

**Iowa Regional H&I Subcommittee  
Agenda for  
November 19, 2005**

- I. Open with a moment of silence and the Serenity Prayer
- II. Readings
  - a. Twelve Traditions
  - b. Twelve Concepts
  - c. The Service Motivation
  - d. Basic Purpose and functions of the RSC H&I Subcommittee
- III. Secretary Report (reading of the minutes)
- IV. Corrections and Approval of minutes
- V. Administrative Reports:
  - a. Chairperson
  - b. Vice-Chairperson
- VI. Budgetary Expenditures
- VII. Area Reports
- VIII. Old Business
  - a. Regional H&I Meeting List
  - b. Planning of the remaining budgeted Regional H&I Learning Day
  - c. Multi-Regional H&I Learning Day
  - d. SMANA H&I Learning Day
- XIV. New Business
  - a. Regional Motions or other agenda items or business that pertains to the H&I Sub-Committee
- IX. Announcements
- X. Next IRSC
- XI. Closing

**Iowa H&I Regional Sub-Committee  
Minutes for August 20, 2005**

The meeting was called to order by the Secretary, Tonya H. with a moment of silence followed by the Serenity Prayer. The Secretary called for the following readings:

|                          |                  |
|--------------------------|------------------|
| The Twelve Traditions:   | read by Randy    |
| The Twelve Concepts:     | read by Tonya T. |
| The Service Motivation:  | read by Rick     |
| & The Basic Purpose....: | read by Victoria |

**Attendance:**

**Executive Committee:**

Chairperson: Jimmie K. (Absent)  
Vice-Chair: Steve (Absent)  
Secretary: Tonya H. (Present)

**H&I Area Representatives:**

|                      |                           |
|----------------------|---------------------------|
| #2 Peace -           | Jimmie K. (Absent)        |
| Clean & Free -       | Matt                      |
| Freedom & Growth -   | Absent (no report)        |
| Freedom & Serenity - | Travis (oral report)      |
| IRVANA -             | Neil                      |
| North Central -      | Absent (forwarded report) |
| Quad Cities -        | John                      |
| Siouxland -          | Tonya H.                  |
| South Central -      | Victoria                  |
| Southern Miracles -  | Tonya T.                  |
| SWINA -              | Absent (forwarded report) |
| Tri-State -          | Absent (no report)        |

**Other Members Present:**

Robert (Clean & Free), Dorene (QCANA), Randy (SMANA), and Rick (SMANA)

**Correction & Approval of Minutes:**

Motion to approve minutes made by Matt M. and seconded by Randy M/S/C/U.

**Old Business:**

- A. Regional H&I Meeting List
  - i. Tonya passed around the Meeting List to be edited and for time/place information to be added to some listings
  - ii. There are currently 32 H&I meetings in the Iowa Region
  - iii. Updated meeting lists will be provided at the November IRSC meeting

**New Business:**

- A. Planning of the 2 budgeted Regional H&I Learning Days
  - i. Tabled until November IRSC meeting because the #2 Peace Area (hosts of the next scheduled Regional H&I Learning Day) are not present

- B. Multi-Regional H&I Learning Day
  - i. Tabled until November IRSC meeting because the members with information concerning this event are not present
- C. SMANA Learning Day Discussion
  - i. Randy asked for assistance in putting on their 1<sup>st</sup> H&I Learning Day
  - ii. Randy also asked for information about how to approach a facility about obtaining an H&I contract.
  - iii. Randy was referred to the H&I handbook and Matt volunteered to e-mail Randy with additional information.
- D. Chairperson Position
  - i. IRSC contacted Jimmy and he indicated he was no longer able to hold the Chairperson position.
  - ii. Tonya nominated Matt S. for Regional H&I Sub-Committee Chairperson. M/S/C/U.
- E. Vice-Chairperson Position
  - i. IRSC contacted Steve and he indicated he was no longer able to hold the Vice-Chairperson position.
  - ii. Al nominated Randy for the Regional H&I Sub-Committee Vice-Chairperson. M/S/C/U.

**Announcements:**

September 17<sup>th</sup>, 2005 SMANA will be hosting an H&I Learning Day

The meeting was adjourned with a moment of silence and the Gratitude Prayer

**Reports:**

**Executive Committee Reports:**

**Chairperson:**

No Report

**Vice-Chairperson:**

No Report

**Secretary:**

No Report

**Area Reports:**

**#2 Peace:**

No Report

**Clean & Free:**

Greetings Family,

The Clean and Free H&I Subcommittee is doing well, we currently have 10 qualified H&I members at this time. We are still holding the Horizons panel presentation once a week. We are currently in the process of starting another presentation once a

month at the pathways Behavioral Services Treatment Center, it will be a literature discussion format, we have a contract drawn up and are currently in the process of training subcommittee members and will be trying this format at the Horizons before taking it up to Pathways on September 19<sup>th</sup>. That is all I have at this time.

