

**SOUTHWEST IOWA NARCOTICS ANONYMOUS
SEPTEMBER 10, 2023 AREA MINUTES
WIFI PASSWORD CASS 51535**

1. Open : Serenity Prayer Read By Stacy H @ 2:40 pm

2. Reading of
 - a. Twelve Traditions- George F
 - b. Twelve Concepts- Stacy J
 - c. Service Motivation-Stacy J

3. Sharing Session- OPEN AT 2:45 CLOSED AT 2:53 pm
 - A. Sari M- SWINA Campout recommendations - to form a ad hoc committee to see if page county will work with us on paying a certain amount in advance for the park for swina campout. It would pay for 8 days.

Recommendations to continue special raffle items in advance

Recommendations to go around and sell raffle tickets instead of at the registration table. Gets to confusing.

Recommendations to put on flier that it's a catered meal of 100 tickets. After that we have no more to sell.

Roll Call/Visitors- George F, Mark C, Samantha C

a. Executive Committee:

Facilitator- GARY R

Co-Facilitator- CASEY W

Recorder-STACY J

Treasurer- OPEN- FILLED SPOT

RCM- STACY H

RCM ALT- SARI M

b. Sub-Committees:

Lit-Chair- MIKE VP
PR-Chair- MIKE H
H&I CHAIR- WENDY C
PI CHAIR- OPEN
PHONE LINE LIAISON- DAVE R
WEB SERVENT- DAVE R
ACTIVITIES CHAIR- OPEN
ACTIVITIES CO CHAIR- OPEN- FILLED SPOT
AD HOC COMMITTEE

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- Creston - Not represented
Stairway To Freedom- AMBER W
Friday Night Live- SARI M
Against All Odds- JOANNE M
Red Oak NA- not represented

c. Groups present- 8 2 - to BLOCK

4. Reports:

EXECUTIVE COMMITTEES-

Facilitator-

I am sorry for my absence but we are working on closing my moms estate in Chicago. I think SWINA was a success. All I heard was “wow” and a “great time”. The breeze cooled (?) The day and the nighttime was pretty cold! Kudos to Sari, Casey, all the workshop hosts and everyone who pitched in. I’m pretty sure this was a large, large campout and maybe we set a record. As suggested we will look for another location for the campout so we can have most of the sites to ourselves. My only disappointment was the lack of enthusiasm for my Spam; next year it’ll be gazpacho for lunch.

ILS
GARY R
Science Teacher
(RETIRED)
312-320-4794

Co Facilitator-

Dear A.S.C.

This is gonna be short and sweet. I'm out of town this weekend, but I wanted to let everyone know what a wonderful turnout we had for Swina. I also wanted to thank everyone for their service work. We couldn't have done it without you guys. I will be at the next area.

I.L.S.

Casey W.

Treasurer- NO REPORT

Recorder-

Hello Area, From your area recorder. Things are going well. As always please remember to email your reports to jagerstacy@gmail.com so I can copy and paste them into the minutes. This month I will need to be reimbursed for \$18.99 for my ink plan I have and I will also need to pick up 2 packages of paper. I am running low on that. The cost of the paper is almost \$8.00 each x 2. So everything for today that I will need is \$34.99. If for some reason there is any money owed back, I will bring to the next area. THANK YOU! Any questions or concerns please feel free to ask me.

ILS
STACY J

RCM-

Greetings Region,

H&I had a good meeting today. Since we are having ongoing issues with getting facility contact info emailed to complete the spreadsheet, we had discussion to find different ways to obtain this information. The solutions discussed for exploration are to state clear expectations directly during open forum tomorrow during the sharing session as well as talking to John to see if this is something that we can add to the website and have it modifiable by members that are signed in to the site, similar in fashion to the BMLT. For nominations, Jessica Z was nominated and expressed willingness to serve, and the workgroup accepted her nomination. I was nominated to maintain as workgroup facilitator to help mentor Jessica over the next year, and I also expressed the willingness. Mason City has requested a H&I training day for Friday or Sunday at a date to be determined. Budgetary discussion occurred. The current budget is for \$300. Given that Jessica and I live on opposite sides of the state and gas is expensive, we are requesting a budget for next year of \$500. As always, thank you for letting me serve.

ILS,
Stacy H

RCM ALT-

Greetings Area from RCMA,

Fellowship development:

Need several workshop facilitators and a main speaker for the retreat.

The winner of the scavenger hunt free registration was Josh M

Heather and Ashlie will get the food.

