

Southwest Iowa Narcotics Anonymous

Minutes for October 13th, 2013

I. Opening:

The meeting was called to order @ 2:43 p.m. by Laura W. with a moment of silence followed by the Serenity Prayer.

II. Readings: requested the following be read:

“The Twelve Traditions”, read by Stacy J.

“The Twelve Concepts”, read by Mary R.

“The Service Motivation”, read by Brad H.

III. Roll Call/Visitors:

Executive Committee:

Chairperson: Laura W.

Vice-Chairperson: Steph H.

Secretary: Glenda C.

Treasurer: Mike VP

RCM: Bill D.

RCM Alt.: Nate M.

Sub-Committees:

Literature Chairperson: Mary R.

Activities Chairperson: Heather K./Alisa M.

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: Heather K.

Discovery Group: Absent

Just for Today: Alisa M.

Living Clean: Absent

Harlan GSU: Stacy J.

More Will Be Revealed: Absent

New Way: Mike VP.

Reaching Out: Absent

Stairway to Freedom: Absent

Straight Friends: Gary H.

New Freedom: Absent

Visions of Hope: Absent

Simple Serenity: Absent

Recharge Group: Absent w/report

There were 5 out of 17 voting groups at area. Acceptance, Courage & Wisdom: Absent

Visitors: Eli N., Sari M.

One Life to Live: Absent

IV. **Correction & Approval of Minutes:** Motion to approve minutes made and passed. Alias M. moved, 2nd by Brad H. and passed unanimous

V. **Reports**

Executive Committee:

Chairperson: Greetings Area, Good to be here today, lots of exciting events coming up that I'm super psyched about. Villisca is excited about hosting the Xmas bash again this year but we are now and will still be accepting toy donations until the party for gifts. So anyone that has any donations are welcome to bring them and I will be happy to collect and wrap them, or if you can bring them the night of the bash, we will be happy to accept them too!! Good to see everyone!! ILS, Laura W.

Vice-Chairperson: Greetings Area, Hoping all is well with each and every one of you,. Been pretty busy this last month with this and that and of course my husband. I would like to congratulate our chair on her 12 years!! (Oct 9) Without this lady I would not be sitting here beside her. Have many more birthdays coming up this month also. Join us at Straight Friends for cake to celebrate lots of birthdays on Monday Oct 28 for many years of cleanliness. ILS, Steph H.

Secretary: Greetings Area, Grateful to be here today!! Not much to report other than I'm glad I'm doing service work to keep that part of my recovery alive! I have two years coming on tomorrow. The potluck was awesome. I do have a financial request of \$5.14 for copies of the minutes. Thanks for letting me serve!! ILS, Glenda C.

Treasurer: Beginning Balance \$ 202.66

Expenses:

1222 USPS (Annual Fee For P O Box 1134)	\$ 54.00
1223 Griswold United Methodist (Donated for room use Oct 2013)	\$ 15.00
1224 Glenda C (Copies ASC Minutes)	\$ 5.14
1225 SWINA Lit (to add soft cover books to stock)	\$ 52.84
1226 SWINA Lit Com (H&I for literature Expense)	\$ 32.34

Income:

Recharge	712965	\$ 5.00
New Way	712966	\$ 10.00
RCM Team (Reimbursement for unused Advance Aug Reg)	712967	\$ 52.69
SWINA Activities closing Bal end of term -Start Up	712968	\$418.33
Seventh Tradition	712969	\$ 12.00
Total Income		\$ 498.02
Total Expenses		\$ 159.32
Ending Balance		\$ 541.36

