

Southwest Iowa Narcotics Anonymous
Minutes for September 13th, 2009

The meeting opened @ 2:31 p.m. by Laura W. with a moment of silence followed by the Serenity Prayer: Laura requested the following be read:
The Twelve Traditions were read by Tim C.
The Twelve Concepts were read by Mark T.
The Service Motivation was read by Mike VP

III. Roll Call:

Executive Committee:

Chairperson: Laura W.
Vice-Chairperson: Absent with report
Secretary: Absent with report
Treasurer: George R.
RCM: Mike VP
RCM Alt.: Mike R.

Groups:

Another Chance: Absent
Clean & Free: Mark O.
Clean & Serene: Absent
Discovery Group: Dave R.
Just For Today: Absent
Living Clean: Mike R.
Miracles of Recovery: Absent
New Freedom Group: Absent
Never Alone Group: Kevin G
Nobody's Group: Holly S
New Way Group: Tim C.
On The Right Track: absent w/report.
Reaching Out: Jeff W.
Rebellions: Anita T.
Saturday Serenity: Don N./Rose Y.
Stairway to Freedom: Absent
Straight Friends: Marcie K.
Straight & Grateful: Absent
Straight Edge: Absent
Visions of Hope: Mary R

Sub-Committees:

Literature Chairperson: Matt O.
Activities Chairperson: Absent/Mary reported

PR Subcommittees:

H&I : Tim C.
PI: Mary R. Vice-Chair
Phoneline Liaison: Bill
Web-Servant: Dave R.
IRCNA Bid Adhoc: Absent

Visitors: Lynn

IV. Correction & Approval of Minutes: Mike R. motioned to approve minutes. Dave R. Seconded . M/S/C/U.

For the purpose of voting the minutes should reflect 11 groups voting.

Executive Committee Reports:

Chairperson:

Greetings Area;
Had a great time at SWINA-I think the park was very sufficient for our unity and a special "thanks" again to the Creston group for the additional bathroom facilities-was very helpful!

Look forward to serving and thanks to you all for being here.

In Loving Service;
Laura W.

Vice-Chairperson:

Greetings Area from your Vice-Chairperson;

I am still healing today, so I am not here to uphold my position. I did have a great time at SWINA. Hope everyone else did to. Look for more fellowship and recovery in days to come.

In Loving Service
Brian V.

Secretary:

Greetings ASC,

I am unable to attend the ASC today. My daughter left for Phoenix this morning and emotionally I am just not in the right state of mind to be there. I have mail that needs to be distributed, and if you can have someone take the minutes I get them typed up. I have a financial request for \$18.68 for minutes and mailing this month.

Looking forward to seeing you all in October.

In Loving Service,
Charlotte S.

Treasurer:

Greetings SWINA:

The checkbook balanced at \$334.62, with 2 outstanding checks # 1020 and # 1021. Last month the auditor of the ASC account suggested some recommendations that I feel we should add into policy. The treasurer of any ASC or subcommittee account should use the bank statement to balance the checkbook and have it available for review by the GSR's if they so request. That deposits be made no later than 5 days after the ASC or a function. I will put the spreadsheet I made on a disc to be given to this ASC for future use. If anyone has any other suggestions I would appreciate the input.

SWINA has again come and gone, my thanks to the Activities Committee for a job well done. Moving to a new location and all, the event went very well, all I spoke with had a great time. Looking forward to next year.

(SEE ADDENDUM for Spreadsheet)

ILS
George R.

RCM:

Hello Area, I am Mike and I am an addict.

I attended the Iowa Regional Service Committee and subcommittees August 15th and 16th in Hills, Iowa. Thanks to Tim C. and Charlotte S. for putting me up Saturday night at Tim's mom's

house in Iowa City.

I attended the PI Subcommittee and voice our concerns which prompted discussion that resulted in a more project based structure with one person assigned to the various projects the PI Committee is responsible for. This defining a single point of accountability I believe will aid the PI Committee to get more done more efficiently. It was also stated during the meeting that the PI budget is large, however PI, because of it's nature, also has more projects that directly interact with professionals and the public at large. We get a lot of bang for our buck.

RCM's voted after much discussion to send the flood money left over with no response for direction on to the World by a narrow margin of 5/3/2. A check for \$765 will go to World Services.

The Regional inventory is still ongoing. The RD has gotten some response but wanted to continue the process in order to allow for more response.

The IRCNA Standing Chair nomination, Charlotte S. was approved. Vice-Chairperson nomination Bob K. was approved. Treasurer nomination was called out of order by the Regional Chair due to submitting no service resume and not attending the sub-committee or the Regional. This nomination will be reopened.

