

SWINA MINUTES MARCH 10, 2024

1. Open: Moment of silence followed by the Serenity Prayer at 2:20 pm
2. Readings:
 - a. Twelve Traditions-Mike H
 - b. Twelve Concepts-**Brad B**
 - c. Service Motivation-Stacy J
3. Sharing Session Open 2:23 pm Closed at 2:24 pm.
- A. Aaron A mentioned he needs to update his number for the trusted servants list

4. Roll Call

Executive Committee-

Facilitator -Gary R

Recorder - Stacy J

RCM – Stacy H

Co-Facilitator – Casey W

Treasurer – Nate M.

RCM-ALT – Sara M

Sub-Committees:

Lit-Chair –Mike VP

H&I-Chair –Wendy C

Activities Chair -Amber W

Phone line Liaison-Dave R

PR-Chair -Mike H

PI-Chair –OPEN

Activities Co Chair – OPEN

Web Servant –Dave R

Groups:

1. Recharge Group- Carter Lake-Mike VP
2. New Way – Council Bluffs- Sam M
3. Vision of Hope – Council Bluffs-Stacy H
4. Harlan GSF- Harlan-Stacy J
5. Wednesday Atlantic Meeting-Brad B
6. Let It Be - Council Bluffs- ABSENT
7. New Freedom – Creston- ABSENT
8. Friday Night Live- Atlantic-Brian V
9. Against all odds- Shenandoah-Aaron A
10. Stairway to Freedom - Clarinda- Amber W
11. Red Oak Messengers -Red Oak ABSENT

12. New Beginnings- - Shenandoah- ABSENT

Vote=2 to BLOCK # of groups present= 8

Visitors- Jan S, Samantha C, Mark C, Iva R

5. Reports

Executive Committee-

Facilitator- VERBAL

Co Facilitator-

The Chili Cook Off went well. 20 people attended training. Good Fellowship.

Recorder-

Everything is going well. Still have supplies. Since the ink is taken out on the 2nd of every month from my debit card. I would like to get paid for March and April which would be \$50.00.

ILS
STACY J

Treasurer- We have \$5,415.97 in checkbook \$5,258.87 bank balance. There is a difference of \$157.10 in our favor

ILS
GARY R (filling in for Nate)

RCM-

Region notes:

Secretary is open for PR. Suggestion made to maintain Laura as PR fac, to allow mentoring of RJ as co fac.

Mike and Rod will put on a how to do a PR booth presentation at the next Region.

Jess R. is available to be a back up for a professional presentation at PSZF.

Heather is willing to admin/mod posts for the Iowa region FB page.

Proposal unanimously approved to extend term for fac and cofac to two years. Moved to full region for guidelines approval.

Presentation of IDT on gender inclusive language – selected in the 2023 conference cycle as an issue discussion topic. This includes the vision for NA service. It switched to they and them instead of gendered pronouns in the vision statement.

Open forum:

Ashley: Service retreat was successful and opened a bank account. Clarification requested on transferred to Region account or maintain this for next year. General discussion is to hold this as startup fees and transfer an amount above anticipated start up costs to the region. Guidelines will be needed as well as an appointed treasurer.

Brian: Who is responsible for printer transport.

John: Zoom concerns – suggestion for an ad hoc for functionality of audio for Zoom. Suggestions made for standing and mic runners

Laura: Proposal made to guidelines change to two year terms.

Tonya: MZSS bids are open. Need to accommodate 150-200 people. Near an airport is beneficial.

Terri: Suggestion made to open forum move to Saturday or change time of start to earlier on Sunday.

Chad: Are we renewing the UPS suite or switching to a PO box since that is now allowable by federal regulations.

Groups present -11

Treasury Balance opening amount \$5083.38. \$4583.38 after adjustment for transfer to IRCAN even. UPS box renewed for 6 months pending discussion of USPS PO box. Will be addressed at Feb region to address total costs associated with changing carriers.

RD report: world service update. Financials are not released yet. Monthly lit orders are down. Business group is looking at models for sustainability. 45% increase in financial support for lit requests. NA survival kit review is still available online but closing soon. Once closed, this will go into production. If you want your voice heard regarding edits to it, please go online. WSC registration should open by the end of the year. Hotel block room rates are not available until registration opens. NAWWS published a Logo style guide on the FIPT page. Includes policy for use as well as the specific colors and fonts, and

official logos. Dec 2 is sponsorship day. Feb is the interim CAR/CAT. Jan 5-7 PSZFNA meeting in Sioux City.