RCM: Greetings Area from the RCM Chair, I apologize for missing last area. Nate and I attended Region last August in Cedar Rapids. CBDM process was voted on and approved to be implemented at the next regional service meeting in November. Everyone is hoping the change will make Regional service more effective. Nominations for PR-xcommittee are open. Amanda M. nominated for facilitator. Nad G. for co-facilitator. Secretary position is still open. Regional 1-800# celebrated 1 year in service in April with over 900 calls being received in the first year of service. PSA's began airing in Des Moines in August and Mark is tracking to see if there is an increase in calls. 800# and Awareness has merged and is now called Phone Service Work Group. The Regional treasurer position remains open. Election will be held at November Region. Position begins service at February IRSM. The Region secretary has stepped down. Marie R. was nominated for secretary/recorder position for IRSM. She accepted the nomination and submitted her service resume verbally. She submitted a service resume to be attached to minutes. I do have a copy if anyone wishes to see them. A motion was made and approved that IRSC rent a small storage unit for the purpose of storing Iowa Region Archives. Cost of \$60 a month. PR has Service Inventory Worksheet that they would like to have filled out by Individual groups or areas (as we see fit) for planning of next year direction of what the states needs are. IRSC donated \$300 to World. On a personal note, due to recent health issues, I will be stepping down from service work to work on my health issues. Also, I am returning \$52.69 from funds for IRSC.

ILS, Bill D.

RCM Alternate: **A)** Last Zonal July-Omaha- 1) Trad. 3 workshop info submitted to NAWS for consideration for workbook. 2) Presentation to local professionals done. Does Area want Regional PR Presentation to local professionals on Fri @ Zonal. If so, how do we want to gather funds to cover additional cost. **B)** Next Zonal In Rapid City, SD Jan 17-19 2014 will be doing a Regional PR Presentation to Tribes and requesting NAWS and Zonal presence. CAT and CAR will be presented at next Zonal. Does area want to send RCM/RCM Alt to Zonal to get info? RCM- discuss with area any CAR workshops? **C)** Amanda nomination was approved to World Board. Zonal forum facilitator will submit her name to be on ballot. **D)** CAR also accepted changes to

CBDM- adopted at Region. E) Iowa Fellowship Service Assembly- workshops- collaboration, planning basics, group conscience traditions book, phonline volunteer training avg. attendance 15 @workshop #'s down from previous 45 attendees- looking for ideas to generate more interest. Hot topics at worldwide fellowship- WSC participation WSC venues and drug replacement therapy. WSC participants- Should RD's continue to be participants @WSC. Drug replacement therapy- Not to divide fellowship but inform members protect NA message and difference between DRT and pain mgmt. LIT-Next training was Sept 14th in FASANA. Focus- up committee's ability to assist with writing of the traditions wkbk. Need to pick up pace Dick requesting 3 wkshps: 1 central, 1 east, 1 west Iowa. Need 3 to 4 hrs time slots. Need to be finished by end of the year to submit writings and ideas (exp. Strength, hope) for wkbk. H&I- updated list of facilities we serve planning workshop to motivate, guideline, acronyms and how to. Time and place to be determined. Drug court closed will reconviene if need full filled job. CONFERENCES- Mental Health Altoona Oct 1- all conferences done by Nov. No additional cost as 1st booths cost down, will use all of budget but not over. IRCNA recordings- request for info to schools- to be added to survey. Do we or don't we present to schools. INS- quotes by Nov Vote in Feb region.

ILS, Nate M.

Sub-Committees:

Literature Committee: Greetings area from the Literature committee, All is well. Last month we took in \$117.56 in sales, and placed a literature order of \$111.00 with ENNA which is a different of \$7.56. As of now our lit stock amount is \$1156.21. We have 21 Living Clean books in stock we have been getting orders for about 3 each area. I would like to have 3 in stock pile also can we get 2 soft cover basic text and 2 soft cover How and Why? We have been getting a few orders for them. And I always have a special order them. If we can put them in our stock pile I would have a request of \$52.84 that is with SWINA 15%. Please email me at maryriyana3@cox.net or text me with your lit order by 8pm on the Saturday before area and your order will be at area. As of January 1st, shipping will increase from 15% to 17%. Also the Basic Text going up 5% to \$11.55 and all other literature is going up to 10%. You can purchase the Basic It Works and Sponsorship book in elit at Amazon and iTunes. Special collector edition of the Living Clean and the Just for Today are on sell for \$30.00 at the World Service Office.

