

SOUTHWEST IOWA NARCOTICS ANONYMOUS

JUNE 11, 2023 AREA MINUTES

PASSWORD- Cass51535

Open- Moment of Silence followed by the Serenity Prayer by Gary R at 2:30 pm

1. **Reading of:**

Twelve Traditions- Stacy J

Twelve Concepts- Dave R

Service Motivation- Jan S

Sharing Session - Start -2:34 pm End- 2:39 pm

- a. Sari M- Someone mentioned meetings having personalities before principles. What we can do!
- b. Gary R- Bring it up to the chairperson of that meeting and suggest loving what is wrong. Atlantic was wrecked before because of it.
- c. Sari M- The group inventory can be done. Can ask questions which can open others eyes.
- d. Dave R- The service pamphlet on disruptive behavior. Important to have 1 person talk to the individual or have other addicts come to that meeting.
- e. Gary R- Does anyone have a copy of the group inventory?
- f. Sari M- We do not bring up during a meeting though.

2. **Roll Call / Visitors- Mark C, Melissa S, Kristy D**

3. Executive Committee:

Facilitator- Gary R

Co-Facilitator- Casey W (Absent)

Recorder- Stacy J

Treasurer- Jan S

RCM- Stacy H

RCM-ALT- Sari M

Sub-Committees:

Lit-Chair- Mike VP

PR-Chair- Mike H

H&I-Chair- Wendy C

PI-Chair- (OPEN)

Activities Chair- Samantha C

Activities Co Chair- Kim B

Groups:

Recharge Group- Mike VP

New Way- Sam M

Vision of Hope- Stacy H

Harlan GSF- Stacy J

Wednesday Atlantic Meeting- Mike H .

Let It Be- Dave R

New Freedom- (not represented)

Friday Night Live- Sari M

Against All Odds Shenandoah - Joanne M

Stairway To Freedom- Brian V

Groups present- 9

Vote= 2 to Block

4. **Reports:**

Facilitator- Verbal Report

Co-Facilitator- (Absent)

Recorder-

Hello Area, from your area recorder. I did buy ink and 1 reel of paper for printing purposes. The cost came to \$ 113.81, which my mom picked up for me. She has already been reimbursed since it is an operating expense. I had to buy a new printer as mine broke. I now have an updated Hp printer which I have an account set up to receive ink when I am low and they take it off my debit card each month. After this I found out I could not use the ink I bought. When I am able to I will return the ink and refund area. I need to know from this area how you want me to bill for the ink that is sent to me for my printer as I don't get receipts. I do get emails as to when the ink is sent. I know this is different but much easier as it is sent when I get low. Any questions or concerns Please bring it to my attention as this is still a learning process for me.

P.S I did take the ink back today but they would not take back 1 black ink. This was because it was opened . It would not work at all in the printer, I tried. I did take the ink back they reimbursed me \$86.61 which I gave back to Jan S the treasurer.

ILS

STACY J

TREASURER-

Balance on 5/21/23 was 1,118.40

Expenses

Ck 1548 to Marlene Atilano on 4/1723 was 106.72 for Recorder supplies

Ck 1549 on 5/21/23 to Griswold UMC was 15.00 Rent

Ck 1550 Joe's Porta Pots was 37.1

Ck1552 on 6/5/23 to Marlene Atilano was 113.81

There was a Special Request of 89.50

for Region Expenses

Group Donations of 70.00

7th Tradition of 10.00

Balance 6/21/23 is 846.31

In Loyal Service

Janet Snyder

RCM – VERBAL DUE TO:

My computer has managed to delete all of my notes from region, so I will have to work on getting those recovered. I would guess that we will just need to reflect this as a verbal report for now.

Thanks again!

RCM-ALT-

Greetings Area,

First I want to say thank you for allowing me to serve. Summer is a crazy time for me so I apologize for my lack of attendance. I did, however, attend Region in June with the RCM and PR Facilitator. It was a busy 2 days and very informative. I sat in on several workgroups including Sponsorship Behind the walls and Insurance. I have a copy of the insurance guidelines and