Name tags and schedules will be provided.

Scavenger Hunt changing. Only have to do one thing and can enter each thing you do.

Got to a lit study meeting

Got to a service retreat

Got to a speaker jam

Fellowship after a meeting

Meet w/sponsor outside a meeting

Find NA artwork

#book cover to win Triple book cover

Awareness support meeting in Vinton on Friday September 22 and October 27

Mason City

H&I- can offer racks with IP for recovery facilities.

H&I training day in Mason City date to be determined

500. budget for next year

Awareness:

Stickers are here and will be handed out to Area's today- Movie theater, public bathrooms, doors and mirrors with permission.

IP's and little white booklets being given for jail, professionals, firemen, clergy. packets.

2500.00 budget for next year and focus on County Fair booths. Requesting PR training day for upcoming

Region.

Phoneline:

193 calls and 107 texts since last Region

Sponsorship behind the walls

Sunday the 29 th new training

And these are the takeaways from Regional Business:

Open Forum

Tanya is going to give SWAG from World to Fellowship Development

Denny will get changes made on the Guidelines to reflect the 2-3 year term changes to

4-6 years

for the RD and RDA.

Tanya requested the left over budgeted money from WSC to be used for MZSSNA .

Group conscious is that money is already budgeted and go ahead.

Matt from Sponsorship behind the walls states the project is not going well in Iowa

there are 12 Sponsors and no one assigned to them as sponsee's. They have not had

anyone ever assigned to Iowa and wonders about trying to take this on here intrastate

wide. We will need to work with Zone to try and get that accomplished. Matt S states

we need further discussion. This needs to be discussed on PR committee as it is under

PR. They need to have more information and bring to next Region.

Each area needs to apply for our own EIN. They can claim to be affiliate

With Iowa Region and can stay exempt P.O. Box will be allowed instead of a actual address

H&I has been beating itself against the wall getting information on who is taking

meetings into where and contact information

When emailing treasurer please email Chad and Jess both using treasurer@iowa-na.org

We need to discuss purchasing a Hot Spot for Region as some places don't have enough

bandwidth on Wi-Fi

Regional Meeting

Roll Call 12 Area's- 10 Area's- MRVANA hosted

Approval of minutes passed unanimously

Matt CO- Fac states he can't do service on the nights when we host zoom meetings

so

feels he is ineffective in his role but doing the best we can.

8157 was the opening balance for Regional account

Purchasing the gambling license and should have everything completed and returned.

Insurance and was paid, this was 2 nd year it was paid late

Storage unit was paid

Fee for paper trail for each account had a charge and Chad will correct. Each account

will soon be paperless.

Moving banking to US Bank from Bankers Trust

We have an updated Map completed for Guidelines with Areas

New revised vision statement is available and revised FIPT and Zone's and NAWS

Update new on NA .org. Reaching out is back as well

World Convention in Washington DC August 29 th 2024

BMLT update is in process trying to get meeting information available all over even

if

they aren't on BMLT

NAWS has some job openings

If you want to get on a workgroup – NA.org /survey- its focus group form to be completed so we can utilize everyone's skills.

New Piece of literature Survival kit. Not talked about at Conference but under the

FIPT

they can repackage or rebundling under the 120 day notice policy can send

comments

or concerns to them

Budget for 2024, PSZFNA will be in Sioux City, Kansas and Oklahoma. New budget

3000

for next year.

PSZFNA collaborating with Ohio region to see how we can push NA literature out

to

Inmates tables as they have in other Regions

PSZFNA wanting to move officers to 3 year term. MZSSNA will be hosted by

PSZFNA in

2025 and you want your city to be considered bring to Region.

Also looking to change MZSSNA to every 3 years instead of 2.

IRCNA Standing

Bids are due- anyone who has experienced IRCNA committee in previous years to submit their

accounts to be included in the standing manual

Proposed budget funds to update POS system and cost of storage

PR

Tuesday will be giving a presentation on Des Moines

H&I needs active facility commentments

Awareness has business cards available online

Stickers need place but only with permission

Try to have more booths at Fairs and conferences

11th Year for 800 number 106 texts and 193 calls since last region

PR Budget 4500

Fellowship Development

FINALIZED service retreat

New Scavenger hunt is available- 6 items but get a submitted each time for each one done-

prize will be a triple book cover

Matt S was given a second chance to stay on Phone Line as Co-Fac and will be under supervision

for next Region

1. RCM do they have to be in attendance in person to vote

2. RCM do they have to be in attendance in person to have voting rights

reestablished

3. RCM or RCMA must attend at least 2 out of the 4 each cycle. All other requirements

stay the same.