Web Services: Website has been worked on with improvements including mobile function as well as

dark mode. Interface with BMLT and website are auto updated. Paypal is now available for donations as well as CashApp to allow for credit card payments. Naming conventions are more uniform to allow for better levels of security for documents and files. All documents are read only and not currently editable. Access is determined by the trusted servant list, but higher levels of access can be requested with established need. If issues or errors are identified, please screenshot, and send to web servant through the contact us link online. A cookie consent notification is upcoming for legal compliance and accessibility services are also in the works.

PR: recorder position is open. How to present for booths and professional's events will be presented at the next region. Feedback on the stickers will be requested at the next region. Business cards will also be updated with the text options. 61 volunteers are currently on phonelines.

FD: Service retreat was a success. 836.11 revenue. For next year they are planning on the same location and looking for theme and artwork for this. A raffle will be held next region to find a newcomer fund for next years event. Katie C. won the last scavenger hunt. New items for the next scavenger hunt are listed on the flier. Prize is a grab bag of NAWS swag.

IRCNA: Co fac is still open. No update on sales tax certificate and therefore do not have an update on the gambling license. Memorial updater is still open, please return with nominations. Each area received one free registration. CAFANA offered a proposal for the next IRCNA and were the only are to offer a bid.

Guidelines: Areas need to address the 5 questions brought up in June for remote participation, with their consensus. Please return to February with Area consensus. In person attendance the same for all roles, voting for areas virtual, reinstated virtual, and 2 more.

Financial request of \$340 to SCANA for region funding – motion passed

Request for \$80 for speaker for IT – motion passed.

OLD SERVICE:

Redline draft of guidelines from February – motion passed

Redline draft of guidelines from RD team to change rotation to be in line with the WSC – passed

Archivist – nomination of Katie C. and Lindsey H. Katie offered to to accept co fac and Lindsey for fac - motion passed.

Recorder – Jennifer B. – passed

Co Recorder – no nominations, return to groups for nominations

Treasurer – Jessica L. - passed

Co Treasurer – Joey – passed

Budget approval – passed

PR guidelines change to a two year rotation per role - passed

NEW SERVICE:

Request for Ad Hoc IT committee to ensure that the Zoom communication is effective – microphone or some other device for communication. Formed with Reid and Aisha

Motion to change start time of 8AM both days – motion did not pass

Brian nominated to IT position – tabled until next Region

IRCNA bid startup money, change to increase from \$500 - \$750 startup within guidelines – take to groups

IRCNA bid from CAFANA – only bid and approved for IRCNA 41

RCM ALT- NO REPORT

B. Sub Committees-

Lit Chair-

Greetings Area from the literature subcommittee,

Report for February 2024 Submitted for Minutes March 10th 2024

Lit Orders 217970-73 and 77 Cash sales \$269.00, Lit orders 217969, 217976 Checks totalling \$25.14,
Lit

order 217974 was for PI lit in the amount of 24.95 for which payment is still pending. Order 217975 I
skipped. Total deposited \$294.14 I withdrew 300.00 for the ENNA Lit Order \$303.96 on February 19th. I
withdrew the cash \$3.96 to compensate me for the remainder I took out of pocket. The balance in the
checkbook is \$584.24 Checkbook and bank balance agree.

In loving Service,
Mike VP

PR Chair-

Greetings Area, I am Mike I am a addict. So I have been busy this month in my efforts to leave this service
position better than I found it, or at least in a way that is easy to continue. I still have 36 jail packets with
professional packets to go with them, lots of pools have fliers and around 120-150 current meeting list. I have
also printed off region approved letter of intent to go with the pro packets for easier understanding of how we
would like our resources used at it is our responsibility to use the donated money that pays for these resources in
the most efficient way to reduce waste and still get our message into the hands of the still suffering addict. I use
a local printer called Choice Printing and have brought their cards today for our region awareness committee as
well as for the prior people to have. I have talked to them and told them that people from region as well as
southwest Iowa Narcotics Anonymous would probably be reaching out to them for anything and everything that I
use them for. They have everything that I have used them for saved for further use going forward. I use them for
meeting lists, pull tab fliers, business cards, letters of attempt, event fliers, stickers and anything else related.
Speaking of business cards I have finally got the template for the new cards and have brought 250 of them with
me today. I have \$175.21 in printing receipts from the last three visits for pull tab fliers, meeting lists, letter of
intent and business cards. I recently toured Cass County and distributed our stuff everywhere from store,
laundromats, hotels, jails, courthouses, hospitals, restaurants, and then finally went up to Harrison County and
served the jails and various stores in Logan and Missouri Valley all the while helping our H & I chair Wendy.
Doing this by keeping her informed of my actions. I feel that she needs to be constantly updated on these things
and is great at establishing contact with all these jails and treatment centers making the delivery process more
receptive and easier to get our

job done. I have enjoyed these last few years serving in this capacity, I have learned a lot, my predecessors
have been nothing but nice to me and very patient every step of the way. I will do the same with whoever takes
over the PI/PR chair and help as needed. Thank You to this service body for everything.