waiver page if we need it. We are still

waiting on a sales tax permit for our Gambling license, more will be revealed on that. Sponsorship Behind the Walls needs willing members. They meet on Wednesdays on Zoom. This is a process done by snail mail and through a PO Box. The inmate does not know you and you do not know them. If you are interested, please let your RCM team know and we can direct you where to sign up online. I also attended PR committee meetings and there was lots of work happening. Fellowship development has some great things on the horizon, and they have a Scavenger hunt going on and a Retreat coming up. To attend the retreat, you must pre-register and there are paper forms available as well as online registration. Those flyers as well as the scavenger hunt are available today. Webservices will be changing log in for the Region website. This will change access to some documents that are only needed for people who work on those committees. Phonenumber Facilitator is needed, if any interest again, see the RCM team. They report 269 calls and 161 texts to Phone line since last Region. The next Zonal meeting will be in Amarillo Tx. In July and Multi-Zonal will be in Detroit MI. in October. I'm trying to not duplicate information but still bring back all I learned. We do have a place to host Region in November that will need voted on today. Lastly. I want to thank Michelle B for all her dedication to service at Region for the

last 22 years, This was her last Regional report as she has moved. Great information was shared and the biggest thing I will report is WSC has moved to a 3 year cycle instead of 2. This will change the RD and RDA commitment. Thank you, Michelle B, you will be missed. I for one am Grateful as Michelle is who pushed me to serve. Much love my friend!

ILS,

Sari M RCMA

Sub-Committees:

Lit-Chair- (verbal)

PR-Chair-

Greetings area, I'm Mike and addict. First off I want to apologize to all for my lack of reports last month, I had a hard time mentally coping with the loss in my family from last year and I have got to just move on. So I have been to the printers like five times in the last 3 months and finally have proper Meeting Lists for our jail packets and to circulate in all of our affairs. I also have pull tab Flyers to pass out and urge all groups to put them out and fill out the location info forms with them so that I can keep a record of what town puts what where. I also have business cards to pass out to First Responders to pass out at their discretion, mainly

cops and ems. So on to the subject of our business cards and the new stickers campaign, we will soon be getting new cards, they as well as the stickers are going to look the same but have a new addition to them as in a text number added to the front for addicts to be able to communicate via text message, the fellowship development team at region is creating them and will be giving all of the groups a certain number of them for starters and then it will go from there as to reprint and future distribution but the first batch will be free. So that leads me into the next thing, I went to region! What an experience, I got to network with so many different subcommittees and special groups amongst them were the fellowship Development Group and a PR awareness group that I got to sit in on. I strongly recommend that all subcommittee chairs from our area get to region and find the people that are doing the same job at the regional level and get some tips ideas and help with not only what we do here at swina but also join their work and become more Unified in all of our work to help the still struggling addict and more effectively do our work, there are great people waiting to help us. Also the phone lines need volunteers, female volunteers are needed even worse as of late we have had requests from women asking to talk to other women but we have none currently, also there is a flyer contest for the phone lines as they need new flyers and business cards, entries are due by Friday August 11th prizes for first second and third are to be awarded. I have more info if interested. So there is a PR week right now and they are asking for a PR event to happen during this week from all areas in Iowa

and we actually fulfilled that request on last Wednesday the 7th

of June at the United Church of Christ the rules check AKA Sarah M help me to do my first PR presentation to a group called The Stephen Ministries. It went well, I learned a lot about this task and want to thank Sarah for all of her wisdom and willingness to serve. Also we have been invited to produce in the park for a pi booth for the 4 weeks in September in Atlantic to further awareness about Narcotics Anonymous to that community and all of Iowa for that matter. So event season is upon us, and lots of things are happening! Please let's come together and get out of our comfort zone and help each other to make this summer and fall a success! If I can be of service in any of the subcommittees needs, please just ask, I also have receipts from the printers one in the amount of \$48.15, and another receipt in the amount of \$49.22 these are receipts for business cards and printing current meeting schedules. That's all for now, in loving service, Mike H.

I would like to also include that I met with the Cass County attorney had a nice conversation with her gave her some business cards and meeting schedules to use at her discretion for the clients that she meets with, also I delivered jail packets and Meeting Lists to the Cass County Jail so they are taken care of for a while now. I also met with Anita EMS team and gave them Meeting Lists and business cards to use at their discretion for the people that they might think stand a chance at this thing thanks that's all I got. MIKE H

PI- (OPEN)

ACTIVITIES-

Greetings Area,

I am very frustrated with the lack of others' involvement to help activities along with the lack of communication. There was a zoom meeting last Sunday. It was reported to me that it was not well attended. When I tried to find out what was discussed there was no communication. Everyone enjoys these events and they are difficult to put together if it is just one or two people/groups participating. During subcommittees it was established that Pioneer Park reservation forms were not able to be completed. I will have to do that this week. The committee paid Area back today for paying Joe's Porta-Pots from last year. Thank you

