

# IOWA REGIONAL H&I SUBCOMMITTEE MINUTES FOR NOVEMBER 10, 2007 DUBUQUE, IA

Jamie F. - Opened the meeting at 10:10am with a moment of silence followed by the serenity prayer.

## READINGS:

Twelve traditions - Kim  
Twelve concepts – Tim  
Service motivator – Gabe L  
Basic purpose – Mellisa B

ATTENDANCE: Mellisa B. (NCIANA), Gabe L. (NCIANA), Jamie F. (NCIANA), Andrea B. (DANA), John F. (QCANAII), Alicia E. (SCANA), Robby E. (SCANA), Darryl J. (IRVANA), Gary H. (DANA), Tim C. (SWINA), Kim D. (SANA), Phill L (HANA), Kim B. (DANA), Kim M. (CLEAN & FREE) and Holy W. (CLEAN & FREE)

## APPROVAL OF MINUTES

## REPORTS:

Secretary – Mellisa – Minutes

Chair – Travis - Absent

Vice Chair – John F. – No report

## AREA REPORTS:

IRVANA – Daryll – see end of minutes

NCIANA – Mellisa – see end of minutes

SWINA – Tim – Currently no H&I subcommittee in area and would like to start one

DUBUQUE – Andrea – see end of minutes

HANA – Phill - See end of minutes

Old Business:

- Regional H&I learning day: No areas have a location or date.
- Regional learning day tables until Feb. meeting, areas will try to come back with a place and date.
- HANA is interested
- SWINA might be interested
- Wondering about the game feed however no one their to represent the #2 peace area.
- SWINA – Having an issue with willingness from PI to get H&I meetings started. They do have 3 or 4 members to be on H&I subcommittee.
  - A lot of advice from different areas
  - Such as on line – NA.org
  - Contacting members of the regional H&I subcommittee
  - I will email our information and guidelines book we use in our area to them to use as a guide.

New Business:

- No New Business

Jamie closed the meeting at 10:55 am with the third step prayer.

Next meeting will be held on February 16, 2007, in Des Moines, IA .

# REPORTS

## IRVANA

Dear H&I,

Things seem to be going well in IRVANA. We have commitments each month – one at University of Iowa Hospital and at MECCA. The subcommittee meets monthly and has all positions filled. We are carrying the message of recovery. I would like to thank the region for the opportunity to serve I am no longer the chair we had our elections.

ILS Darryl J.

## NCIANA

Hi my name is Mellisa and I am and addict. Things are going ok in NCIANA. We are only going to Prairie Ridge on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursday of each month. We are no longer going to the outpatient groups. They are making changes at the treatment facility and are not sure if they are going to be having groups come in and speak any more. We are no longer going to Hardin County as this is now a part of the HANA area. We are struggling with the willingness of addicts to make these commitments, but the addicts that are willing make sure that our commitment is fulfilled. At this time our area is not in need of a Regional H&I meeting. That is all that I have to report this time.

In love and service

Mellisa B

## DUBUQUE

Good morning,

I am Andrea and I am an addict. Welcome to the Dubuque area. We are currently having two H&I commitments. Our first is on Wednesday at the Dubuque county jail. We have an average of 30 in attendance on a weekly basis. Our second is the Turning Point Treatment center we go there on the 3<sup>rd</sup> Monday of every month. On October 27, 2007 we had an H&I learning day. 12 people attended. We are working on a couple of more commitments, but more will be revealed.

In loving service

Andrea B.

## HANA

Hello, this is our first regional meeting as our new area is forming. I am glad to be here representing the area as the PR vice chair. Thanks and I am looking forward to learning more through my new position.

Loving service

Phill L.