The revised Just For Today motion passed. Thanks to the RD for making it CAR ready. If anyone wants it, I have a copy. The motion to centralize the Region failed to get the necessary 2/3 majority to pass. We will still rotate.

Treasurer Nomination for the Region Alicia E. Secretary nomination for the Region Mark F. We voted to continue to have a two day region with the same schedule for the next meeting. There was no flyer, however, it will be in Cedar Rapids the third Saturday and the following Sunday of November, as soon as the flyer is posted I will make it available.

I attended SWINA and had a great time. Thanks to the Activities Committee for their hard work and all those who contributed. It was a great time.

In Loving Service,
Mike VP

RCM ALT:

Family,

I first need to start by apologizing for my recent absences from Area meetings and functions. It's been a hectic summer and between work and family situations I have found it necessary to preclude myself from some of my favorite things. God has found it in his grace to give me a full time job and afforded me the ability to travel to New Mexico to say goodbye to my mother before she passes.

However fall is upon us and those situations are coming to a close. I am now going to redouble my efforts towards my continued recovery. I thank my Higher Power and this Fellowship for the opportunity to serve.

In Loving Service;
Mike R.

Sub-Committee Reports:

Literature:

ASC,

Went home after our last fun-filled ASC and I spent a little time going through the bank bag and paperwork. I set up a system that I hopefully can work with, but I'm sure no one else will understand.

I started in June with \$35.86 in the bank bag. We took in \$484.49. I got a money order for which I have a receipt for \$342.97 bringing the amount to \$177.38. I made initial deposit at the Bank of The West \$ 50.00. Total in bank bag was \$127.38. We sold \$190.88 in July for a total of \$318.26 in the bank bag. I got a cashiers check form Peoples' Bank for \$38.38, for a total of \$ 356.64 in the bag. We sold \$168.05 in August for a total of \$524.69 in the bank bag.

The checking was finally set up with a deposit of \$487.22 leaving \$37.72 cash in the bank bag.

With a checking account balance of \$537.22. I sent SHOW-ME RSO a check for \$254.51 leaving a balance of \$282.71. I need to send SHOW-ME RSO a check for the August order in the amount of \$ 245.10, which will leave \$37.61 in the checking account.

I do have a few orders received during the month, which I need to add in and which I'm SURE we won't make a habit of doing.

You chose me this is what you got.

In Service,

Matt O.

Activities:

Verbal report given. See below for Activities Treasurer Report.

Activities Treasure Report

Hello Area,

Swina was a great time I just want to thank everyone who attend. Starting balance in cash box and bank was \$45.73. Bank \$11.03 Cash box \$34.70. Put in \$100.00 for start up so we have change to give out at registration. We take in \$1759.79 money was counted twice with George R. and Mary R. and again with Karen S. and Brain V...Minus \$100.00 back to Mary R. and the \$34.70in cash box for startup leaves \$1625.09. Wrote and cash the check to the DJ for \$200.00, Office Max \$16.86 printing, Hy-Vee \$36.51 for ice and food for area part of the potluck meal, \$40.00 for both speakers gas and lodging leaves \$1466.42. Deposit in bank \$1459.79. Wrote check for \$670.00 and \$120.00 to Page County Park for tent and RV camping for the weekend we had 51 electrical site @\$510.00 and 56 non-electrical@\$280.00. Check to Union Jack for \$338.00for T-Shirt .Leaving us a balance of \$351.79 plus a deposit of \$45.00 for a return check we got last month from someone and \$20.00 from a check I wrote two months ago for rent at Page County Park they did not cash and will not cash because of a screw-up on their part. Which leave us with \$416.79 wrote a check to area for \$402.69 leave a balance of \$14.10 will close out account when all check cleared and give area the balance. I have approval from the area to have Joe W. audit the account will have audit report and any money at the next area with a closed account. Thank you for letting be of service to your area.

ILS

Mary R.

H&I:

Greetings Area,

H & I met today under the PR umbrella. Things are going; I will leave it at that. We have reestablished some goals to concentrate on. We would like to ask this body about an H&I/PI Learning Day with a meal. As always, I appreciate any concerns or needs.

Thanks for the Ability to Serve;

Tim C.

PI:

Greetings ASC;

The meeting list will be voted on today. ENNA will keep us on their list, if we need them we can go and get some. A letter was drawn up and was voted on at the PI meeting with info to be sent out to facilities. Talked about our own phone line with US Cellular. Would like to ask this body for a H&I/PI learning day. If any questions please call me @ 402.699.4984.