Casey for going to Joe's to get this done. This total was \$37.16. Moving forward we need to make sure we get a receipt. I am hoping during subcommittees to move forward with purchasing the 2 pig trophies discussed last Area. I have them in my Amazon cart, we just needed to discuss the wording before I complete the purchase. One of the trophies cost \$26.99 and the other is \$18.99. When I complete the purchase I will also be getting a 50 pack of Lei's for \$16.99. I will then get with Stacy H. and get reimbursed when the purchases are finalized. I have yet to get reimbursed for the coffee pot purchased in May, therefore I will request it to be added into the Amazon costs. I asked a couple people in recovery if they would like to put in bids for the SWINA t-shirts. One of them stated they could not and the other did not get back to me. Therefore the only bid I received was from Anytime Tee's. Kim was unable to get bids too therefore we will come together and have to vote on options in July. I would like to get 4 Basic Text purchased from Mike VP. These Basic Text can be used for newcomers at the campout. This was approved by the committee. If we have some left over we can decide what to do with them but I would like to make sure we have enough. After this report I have a bunch of bullet points with ideas that need to be discussed for SWINA. The items include t-shirts, food, workshops and leaders, main speaker and spirituality speaker, games and fun, porta pots and the reservation forms. We are running behind on planning and we need participation. T-shirt bids are supposed to be voted on today, schedule of events is supposed to be getting put together along with the posters. During committees we propose the workshops to be Building Relationships, Why we serve, Expectations in Sponsorship, Breaking the Chains of Addiction. Sari has contacted Rod G. to be the spirituality speaker and I will reach out to Wendy J. for the main speaker. I have made the registration forms but we need to discuss pricing before they are finalized. Jesse would like to DJ SWINA, the committee approved me finalizing this with him. The flier is completed and I will send it to Dave and the Regional web servant. I did not have a chance to get them printed therefore if it is possible for the groups to print it that would be appreciated, we should have them available next Area. For the Luau, I confirmed with Mike D. and he will DJ for \$150. As stated above, I will be purchasing Lei's today as we had to discuss wording on the trophies. The Anniversary function is next weekend. I will be departing the event around 6. I spoke with Kim, she will assist with clean up and activities supplies. I need to purchase MTN Dew for the event otherwise I believe we have everything that is needed. I would like to suggest an activities meeting at this event at 4:30pm. I also would like to propose a potential zoom meeting June 25th at 5:00pm

and hopefully we could have T-shirt bids by then.

The Basic Function bids were due in May, did anyone have a bid this month? The Halloween Function bid are due in July and please speak with your groups about nominations for Activities Chair & Co-chair to be brought to Area as we vote on that in August. Raffle Items are very much needed for the Luau and the campout. Please announce it during meetings!

In loving service,

Samantha C

SWINA-

- Gear - projected timeline and order date
 - Would like to have bids and decide on one at June Area - Pushed to July
- Workshops & Leader ideas
 - Triangle of self obsession
 - Building Relationships***(Chose)
 - Letting go
 - Just For Today
 - H.O.W
 - Families in recovery
 - Learning a new way to live
 - Why we serve**(Chose)
 - Expectation of Sponsorship**(Chose)
 - Breaking the Chains of Addiction**(Chose)
 - Unity
 - Communication
- Main & Spirituality Speaker ideas
 - Wendy J. - contact for main seeker
 - Rod G. - Sari contacted for spirituality speaker
- Meal
 - Bids & Ideas
- Games & Fun
 - DJ - Jesse would like to DJ again - 3 shirts - **I need to contact (committee good with moving forward)**
 - Scavenger Hunt
- Corn Hole

- Relay Race
 - Transfer beads from one bowl to another using only chopsticks
 - Build a tower by stacking cups
 - Blow up a balloon and use the air to knock over plastic cups
 - Fill a tissue box with ping pong balls, strap it to your waste, and shake out as many balls as possible
 - Transfer ping pong balls from one cup to another using nothing but a straw
 - Feel inside containers (couple) filled with shaving cream to find flags
 - Frisbee in bucket
 - Fill something with water from a baby squirt gun or pool noodle
- Soda Bottle Bowling (2 liters)
- Sponge > pop bottle game (fill bottle with sponge water)
- Porta pots - **Kim contacting - need 3 - information sent to Kim**

- Reservation forms completed? - **didn't get done, I need to do this week**
- Flier - Done, need to submit to Dave and Region

ILS

Samantha C

CO ACTIVITIES- No Report

H&I-

Chair-

Greetings from H&I,

I have spent much time reading and studying the pr handbook and I feel ready to take on some tasks if anyone needs help with anything. I also have 2 gracious people who are willing to help if there is something I don't know.