We will create a workgroup to put together suggested guidelines for attending and voting

virtually then present to Region and then written by guidelines.

Correction of already amended changes will be postponed until next Region to be voted on.

Nominations

Recorder Jennifer B

Co-recorder Lindsay H

Treasurer – Jess R

Co Treasurer – Joey

Budgets

RD- 3000

Treasurer- 3700

PR- 4500

IRCNA standing- 1700

Archives- ?

Fellowship Development-2000

Guidelines- 0

Insurance- 2700

Recorder- 250

Webservices- 600

SBTW- Matt wants to bring this local and work with Zone for distribution 14 people in Iowa

have no sponsee's PR meet on Zoom Bring forward information and proposal to bring for

November Region. What it would like or entail to push this forward. Sept 18 th 7 pm Matt will

join PR to come up with ideas. Kathy says we have a lot of background info and will join because

she would like to see that come back to Iowa.

Wi-fi hot spot- we have run though a Verizon phone today and did fine. If we need to spend 80

Aishea states Solace can give hot spot 104 devices and service for 80 a month for the months

used and a device for 140. Will discuss with Area once information is provided in the minutes.

October in Detroit ok to allow RD and RDA to use our electronic equipment at MZSSNA. Passes

World Donation: 1000

Zonal Donation: 500 plus fees

6890.50 open balance for November

ILS, Sari M

SUB- COMMITTEES-

H&I Chair-

Greetings

This month I have nothing new to report. I have been dealing with some health issues and have been focusing on getting well. However, my commitment to service is as strong as ever and I will continue to reach out to people in our area who need recovery.

In Loving Service

Wendy C

LITERATURE-

Greetings Area from the literature subcommittee,

Report for August 2023 Given September 10th 2023

Lit orders 077239 to 077241 and \$11.00 COH, \$64.00 cash, 077238 three checks \$335.50 total deposited \$399.50

I ordered Literature from World Services \$560.15 which has not arrived yet therefore payment is pending. The balance in the checkbook is \$952.59

Checkbook and bank balance agree.

Thanks to all those who sent me their orders in advance. That is a tremendous help to me. Also I want to let everyone know I will not be at October ASC Because I will be in Arizona celebrating my Mom's 80th Birthday.

In loving Service,

Mike VP

PI- OPEN

PR FACILITATOR-

Hi my name is Mike I'm an addict, so I've been busy and the world of Pi/pr stuff, first off I want to thank everybody for hosting helping and attending the Salina campout it was a great time Speedo or not, so I received my literature order from Mike, our lit guy, and I'm currently putting together as many jail packets as literature I have in my possession and I will have them ready for next area for distribution, we also put on a pi booth at produce in the park in Atlantic last

Wednesday, I posted pictures of it to our recovery pages and look forward to doing it at least one more time during this month special shout out to Nate m for

co-hosting it with me and the rules check for showing up to make sure we weren't breaking too many Traditions LOL. More will be revealed. In loving service Mike.

Activities-

Greeting Area From SWINA Chair for 2023,
I believe this was one of the largest SWINA campouts since hosting at Aldersgate. We had 94 registered addicts not including those that came for a meeting or for a day. We had over 1137 yrs and 6 months of clean time. Out of the available 10 sites we had 8 sites taken and many spots had more than one camper. We sold out of our dinners we had guaranteed at 100. We Purchased 73 shirts and have 5 shirts left, one was given as a raffle for an upcoming event out of state. For the 1 st time we did a special raffle and had some wonderful items gifted. The regular raffle was plentiful and we are extremely appreciative of every one that donated. I want to personally thank Casey,

Amber, Gary and Stacey for helping with the campout those that volunteered for registration. This year we

were able to tag all the open spots and put a tent or picnic table with a tarp to hold. Spots had to be paid from the Sunday we tagged them. I do have some suggestions and will bring them to the Sharing session. I want to thank Nate and Dave for the excellent fish fry Friday night. All of our speakers made it to their workshops and all workshops were very well

attended. We had attendance from Omaha, Lincoln, CB, Manning, Carroll, Des Moines, Creston, Shenandoah, Clarinda, Atlantic, Earling, Harlan, St Joe, KC and