ILS
MIKE H

P.S, at Region last month Sari M AKA the rules chick stepped in and led the do's and dont's of running a PR
presentation and was STELLAR in her presentation as I stood by and helped with the set up and take down of
the booth. It went very well.

ILS
MIKE H

H & I

This month has had its ups and downs as several people volunteered to run info packets to the northern
Iowa counties we serve. However, Greater Regional Hospital in Union County has decided they no longer
want packets from us as they work with Crossroads that has its own outpatient program and the
counselors there hold their own meetings. The law enforcement center is still willing to distribute packets
and meeting lists to those that they feel could benefit from Narcotics Anonymous. I am going to call
Crossroads on Monday and see if they would be willing to hand out meeting lists to those in their care. I
also will be contacting hospitals and mental health facilities in our area to see if they would be interested
in NA packets or meeting lists at the very least. That is all I have for now.

In Loving Service
Wendy C

PI Chair- OPEN

Activities

Greetings ASC, The Chili Cook Off was a success! We had 20 members at the H & I training and 28 to 30 members with families at the cook off. We had 7 Chili's in the contest and 3 winners.

- a. Mary H- 1st Place
- b. Rick S- 2nd place
- c. Sari M- 3rd Place

We made \$130.00 in Donations,\$13.00 for pop of which I paid Kim back \$3.00 for ICE for the lemonade. Which brings our total to \$140.00. SWINA LOGOS are due at ASC in April. Bids are due next month for the Anniversary Event. I did bring Fliers for needing logos and for the LUAU.

ILS
AMBER W

Activities Co Chair- OPEN
Phone Line- NO REPORT
Web Servant- NO REPORT

C. Groups

Recharge Group- Carter Lake-

Greetings SWINA from the Recharge Group Carter Lake,

Our total attendance for February 2024 was 56 addicts and 5 children and or supporters. We celebrated 1 Six Months, 1 Eighteen Months, and 1 Seven Years clean. Our beginning balance was \$94.00, income of \$63.00, expenses of \$100.00, and ending balance of \$57.00. We have \$50.00 area donation and a pending 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 – Council Bluffs-

Greetings Area from The New Way Group. We are doing amazingly at this time. We are a Step Study Guide Group and are currently on Step 11. In February we had 42 addicts. We celebrated Birthdays with keytags and medallions for 1-Newcomer and 1-7 years. Our beginning balance was \$25.00. Our total income was \$59.00. Our total expenses were \$30.00 leaving us with an ending balance of \$54.00. Our Lit order is for \$3.00. Our area donation is \$40.00. Come join us Sunday Nights at 6:45p.m. at Broadway United Methodist Church located at 11 South 1st Street Room 205, Council Bluffs, Iowa.

ILS,
Sam M

Vision of Hope – Council Bluffs- NO REPORT

Harlan GSF- Harlan-

Greetings Area, From Harlan GSF.

For the month of March harlan has celebrated an average of 10-12 addicts in attendance each week, we have celebrated 1 new comer, and 2 in between birthdays, we do have lit orders \$40.00, a total of \$40.00 area donation for monday and saturday,

We got the privilege of hosting the Chili cookoff earlier this month with lots of recovery being shared between the H&I and the regular meeting, 20 ppl had attended the training, and 45 ppl came to the chili cook off, thank you to all who came and enjoyed some wonderful chilis, Congrats to the winners, 1st place went to Mary, 2nd place went to Rick, 3rd place went to Sari. we did get the privilege to celebrate 1 newcomer and their family,

ILS

Kim B. Harlan recorder

Stacy J - Harlan GSR

Wednesday Atlantic Meeting-

Greetings from the Wednesday Atlantic meeting.

My name is Brad B and I am an addict. Meetings have been going good. We have averaged 16 addicts in attendance. We had 4 newcomers. We handed out 4 white key tags, 1 30 day (orange), 1 60 day (green) and 1 multiple year (black). We have a lit order of \$35 and an area donation of \$100.

ILS

BRAD B

Let It Be- NO REPORT

New Freedom- NO REPORT

Friday Night Live- Atlantic-

Greetings from Friday Night Live. My name is Brian and I'm an addict. The Meetings are going very well. We have averaged 22 addicts in attendance and the sharing has been SPOT ON! We celebrated 2- 60 day, 2- 6 months, 1- 9 months, 1 - 1 year and a 6 year clean time. We have a lit order of \$33.37 and an area donation of \$ 50.00. We have a bid for the Anniversary Function but will send flier out for approval to activities when it's done. It will be a cornhole tournament and potluck

ILS

BRIAN V

Against all odds- Shenandoah-

Greetings ASC, we had a good month. We have averaged 8-10 members a meeting and gave out 1- 6 month key tag. We also need add a couple more more meetings to the meeting list.