I have attended several meetings in our area and asked the gsr's to see if anyone in their groups would like to be H&I trained. I have not heard back from anyone yet but I will continue to attend different meetings and ask for volunteers. This is all I can do for now.

In Loving Service

Wendy C

Phone Line Liaison -

I have nothing in particular to report. If anyone wants to be on the phone line I can help facilitate the training. Then the regional phone line person will schedule when you'd want to be on the phone line. There are two separate tracks for the phone line service. One is to provide meeting times and locations to people that call. The other is to be a contact. Sometimes people call and want somebody to talk to that would be the contact person. The phone line is mainly to get somebody to a meeting. Both services are in need of people to volunteer.

ILS

Dave R

Web Servent-

Greetings area Web Servant has nothing to really report. I believe all the meeting list information is up to date. It was the last time I checked. If there are any corrections please let me know. Remember as always this is your website. Check it periodically and let me know if you have any suggestions or corrections. Thank You!

ILS

Dave R

GROUPS:

Recharge Group, Carter Lake-

Greetings SWINA from the Recharge Group Carter Lake,

Our total attendance for May 2023 was 71 addicts. Our beginning balance was \$54.00, income of \$43.00

, expenses of \$66.00, and ending balance of \$31.00. We have an area donation of \$20.00 and an \$8.00 Lit

order. Our topics have been coming out of the Basic Text. The coffee is hot, the hugs are warm, and the recovery journey continues at Recharge Mondays, 7-8pm. 3025 Maybrey Ln, Carter Lake Iowa.

In Loving Service,
Mike VP,
Recharge Group

New Way, CB-

Greetings Area from The New Way Group. We are a Step Working Guide Group, we are on Step 4. Come join us on Sunday Nights 6:45p.m. at Broadway United Methodist Church at 11 South 1st Street Room 203 Council Bluffs, Iowa. We are doing spectacular at this time. We had 43 addicts. We celebrated Birthdays with key tags and medallions for 1-30 days. Our beginning balance was \$70.00. Our total income was \$36.00. Our expenses were \$83.00. Thus leaving us with an ending balance of \$23.00. We have no Lit order at this time. Our area donation is \$10.00.

ILS,
Sam M

Vision of Hope, CB -

Greetings Area!

Meetings are going well at Visions of Hope. We are still looking for speakers, and have heard many peoples experience strength and hope. Meetings are maintaining attendance and a strong message is being shared. We have no lit order or area donation at this time. Thank you for letting me serve.

In Loving Service,
Stacy H.

STRAIGHT FRIENDS- VILLISCA

Greetings Area, from straight friends Valisca group. Rent has been payed up through June, and no new comer, or clean time key tags, have been given out, and

We have had no attendance for the last several months. The group has been struggling for the last few years and after a long period of time and much discussion, we took a group conscious and with great sadness, it was decided unanimously to close the doors on a meeting that has been on life support since

spring of 2020. After much conversation with the last few members and much discussion with our sponsors, and also with the opening of a new meeting within 30 minutes drive time from Valisca on the same night, it has been unanimously decided to pull the plug on Villisca straight friends and concentrate more time and resources to support the surrounding meetings.

In loving service

AL C.

Harlan GSF –

Hello Area from your GSF recorder in Harlan, We have been sharing a clear message of recovery. We had 1 newcomer. Overall meetings are going well. We have been averaging 5-9 addicts per week. We have no lit order or area donation at this time. We are going into the jail to take a meeting in on June 13, 2023 and will have a report next month. Thank You

ILS

Melissa S- recorder

Stacy J- GSR To Area

WEDNESDAY ATLANTIC MEETING-

Greetings area, Mike and addict. So things are going well on Wednesday night. Our attendance has fallen off a little as of late, but I feel like the weather might have something to do with that. We are currently averaging around 10 addicts with the occasional big crowd of 20 from time to time, we have celebrated lots of Milestones as we go, a few Heavy Hitters of 22 years 31 years 41 years as well as getting to see our newcomers get everything from 30 days all the way through the first year Journey in milestones and that's miraculous to say the least. We have a \$100 donation to area and a small lit order. In loving service Mike H

LET IT BE- COUNCIL BLUFFS

Greetings Area. Well the Let It Be Group is moving along very well. We are currently having about 12 to 15

people per meeting. We have given out numerous tags and chips to newcomers. There is a recovery facility that comes to the meeting on Fridays. We have no donation at this time as we didn't cover that in our last meeting. We will have a donation at the next area. Thank You for letting me serve.