Mary;

PI Vice-Chairperson

Phone Line Liaison:

Greetings SWINA Area from Phone Line Liaison

All is well with the phone line; we have been very busy of late averaging nine to ten phone calls a day. We are still looking for a Vice-Chair and always looking for people to carry the phone so if the GSR's will announce The Vice-Chair position at their groups and not blow it off it would be appreciated. If someone would like to carry the phone just call us so we know and we'll get you in so you can get trained.

ILS

Bill S.

Web-Servant:

Hello, All is well on the website. As always, I wish to remind everyone that this is your website. The quality of the site and accuracy of the info is directly a result of feedback from you.

In Loving Service,

Dave R.

IRCNA Bid Adhoc:

Red Coach inn will work for what we need. Chair for Swina checked out hotel facilities and it will be adequate. I apologize for my absence but I was unaware that I was required to be at area each month. But I will be here next month to answer any questions you may have.

ILS Kim

Group Reports:

Clean and Free:

Greetings Area,

Clean & Free is doing good. Meeting attendance has been strong. A lot of good recovery is being shared. We have a sizeable lit order and a \$30.00 donation at this time.

Thank you for allowing me to serve;

Mark O.

Discovery Group:

Hello,

All is well in Discoveryland. Attendance holds in at about 12-15. We are having good meetings and hope to see you there.

ILS

Dave R.

Living Clean:

Greetings from Shenandoah,

We would like to thank everyone who participated in SWINA this year; again it was a great success. The Living Clean meetings seem to be on an upswing, with more than 20 members at meetings on a regular basis. This month we have an area donation of \$20.00 and a small literature order.

ILAS

Mike R.

Never Alone Group:

Hello Area, Never Alone Group is doing well. Good attendance.

In Loving Service,

Kevin

Nobodys Group:

Hello Family from Nobody's Group, things are going great. Attendance is up. We have a small literature order.

In Loving Service,

Holly S.

New way:

Greetings Area, things are good. We welcome your attendance and hope you will come and share your recover with us. No literature order and no donation.

Tim C.

On the Right Track:

Hello everyone. Sorry for missing the ASC things are going well. We have a small literature order and a donation of \$75.00.

ILS

Jeff S.

Reaching Out:

Hello from the Reaching Out Group.

Sharing has been good with 6-12 addicts attending. We have given out:

1-30 day

1-90 day

1-9 month

1-2 year

1-19 year

Several of our members went to the SWINA Campout. Thanks for the good time! I would also like to thank the webservant, he added some links at my suggestion. No literature order and no area donation at this time.

ILS

Jeff W.

Rebellions:

Our group is growing everyday and our attendance is growing each month. We have no lit order or donation at this time.

ILS Anita T.

Saturday Serenity/Daylight Again:

All is well Wednesday mornings and Saturday evenings in Harlan, Iowa. Two of our members participated in the PI both at the Iowa State Fair effort and found it very rewarding. There were a lot of visitors at the booth and much literature (and candy for the kids) was distributed. We even had the opportunity to get contact information from some folks in the Red Oak community who are actively helping at risk teenagers in that community, and passed that information on to the SWINA PI Chair for follow up. Quite a few members from Harlan attended the SWINA campout at Pioneer Park and had a great time. The Saturday Serenity Group is excited about celebrating our 3rd Anniversary on October 24th with a pot-luck after the meeting which will be followed up with our traditional hay-rack rides and bonfire meeting at the Brickyard Orchard. Fliers are available here today; we look forward to seeing all of you there.

Thank you for your Support,

In Loving Service:

Don N./Rose Y.

Straight Friends:

Greetings Area,

Thank you for have me here today, I am the new GSR for the Straight Friends group out of Villisca. Recovery is good. We have given 2 newcomer keytags, - 1, 60 day keytag and one 3 year chip. We have been averaging 10 addicts. There is no literature order, and no area donation. A vote was taken in our group about voting in a person with 2 years clean for Activities and our vote was yes. SWINA was a great time.

In Loving Service

Marcy

Visions of Hope:

Greeting Area from Visions of Hope:

All is well at Visions of Hope, we have a new Tuesday night Chairperson and Alternate GSR, his name is Mark T. We have a small literature order and a \$100.00 donation today.

In Loving Service;

Mary R/Mark T.

VI. Financial Requests:

Request for \$55.00 For Mike VP for gas to region turned in approved expense.

Secretary expenses of \$18.68, approved expense.