ILS, Mary R

Activities Chairperson: Greetings SWINA Area

I am so sorry I was not able to make area my van was broke down in Wisner NE and I couldn't get it fixed until Sunday night but here is my report and I will give the new activities all the stuff next month as well as the monies collected. Again I am so sorry

I would like to start off by saying thank you for allowing me to serve as the activities chair this past year. It has been an experience I will never forget. Once again the SWINA campout was a great time. I love that every year I go I learn and grow from the experience strength and hope shared from the workshops, the speakers, and the fellowship. I have to say the main speaker Adam was WOW it was so awesome to hear him share. Thank you to all who contributed to this amazing weekend. I know things did not go as smoothly as they have in years past however I feel that it went the way it was supposed to go. We had 72 registered campers. We collected a total of \$1561 (there was confusion of registration being \$5 or \$10 some paid \$5 some paid \$10) from SWINA campout the expenses were \$1572. I will be giving Brain V \$250 for the activities reserve and SWINA area \$418.33. We still have 1 2X hoodie, and 9 shirts left (4 XL, 4 2X, and 1 4X) I gave the extras to Mary R she thought she may be able to sell them and she will bring the money and whatever is left to next area. I did cut down the number of shirts ordered and I have the invoice so next year we can better adjust. I know I was all for cutting the cost of registration before SWINA however after seeing that there is a lot more money that goes out for expenses than I realized I think it needs to be revised again if we are as an area are wanting to raise money from this event.

I spoke with the park director for quite a while on Monday morning and she told me that as always we are the best group of campers they ever have. I asked her about the problems mentioned from the luau and she explained to me that the complaints were from a person trying to make waves in their department and really had nothing to do with us except for the children (she said that other campers have done it as well) and I explained to her that the parents took immediate action and we will do our best as a group to not have it happen again.

Now I feel I need to bring something to this area attention. When newcomers come into the meetings we welcome them with open arms and offer positive direction to help guide them in their recovery. I feel this need to be the same approach we give to new representatives of this area even if they have years of clean time if it is their first time to service of any part they need to be positively guided in their position. I am speaking for all service positions I feel this may be the reason we have open positions that have not been filled it may also be why the same people are doing service year after year. If someone is doing a position for the first time even if they have held other positions they still need guidance from this area to help them do what is expected of them for the position they are going into or holding. I had a lot of positive help for activities this past year but I also had a lot of negative attitudes about how things were being done or not being done. Could I have done things better YES I think there is always room for improvement but there is a way to positively approach someone about doing things better and how to get the goal done. I also feel this is why we as an area have such a hard time getting new

people to service work because they hear members who have done service work share the negativity and that scares people away. I know we can't stop people from sharing their bad experiences but I truly feel we can help by showing that we as an area want to make service work a positive part of everyone's recovery and spread the message. Again I would like to thank everyone for helping me this past year as I said before it was truly a blessing that helped my recovery grow in many ways. I hope I can be of service to this area in the future.

In Loving Service, Heather K.

PR Sub-Committees:

H&I: Greetings to all; Glad to be here clean and sober. Happy to see everyone. Harlan Men and Women doing fine. Mont. Co. Jail H&I has been doing real well. Women 3-4 Men side 4-6. All has been going real good there. Zion has been doing real well. Have had a lot of newcomers at our home group and elsewhere to meetings. I am also happy to say that Page Co. Sherrifs dept. ask about setting up a meeting to discuss perhaps doing NA at Page Co. jails. I will be sure to keep everyone informed.

IS, Gary H.

PI: OPEN

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

I don't have a much to report this month. The phone line and the 800 Awareness teams are in the merging process to form the Phone services Workgroup. Guidelines, plans and the role of this workgroup have been our focus as of late. The phone line continues to be going well and Mark has been collecting information in regards to times of high volume calls, times that logs aren't getting filled out etc. I will provide that information to the Area as it becomes available.

The television PSA is currently live at WOI-TV in Des Moines so that is exciting. We will be monitoring this and hope to get this to other area TV stations throughout the state.

On another note, I have brought a meeting list from the website that was not up to date. Could everyone please check your meeting time, address, location day etc and update it on this hard copy. I will then get the information updated and to Bill to update the printable list on the website for all to have access. I cannot stress how important it is to ensure this information is correct all the time. We take for granted that our locals will know if something changes but visitors or newcomers may not have anything other than the list with incorrect information which is not what we want. Anytime a change is made, be sure to update the information at the Area, Regional and World sites.