ILS
Dave R

NEW FREEDOM- CRESTON (NOT REPRESENTED)

FRIDAY NIGHT LIVE- ATLANTIC

Greetings SWINA Family,

Meetings are doing well! FNL continues to thrive and share a great message. We have averaged 15 in attendance. We celebrated several newcomers a 41 year a 22 year a 16 year, We have a \$100 area donation no Lit order. We have an upcoming event in Atlantic and hope to see everyone there. On a personal note I attended Region in Carroll, 2 meetings in Harlan and the Mozindo Campfire meeting in Maryville, MO. I assure recovery is alive and well and I am grateful to be fed. The Memorial Day campout was a success and well attended. We had about 20 at Friday Campfire meeting and about 40 at the potluck! We voted on doing another Campfire meeting Saturday night. Thank you all who came. I am hoping to see folks at many of the upcoming events in our Area like the Luau and outside our Area (many flyers available)!

ILS,
Sari M

AGAINST ALL ODDS- SHENANDOAH

Greeting Area from Against All Odds,

Our attendance has continued to be good with 8-10 members attending meetings. We remain strong in the recovery message. There has been an active Step Study Group that is part of Against All Odds that meets on Monday evenings at 7pm at the Church of the Nazarene in Shenandoah.

Our treasurer is out of town on vacation and I am sorry that I failed to get our financial information from her, however I do have a \$20.00 donation for Area from thoanne

group.

I would like to let you know that we are going to start a women's meeting in Shenandoah that will also be at the Church of the Nazarine at 7 pm. Our first meeting will be on June 22nd and on the 1st and 3rd Thursdays of the month thereafter. We also have scheduled a Speaker Meeting for July 21st, so we hope you will come and share your support, recovery and ideas to help build this meeting.

Yours in service,

Joanne M.

SISTERS IN SERENITY- (taken off list went to ENNA)

Stairway To Freedom- absent

- 1. Correction and Approval of the minutes – Passed**
- 2. Financial Requests -**
 - a. Mike H- \$48.15 and \$49.22 for PI Needs (APPROVED)
 - b. Stacy H- \$90.64 motel
- 3. Old Service:**
 - a. SWINA- this is all in Samantha's activities report
 - b. New Beginnings meeting online- we have no information on this
 - c. Open Circle Meeting- need to visit this group. We have no information on it. Gary R to visit the group. Fridays 6pm at the Omni Center in the old mall.
 - d. Sisters In Serenity- They went to ENNA so we are dropping them of
 - e. on our side.
 - f. Porta Potties- They have been paid in full
 - g. November Region is November 18th and 19th 2023 in Harlan at Saint Michael's Gym. The cost for the weekend is \$175.00 Both Days.

- h. Everything that will be needed will be available including WIFI. Breakfast and Lunch will be provided Saturday and Sunday (unanimous passed) 8
- i. green cards. Just need a Flier
- j. Opening accounts at US Bank. Samantha C will use cash for the next 3 months. She suggests after SWINA when positions and voting takes place for Activities and Co Activities that we then look at getting a debit card for activities.

New Business:

- a CAR / CAT Decisions- All World Service Motion Votes are available on the NAWS Website**
- b. Switch Bank Accounts To Online- We are charged \$5.00 for the paper ones. Jan will go in and switch to ONLINE.**
- c. Who will get the mail- Mike VP will pick it up.**
- d.Meetings in need of support- Red Oak Messengers meeting in Red Oak, Harlan's Monday Never Alone Group and Atlantic Wednesday night meeting could use some attendance.**

- 4. Next Area Location- Griswold
- 5. Next ASC- July 9,2023
- 6. Flood Meetings:
 - a. Harlan- Never Alone Group Mondays 7pm
 - b. Red Oak Messengers Meeting Thursdays 7pm
 - c. Atlantic Wednesday Night 7 pm- lower on attendance
- 7. 7th Tradition- \$17.15