VII. Sharing Session: Mary brought up that there is a couple from Red oak who wants to start another recovery meeting for teens. They work with teens and want to do more work. Jeff was given all information, gentleman's name and contact information.

GSR of STRAIGHT FRIENDS talked about state fair. Gave good input on how it went. Stated it was a good time and they enjoyed it all.

GSR for New Way stated same sort of thing.

Straight friends GSR stated that they would be willing to do the Christmas party again.

Mary R. Stated that Halloween party will be on 31st at Broadway united Methodist church.

Mary asked if she could call and book DJ and speaker body unanimously agreed.

Tim C. was asked by Mary to speak at Halloween dance.

Web servant asked that flyers and items be sent to him in electronic format so he doesn't have to scan them although he can.

10 minute break reopened with moment of silence and serenity prayer.

VIII. Unfinished Service:

1. Swina meeting list approval motion to approve meeting list for printing Mike R. 2nd
Mary R. m/s/c/10 for/1 abstention 0 against
2. Clean time requirement for activities chair removed from agenda considered mute point.
3. Chair position for activities resume removed from agenda due to not being present.
4. Activities chair nominations tabled until next area groups asked to take it back for next area and bring us names.
5. Halloween dance information given as it was in the sharing session. So you can just copy it. To help with set up please be at the church at 6 p.m. as the dance will be at 7:30. Will be a Potluck bring salad and dessert area will provide meat.
6. Regional financial breakdown tabled until next month due to not having information available

IX. Current Service:

1. Change in guidelines to reflect that P.O. Box should be paid in November motion submitted by Living Clean GSR Mike R. 2nd Tim C. 10/0/1. Motion carries
2. Gratitude dance **date** set: November 28th 2009 time 7:30 meal starts at 6:00 pm Harlan bid for dance accepted.

3. Activities calendar of events approval. Unnecessary due to being already in guidelines so no approval needed. Removed from agenda
4. Activities audit Joe w. Motion to approve Mike R. 2nd Dave R 10/0/1. Motion carries
5. Bid for phone line to get our own phone line will be tabled until PR committee can put bid in writing to take back to our groups. Mike R. will bring us a bid from US Cellular for next area on cost of phone and PI committee will put whole package together with all info necessary to take back to group. PI chair will be informed.
6. REACHING OUT MOTION: To archive area financial account records in a template. INTENT: at a glance to see record of fiscal year. Removed from agenda due to the process already being in place and no second for the motion.
7. Motion by activities treasurer to change prudent reserve to \$250.00 dollars from \$500.00 dollars motion by Mary 2nd by Mike R. 10/0/1. Motion carries.

X. Flood Meeting: Discovery Group- Friday Night 8:30 pm-714 Benson Street Council Bluffs

XI. 7th Tradition: \$14.00

XII. Next ASC October 11th, 2009.

XIII. Meeting closed at 4:20 p.m. with the Gratitude Prayer.

See you all October 11th, 2009



Southwest Iowa Service Committee
Public Information Subcommittee

PO Box 1134
Council Bluffs, Iowa 51503
www.swina.org

Dear Friends:

The purpose of this letter is to bring an awareness of the Fellowship of Narcotics Anonymous in Southwest Iowa to your institution. We hope to create an understanding of our Fellowship so that if you feel our program may be of benefit to you, or to the people you serve, you will know how to contact us for further information.

Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other to stay clean. Ours is a program of complete abstinence from all drugs. We are concerned with the disease of addiction and recovery from that disease; an addict's choice of drug (or drugs) is unimportant to us.

Presently, we would like to supply you with meeting list of local Narcotics Anonymous meetings. Our subcommittee is always willing to meet with you or any staff person in order to establish and maintain communications. Please feel free to contact us at anytime.

We've enclosed a sampling of our literature for your examination so you may better understand our program. We also include some current meeting schedule for the Southwest Iowa Area and the Iowa Region and a contact number.

Please use our literature and meeting directory for referral to our program. A literature order form is enclosed from our World Service Office in Van Nuys, California, if you wish to purchase more literature for your use. You may make copies of our meeting directory to distribute. Our meeting directory is updated on a regular basis and can be acquired by request through the contact information provided below or through the Internet at our website:

Southwest Iowa Public Information Subcommittee

P.O. Box 1134

Council Bluffs, Iowa

www.swina.org

Thank you for your time and we hope that we may have the opportunity to be of service to you, your group or organization.

Sincerely,

Public Information Subcommittee

Enclose: (5)

Welcome to NA

NA - A Resource in Your Community

Who, What, How and Why

Am I an Addict?

Iowa Meeting Directories