LIT STUDY- MOndays at 7 pm and

WOMEN'S MEETING 1st and 3rd THURSDAY of the month at 7 pm

Both of these have been going strong for a while now. Lit study almost a year now and the women's meeting 6 months now.

ILS
AARON A

Stairway to Freedom - Clarinda-
Greeting ASC< Recovery is strong in Clarinda. We have welcomed 9 newcomers of which most have been coming back. We have handed out many key tags 9- white, 6- 30 days, 3- 60 days, 1- 90 day and 1- 6 month. We have been averaging 12-14 members this month.

ILS
AMBER W

Red Oak Messengers – Red Oak

New Beginnings – Shenandoah

6. Correction and approval of minutes – (APPROVED 8 GREEN)

7. Financial Request(s)

- A Stacy J- recorder operating expense- ink for march and april 2024- \$50.00
- B. Mike H- PR expense \$175.21 and pending lit from ASC \$24.95 unanimous (8) green APPROVED
- C. Region February Hotel Expense \$109.83 unanimous (8) Green APPROVED

8. Old Service

- A. Open positions
 - a. PI_OPEN- discussed
 - B. ACtivities Co Chair- open discussed
- B. Chili Cook off results- in activities report
- C. Glenwood Meeting- meeting place has been sold so meeting is on hold until they find a location.
- D. Guidelines ZOOM meeting number and password-Meeting starts march 17, 2024 next Meeting March 24th, 2024 at 6pm zoom code-
- E. Who will get mail next month- Mike VP
- F. Any designs for SWINA yet? Yes the rest are due April Area

9. New Service

- A. NOMINATIONS (Ballot to follow)- ALL ARE OPEN
- B – Anniversary Event-
- C – GSR'S who are H & I trained-

10. 7th Tradition. \$19.00'

11. Next Area in Griswold April 14, 2024

SWINA 2024-2025 Officers' Nominations

Facilitator- CASEY W

Co-facilitator- SARI M

Recorder- OPEN

RCM- STACY H

REM ALT- SAMANTHA C

Clean Date- 04-16-2021

Have A Sponsor- YES

Working Steps- YES

Familiar with 12 traditions & 12 concepts- YES

Positions Held- Opened meetings, Chaired Meetings, GSR, Activities Chair,
Regional Awareness Committee Recorder

Lit Chair- MIKE VP

H&I Chair- WENDY C

Activities Chair- AMBER W

Activities co -chair- OPEN

Phone line liaison- SUSPENDED FOR NOW

Web servant- SUSPENDED FOR NOW

PR Chair- STACY J

Stacy L Jager
jagerstacy@gmail.com
MARCH 15, 2004

This month I will celebrate 20 years **clean**

Currently I do not have a Sponsor but am searching for one

GROUP LEVEL

1. I have worked the 12 steps several times and I'm currently working them again with some ladies and sponsee's
2. I have knowledge of the 12 traditions
3. I help chair meetings.
4. I have been a GSR several times. Currently I am the GSR for Monday Never Alone Group in Harlan.
5. I was the treasurer for Harlan's Nobody's Group.
6. I have carried the message of recovery into the Shelby County Jail to help the still suffering addict.
7. I have helped coordinate and organize group functions.
8. I have also been a facilitator for Harlan's GSF Business Meetings.

AREA LEVEL

1. I have done the PR position which stands for public relations a couple times.
2. I have helped with PI which stands for public information a few times.
3. I have been a part of helping when I can with certain activities if I can when needed.
4. I also currently hold the recorder position at the area level now.

MY STRENGTHS

1. I love helping people when I can.
2. I am very organized.
3. I keep good records and notes of things.
4. I am good at multitasking to get things done.
5. I am a perfectionist.
6. I am most definitely usually on time and early for all meetings.

MY WEAKNESSES

1. Its hard for me to take criticism at times because I am a perfectionist

2. When things don't come off right I tend to get impatient at times.

3. Sometimes I take on alot and dont ask for help.

MY GOALS....

To continue putting in effort where it is needed and reach out and ask for HELP if I get overwhelmed with something.

A LITTLE SOMETHING ABOUT ME:

Service work motivates and drives me to want to HELP the still suffering addict out there. I feel whole and complete when I am a part of doing something For Narcotics Anonymous. Me trying to help anyone or NA as a whole is a part of what keeps me coming back to the rooms of NA. I cannot express enough what service has done for me and my recovery!

ILS
STACY J

PI Chair- OPEN

NOTE::::: Wendy C mentioned that she needs willing and trained H&I people to please step up and help take meetings in the jail also must be willing to travel. Than you Please bring back a list of trained and willing people from your meetings.