Thank you to you all for allowing me to present the phone training prior to area today and as always let me know if you have members in your area that have interest in volunteering I'd be happy to come set up a time to do trainings anywhere convenient to get more volunteers in this area.

ILS, Brad H

PS Thanks Harlan for the great meeting and potluck last night and congrats on your 7th anniversary!!!

Web-Servant: Greetings ASC from the Webservant, I attended the workshop at Region in June on maintaining a website. The SWINA website was successfully ported over to the Regional website. Thanks Barry. I believe everything is current on the website at this time. Due to recent health issues I will be stepping down from your webservant at this time.

ILS, Bill D.

Group Reports:

Discovery Group: Absent no report

Just for Today: Greetings Area, Just for Today is doing very well. We have had some smaller meetings this last month due to people having family events and etc. going on. No lit order and no area donation this month.

ILS, Alisa M.

Living Clean: Absent no report

Harlan GSU: Greetings Area from Harlan GSU, My name is Stacy, I am an addict. I am back as I could not stay away. Saturday Serenity and Nobody's group have been going very well and Never Alone reports 12-15 addicts in attendance last month. We greatly appreciate the support. Saturday Serenity had about 39 addicts last month. Never Alone gave out 2-30 day key tags and have had several new addicts return. Nobody's group celebrated 3-90 day and a 10 year along with a couple newcomers. What a month!! The potluck Saturday Oct 12, turnout was great with 34 in attendance. Always good to get together where we can see old faces, new faces and regular faces. Thanks everyone for your support. And those who brought food, help set up and clean up. We have no area donation at this time and a combined lit order of \$54.92. We are looking forward to hosting the Gratitude Dance in November. Hoping to see a large crowd again this year.

ILS, Stacy J.

New Way: Greetings ASC from the "New Way Group" Narcotics Anonymous, Things are going well at "New Way" We had attendance of 11-19 addicts. We had 1 Newcomer, 2-60 day, 1-90 day, 1-6 Month, 1-2 year, and 1-18 year celebrated. We had total donations of \$49.21 and

total expenses of \$58.21 with an ASC donation of \$10.00 and a \$27.43 lit order. We are starting Step 3 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 GSR

Stairway to Freedom: Absent No Report

Straight Friends: Hello everyone, glad to be here clean and sober. We have been blessed to have had 15-20 each meeting. 8 birthdays in the last month. 4-30, 2-90, 1-1year, 1- multiple yrs. A special happy birthday to Pat M. who in service gives so much at our meetings and to all whom ask. (even when they don't) Please come join us for a good time, lots of good wisdom and sobriety for all. Lit order \$46.42 and no area donation at this time. And with that, I will see ya in 30.

Gary H.

New Freedom: Absent no report

Visions of Hope: Absent No GSR

Simple Serenity: Absent No Report

Recharge Group: Recharge Group report ASC 09'13

Greetings SWINA ASC from "The Recharge Group", Things are going well at Recharge. Attendance is steady 7-9 addicts. We gave out 1-9 month key tag last month. Total donations of \$16.10, total expenses of \$20.00. We have no lit order, and an ASC donation of \$5.00.

Our mantra is "just for today just stay!" Our topic usually comes out of "It Works, How and Why" or "Living Clean". I did have key to the meeting however I had to give it up because of my new job. Thanks to Dan and Macie for stepping up to the plate. The Recharge Group is a family friendly meeting, friends, family, including children, are always welcome. Come check us out sometime. Monday 7pm 3025 Mabrey Ln. Carter Lake, IA.

LIR,

The Recharge Group NA

Straight Edge: Greetings SWINA Area from Clarinda Straight Edge : You can't get rid of me that easily LOL. The Clarinda Straight edge has started a Sunday Study meeting in addition to the existing Thursday night meeting. We are going to utilize the Group Service Unit. Brad H and I will be representing the GSU for now. Our secretary has my contact information already.

Thursday meeting continues to stay steady with average 20 members each week. We have given 1 newcomer, 1 30 day, 1 60 day, 1 90 day, and 1 6 month.