Maryville. As for the money count, we took in 619.00 in raffle, 283.00 in the newcomer fund. We had 3268.00 in cash and 312 in checks. We had \$10.00 in change. We paid 20 for the reprint of registration

and a new money box to Sari S. We paid 42.00 to Casey W for Pop and Ice. 800 was the cost of the food and 433.35 for toilets. The shirt cost \$1021.85. Total income was 3590.00 minus expenses our net income was 1543.80

**Again, a big thank you to all who came, served, and participated. It was enjoyed by many. Our campout was a great success because of those that support it.
ILS, Sari M**

ACTIVITIES CO CHAIR- NO REPORT

WEB SERVENT-

Hello Area, A few things to report. There was an outage last week. I had to do a restart / backup. Everything seems to be there. No loss of data. It looks a little different, and I will be working on that. As always this is your website. Please advise me on any comments or criticisms.

ILS DAVE R

PHONE LINE LIAISON-

Greetings Area. Nothing much to report. The phone line is a fine-tuned machine that almost runs itself. I feel like my main

job is a cheerleader and tour guide. If anybody's interested in doing phone line work, it's just a call to Dave.

**ILS
DAVE R**

AD HOC COMMITTEE- Just Starting

GROUPS-

Recharge-

Greetings SWINA from the Recharge Group Carter Lake, Our total attendance for August 2023 was 29 addicts. We celebrated 1 ninety days, 1 eighteen months clean. Our beginning balance was \$22.00, income of \$47.00, expenses of \$57.00, and ending balance of \$12.00. We have an area donation of \$5.00 and an \$14.00 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-

Greetings Area from The New Way Group.

We are doing amazingly at this time. We are a Step Working Guide Group, currently working on Step Six. We had 39 addicts. We celebrated Birthdays with

key tags and medallions for 1-Newcomer, 1-30 days, 1-60 days and 1-33 years.

Our beginning balance was \$33.00. Our total income was \$54.00. Our expenses were \$35.00. Thus leaving us with an ending balance of \$52.00. We have no Lit order We have a Lit order of \$11.00. Our Area donation is \$10.00. Come join us at Broadway United Methodist Church located in Council Bluffs at 11 South 1st Street Room 205.

ILS,

Sam

Visions Of Hope-

Greetings Area,

Meetings are going steady at Visions of Hope. We have welcomed 4 newcomers, and are excited to see new faces on Tuesdays, and have had amazing turnouts for our Thursday speaker meetings. We have no lit order at this time, and no Area donation. As always, thank you for letting me serve!

In Loving Service,

Stacy Hudson

Harlan GSF-

Hello Area, From the Harlan GSF. All meetings are going well with a clear and strong message of recovery being shared. We are averaging 9-12 addicts per meeting. We have celebrated newcomers and birthdays and also gave out some marbles for the in-between birthdays. We have a total combined lit order for \$29.00 and do not have an area donation at this time. The next time we are supposed to take a meeting into the jail is September 12th, 2023. Next month we come back and report on how that goes.

On another note SWINA was great. I want to thank EVERYONE who helped put it on and stepped up to serve where needed. I personally had a GREAT time. Thanks to all the speakers who shared HOW this program works. Next up is region. I hope everyone is excited and ready.

ILS

STACY J

Living Clean- Not Represented

Atlantic Meeting-

Greetings area, my name is Mike I'm an addict. Things that Wednesday night are going great or attendance seems to be steady averaging 10 addicts per meeting, we don't have an area donation this month but I do believe there is some leftover money from the newcomer fund that we put into that should go to area anyways. At this time we don't have

a lit order, but I have a feeling we will cover those bases next month with some sort of a lit order and an area donation at that time. So if you have a resentment, and you need a bad cup of coffee to go with it, we have a chair for you, and a solution. Every Wednesday night at 7:00 p.m., 1607 Hazel street, Atlantic Iowa, at the United Church of Christ. Hope to see you there. In loving service mike.

Let It Be-

This month things went pretty well. we had several chips go out. The meetings seem to be holding steady between 12 and 20. I didn't bring my checkbook today, so we will have a donation next month. Things are really going well. Great recovery. Great coffee. Good times.

ILS
DAVE R

**Friday Night Live-
Greetings Area**

FNL continues to share a great message. We averaged 19 in attendance, we have a Lit order of \$21.00 and No Area Donation other than the 84.00 donated through the newcomer fund at SWINA Campout. The campout was a blast and thank you Casey and Amber for all their hard work as well as everyone that signed up and served, those that Spoke and Facilitated. We had a celebration of 16 years from our very own Mike H. On a personal note, we will be doing a celebration of life on September 28, 2023 at my place from 5-7pm for anyone who knew Bob B and wants to come share favorite memories and stories. He was a huge part of starting NA meetings back up in Atlantic. He shared his recovery with many and affected many souls. He was my Dad for 22 years and I am a better human being because of him.

