and every meeting. Xmas bash was a success along with New Years in Red Oak. Thanks everybody who participated. Lit order of \$11.04 and no area donation at this time

ILS,

Steph H.

New Freedom:

Absent, no report

Visions of Hope:

Doing well and had a \$30 area donation.

ILS, Mike D.

Simple Serenity:

Hello Area, The meetings have been doing ok with the normal around 7-8 people. However with the cold weather and our normal support being from Kevington Lanes, they will be unable to attend as many meetings for their transportation is being grounded. So if possible get the word out that outside support would be very greatly appreciated. Also one of our members from Kevington passed away last week. So we will be purchasing an Eternity Medallion! Thanks!!! As a side note last month was our 2 years of Simple Serenity being open.

ILS,

Jake W.

Recharge Group:

Hello SWINA ASC from "The Recharge Group". We are currently in the process of trying to fill trusted servants positions. However the rent is paid, coffee is hot, and the message is being carried. We had attendance of 3-5 addicts last month we have a \$10.63 lit order, and an ASC donation of \$5.00. It bears noting that we are a family friendly meeting, friends, family, including children, are always welcome. Come check us out sometime.

In Loving Service,
Recharge Group

Straight Edge:

Greetings from Straight Edge! Things are still going well in Clarinda on Thursday nights. Attendance has been a little lower than previous months but we attribute that to the season and cold weather. We still have had around 8 addicts each night and have welcomed a couple newcomers this past month. In addition to the 2 newcomers we have also celebrated several notable amounts of clean time this month, with a 6 year birthday, as well as given out a 9 month, 6 month, 2 60 day and a 30 day key tag. Regretfully we have no donation or lit order this month. On another note it was great to see such a great turnout at the NYE dinner and dance in Red Oak and I hope a good time was had by all. I love attending these events where we can all see and hear how this wonderful program is working in so many people's lives!

In Loving Service, Brad H

Let It Be:

Greetings Are from Let It Be group, Meetings are going well averaging 12-18. We have a literature order of \$48.96 and an Area donation of \$30.00. On a personal note, I had a great time at the New Year's dance.

ILS, Steve H

Acceptance, Courage & Wisdom: Absent no report

More will Be Revealed: Absent no report

VI. Financial Requests:

No financial requests other than approved area operating expenses.

VII. Sharing Session: Mike R turned it over to Laura W , Open at 3:18pm

Brandon S.- On The Right Track meeting was asked to move from family Services facility because of results of plugged drains in sinks flooding portion of the facility. No NA meetings allowed.

Sari M.- Need to make announcements at meetings in the format of responsibilities of addicts and respect of meeting facilities. We need to show some guidance, some new members don't always show up knowing what that means.

Heather K.- stated at functions parents need to keep track of children and adults need to be more responsible. We will be announcing at functions going forward.

Steve H.- They were not allowed full run of the building but we needed to do walk through when done with meetings. We need to do due diligence with all meetings and functions

Mike VP.- Stated he believes this was retribution to Family Services or the meeting itself.

Sari M.- When SWINA was at Camp Aldersgate the alter stones busted/burned. Replaced and damages fixed. Do we need to offer financial restitution?

Steve H.- Unsure if there was any offer to pay for damages or official apology made.

Suggestion was to have our chairperson (Mike R.) contact ENNA and see if any apology has been done to the facility or if we need to assist with offering to pay for damages.

Brad H.- there should always be a double check of facility before leaving and make sure we are giving NA a good name.

CLOSED SHARING SESSION AT 3:30PM AND TOOK SHORT BREAK...

Area resumed at 3:42 pm.

VIII. Unfinished Services:

- A. IP suggestions for 4th District—Four suggestions were brought and those were
1) BEHIND THE WALLS (Sari has asked if Brandon S. would take back to region about not having staples beings it's not allowed inside)
2) SELF ACCEPTANCE 3) JUST FOR TODAY 4) BASIC READING
IPS. Took a group conscience and was a yes!!
- B. Chili cook-off/regional learning day—Straight Friends from Villisca holding it on March 16th. We will not place a bid for Regional learning day but hold our own learning day. There is no guarantee we would get the bid anyway and that would make it too late to get flyers out. Workshop will be on Acceptable, Responsible & Productive member of Society. Then will be the cook off and follow it up with a dance. Motioned by Heather K. and 2nd by Paul S. with 6 yes and 4 abstain.
- C. IRSC Budget- motion to approve by Brandon S. and 2nd by Matt O. with 8 yes and 2 abstain.
- D. Adhoc change-- It was brought up that this is a major undertaking and we need a more experienced area member to step up to the plate. Laura W. will be chair with Jake W. assisting.
- E. 1) Rubber Stamp-order two? This would be more financially beneficial with free shipping. Motioned by Paul S. and 2nd by Matt O. with 8 yes and 1 abstain. 2) Business cards- Getting them out to pharmacies would be groups responsibility. Each group would need to form a work group to get them out in their area. Do we want to continue with this purchase? Area voted to order cards. We will order 500 as pre-approved. 3) Postcards- only need 100 and not 500. Group conscience YES.

IX. Current Services:

- A. Nominations for lit. chair- Gary H. has the willingness!?! Mike R still has the willingness to carry this position and believes he can do so through the end of his term. It was brought up that other members from CB could assist if Mike couldn't make it. It was then discussed that this would me the exchange of money and literature, if that got messed up it would fall on Mike. Tabled until next month. Take back to groups. Sponsors get sponsees involved!!

X. Announcements & Flood Meeting:

Flood meeting: Challenge issued for all addicts to attend one meeting outside there local meetings to support other meetings in the message of recovery.

XI. February ASC to be held on the 10th in Griswold, IA.

Mike R. closed meeting at 4:27pm. (We need to remember that we need to have a motion to close area and a second at the end of each area.)