The Sunday Meeting has been off to a great start averaging 15 members. We have given out 2 newcomers 1 30 day, 1 90 day and 1 seven year. We started with the 12 steps reading from the How it works book and having discussion from what we read. We will be picking a different study every 12 weeks to keep the meeting fresh.

The experience strength and hope shared has been amazing for both meetings and I am very grateful to be able to be a part of them. We have a lit order today of \$84.66 and no area donation at this time. Thank you all for your service and support.

In loving service,

Heather K. (Clarinda Straight Edge GSU)

Let It Be: Absent no report

Acceptance, Courage & Wisdom: No Report

More will Be Revealed: Absent no report

One Life to Live: Absent No Report

Financial Requests: Mary R. request lit order for \$52.84.. 4 Yes, 0 No, 1 Abstain. All other Area operating expenses were approved unanimously.

Sharing Session: Turned over to Steph H. at 3:31 pm

Consensus bases cards printed. Available on website. 5 different cards. Print 15 sets. Should do a workshop on this instead of jump in and be confused.

It is questioned about the meeting in Atlantic on Tues. whether it is open or not, is it on the meeting list or not? Stacy J. was going to take a newcomer but not open for that night. Need to get a hold of Gary might not be opening. It has been an ongoing struggle with this meeting when there is usually only 2 members trying to keep the doors open for those addicts. They have already closed Friday and don't want to close the Tues. They need recovery too. They have been known to come to Harlan. If the meeting is on the list, someone needs to be there otherwise they need to be off the list. Been said that Zion members want to start one cause its always been closed. Suggested maybe making a new location. Some are uncomfortable going into the hospital. Someone interested in service for Atlantic. The room is very small. People have tried but get frustrated when recovery is needed. Mike VP. Cleaned up at Atlantic and they need that meeting. Fallen short of going to that meeting.

Sharing session closing at 3:47 Break resumed at 3:55

VI. Unfinished Services:

A) PI nominations- Brad has the willingness. Attending IA Regional Nov. not work only can attend on Sunday. Feb does work. Don't see it as a big deal cause there is people going to region. Need to get someone in there. Gary moved to put it to vote, Heather K. 2nd. 5 Yes and 0 No. Brad H. is our new PI/Phoneline .

B) Combine phoneline and PI- Regional already combined so we should follow.

C) Turkey and Hams for Gratitude Dance- 2 turkeys and 1 ham (Mary R.), 1 turkey and 1 Ham (Harlan), 1 Ham (New Way), 1 Ham (Straight Friends)

VII. Current Services:

A) 3 workshops- Eastern, Western, and Central. Needs to be 3-4 hour slots info is compiled and sent to World. Important to have all input on traditions. Individual can be done online. It has to be done by the end of the year. Going to be Traditions 1-6 before the Gratitude Dance 2 hour prior to and Mary R./Brandon S. are going to be the facilitators. Traditions 7-12 going to be prior to the X-mas Bash. Separate new flyers will be out.

B) New Year's Eve Dance- Alisa ask about a DJ (\$150) Straight Edge (Clarinda) puts in a bid and will have flyer next month.

C) RCM noms- Brandon S. will step up if area wants. 5 yes 0 no Unanimous.

D) Consensus Cards- Workshop before area next month at 1:30

E) Zonal- PR presentation still at zonal? We need to generate funds to do this. Asking for suggestions how to fund and do we want this? Take back to groups. (manpower/participation)

Extend Area 5 mins move Brad H. and 2nd Mike VP.

F) PR surveys- group level GSR take back to your groups.

G) CAR Workshop- tabled to next area

H) Literature- tabled to next area

I) Pull tabs- Harlan doing their own. Suggested that groups do their own too!

J) Activities treasurer- Someone needed with enough clean time. Point of Accountability. Brian V. has asked Mary R. Suggested that Mary R. show Activities chair and co-chair so they can learn and move up when necessary.

K) Web Servant Noms.- Tabled to next month. (Brad willingness)

VIII. Announcements & Flood Meeting: Next 2 Areas there will be a workshop at 1:30pm (be there) and starting Jan Area will be starting at 1:30pm

IX. November ASC to be held on the 10th in Griswold, IA.

X. Motion to close meeting at 4:43 pm by Steph H. and 2nd by Gary H.