I am looking forward to upcoming events should we be able to have them. We have

some challenges and I am excited to see if this Area can pull together to accomplish!

ILS,

Sari M

Stairway To Freedom-

Greetings Area, I am filling in as ALT GSR. We have had an average of 7 members per meeting. We handed out 1 white key tag and 1 30 day key tag. We have \$93.61 after our

lit order. I would also like to thank all the people that came to our meeting from the campground the Wednesday before SWINA! (14 members)

ILS

AMBER W

Red Oak NA Meeting- NOT REPRESENTED

Against All Odds-

Greetings from Against all Odds,

Sunday Sept 10.

First of all, we would like to thank everyone for the great turnout at SWINA. A special thank you to Sarah, Amber and Casey W., for a great Saturday evening meeting and tunes, as well as all the other volunteers that made it work.

Our family in Shen continues to meet on Sunday afternoons at 4pm, with 5-10 NA members in attendance. We also continue with the Monday evening step study and the Women's meeting on Thursday evenings at 7 on the 1st and 3rd Thursdays of the month., The women's group remains small and intimate, with 4-5 attendees.

After rent and expenses, our available funds are \$ 50.49. We have no literature order or donation to Area at this time.

Thank you for the opportunity to be of service.

Joanne M

Greetings from Against all Odds,

Sunday Sept 10.

First of all, we would like to thank everyone for the great turnout at SWINA. A special thank

you to Sarah, Amber and Casey W., for a great Saturday evening meeting and tunes, as well

as all the other volunteers that made it work. Our family in Shen continues to meet on Sunday afternoons at 4pm, with 5-10 NA members in attendance. We also continue with the Monday evening step study and the Women's meeting on Thursday evenings at 7 on the 1st and 3rd Thursdays of the month., The women's group remains small and intimate, with 4-5 attendees.

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Thank you for the opportunity to be of service.

Joanne M

New Freedom- NOT REPRESENTED

5. Correction and Approval of the minutes- Approved 7 green 1 white
6. Financial Request-
 - A. Stacy J for ink and paper- check to Marlene Atilano \$34.99- 7 green 1 white- (passed)
 - B. Stacy H for Hotel for region- 7 green 1 white- (passed)

7. Old Service-
 - A. Open Positions
PI- Still OPEN
ACTIVITIES CHAIR- Still Open
CO ACTIVITIES- FILLED BY AMBER W- 6 green 2 white (PASSED)
TREASURER- FILLED BY JOANNE M- 6 green 2 white (PASSED)

 - B. Progress On Plans For Region
Samantha C- Has coffee cups.
Good Will Donation Can Will Be Put Up At The Food Table.
Key Taken Care Of Kim B to Get and pass off to Gaylen P.
Dates Are Locked Down With The Church.
We Need To Keep Tabs On What People Will Be doing so we don't Duplicate Areas.

 - C. Halloween Dance- We will not be having this because ENNA is having a P3 Steak Fundraiser the same weekend.

 - D. Gratitude Dance- Area gave Amber W vote of approval to contact multiple locations. Not to exceed \$125.00 or could be less. Sound System Casey W will do.

 - E. Holiday Bash- Harlan Put in a bid for this for \$100.00

6 Green 2 White (passed) will be held again at the United Methodist Church in Harlan. Flier to come. Save The Date!

8. New Service-

- A. SWINA After Report- in Sari M Report for Activities
Brought in \$3,595.00- Expenses- Made \$1,543.80**
- B. Newcomer Fund- Brought in \$283.00**
- C. Ad Hoc Committee for SWINA location 2024. Talk to PAge County , reserve spots need members to go there and discuss options. Sari M to head up Committee. Members that will help are Amber W, Dave R, Mike VP, Stacy J and George F. Sari will let us know when times are set up.**
- D. Who gets the mail? Mike VP**
- E. Meetings In Need of Support- Just a reminder Region In Harlan this year. They will Flood the Harlan Saturday Serenity Meeting at 5pm at Saint Michaels Gym where Region will be held at.**

- 8. Next ASC- In Griswold October 8, 2023
Subcommittees start at 1:30 pm
Business starts at 2:30 pm**

- 9. 7th Tradition- \$10.00**

*****REMINDER*****

MIKE VP- Literature Chair will not be at AREA next month