In Loving Service,  
Matt Steele

**Freedom & Growth:**

No Report

**Freedom & Serenity:**

Oral Report

**IRVANA:**

The Iowa River Valley Area H&I Sub-committee has been meeting regularly on a monthly basis. We are still holding a monthly presentation panel at The University of Iowa Hospital Treatment Center. Currently, we have formed an ad hoc committee to address a request that the Oakdale Prison has expressed to us about bringing in a panel presentation. I am grateful for this opportunity to serve the IRVANA Area as their H&I Sub-committee Chair.

I.L.S.,  
Neil D.

**North Central:**

Hello I'm Dan an addict. Our H&I meetings are going good. We are having Area H&I Learning Day Oct. 1<sup>st</sup>. We sent out fliers. We are working on starting new H&I meetings in Lester Heights Prison Farm. We are waiting to get people approved to enter prison.

Thanks,  
Dan

**Quad Cities:**

Hello fellow addicts, my name is John & I'm an addict. H&I is alive and well in the Quad Cities USA. We are working it right. The addicts in our facilities are showing up at our meetings in search of sponsors. Our 3 meetings in Clinton are doing well. The 10 meetings in the Immediate Quad Cities Area are also doing well. We had an H&I Share-A-Thon at the East Moline Correctional Facility on 7/30/05. We had 4 QCANA II addicts go in the facility and represent NA to help long term inmates to receive the NA message. We are struggling financially – need help to carry White Books into facilities. We have \$150/3 month allotment, but we don't have funds presently to cover it.

In Loving Service,  
John F.

**Siouxland:**

Currently SANA is making 3 H&I commitments per month at Synergy treatment center in Cherokee IA. We have recently welcomed the Onawa IA. Tues and Thurs NA meetings to our Area and found out that they were already making a monthly commitment to Synergy. Several of our Area Trusted Servants traveled to Onawa to coach them on our fellowships guidelines for doing H&I work. We plan on have a learning day centered around the Onawa group due to their high level of enthusiasm.

We are at this time without an Area H&I Chair. Joe B. in H&I Vice-Chair and has been holding sub-committee meetings monthly. Attendance could be better. We currently speak on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month at Synergy. Onawa picks up the 3<sup>rd</sup> Monday. Our past track record has not been very consistent in attending every commitment and have and only one no show since starting back up. I've been working closely with Joe to make sure we fill our commitments.

The previous H&I chair had a literature drive and we were able to donate Basic Text's and It woks, How & Why to local jails and treatment centers. We always seem to be looking for speakers to be on panels but it always seems to work out somehow.

In Loving Service,  
Brad J.  
SANA Vice-Chair

#### **South Central:**

SCANA H&I is going well, we have 15 meetings/panel presentations in our Area. We have elected a couple of new coordinators since last region. We had a Learning Day that went really well.

Victoria R.  
SCANA H&I Secretary

#### **Southern Miracles:**

Hello Region, I'm the new Chair for H&I for our Area. So I'm still learning about H&I. We do have 2 jail meetings at the Mahaska County Jail both men and women. The men's is going great, the women's is struggling. We haven't had one for the last few months. Hopefully we will be able to reach out to different facilities. We are having on Sept. 17<sup>th</sup>, an H&I Learning Day. So please come share your experience, strength and hope.

In Loving Service,  
Tonya T.

#### **SWINA:**

Greetings Regional H&I from SWINA:

The SWINA H&I Subcommittee is continuing our efforts and continuing to grow in numbers of people to carry the message as well as number of H&I Meetings we hold in our area.

We are still carrying the message into the Pottawattamie County Jail to both the men and women, in that facility, and all seems to be going well other than we always need

more trusted servants in our Area to carry the message to this facility, with the minimum clean time being 2 years, and 2 years off paper, it has put some constraints on us with the number of trusted servants being able to go into that facility.

However, this month, the Women's meeting in Pottawattamie County Jail is celebrating one year of going in, and we are very proud of that effort.

Beginning in September we will be starting two new H&I Meetings. We will be going into the Men's Residential Correctional Facility every other Thursday @ 7:00 p.m., and the Women's Residential Correctional Facility every other Wednesday @ 7:00 pm. The minimum clean time is 6 months for both of these facilities. The Committee has decided that each team of 2 will have at least one member with no less than one year clean in order to attend.

We are hosting an H&I Learning Day on August 27<sup>th</sup>, @ 1:00 pm at the New LiteHouse in Council Bluffs, in order to get the trusted servants trained and ready to carry the message into our new facilities.

We have been contacted by an addict in the Clarinda Correctional Facility requesting some literature, and some assistance with the in house meeting that is currently taking place in that facility, more will be revealed on this at a later date.

We are in the process of updating our guidelines, and will have them completed by the September ASC.

Sorry that I am unable to participate in the Regional H&I Subcommittee meeting for the next year, but as the SWINA's H&I Chairperson, would still like to receive minutes and the agenda via email if at all possible.

In Loving Service,  
Charlotte S.

**Tri-State:**  
No Report

### **Chairperson Qualifications**

**Matt Steele**

35 months clean  
9 months H&I Chair to Area  
Knowledge of 12,12, & 12  
9 months IRSC attendance

### **Vice-Chairperson Qualifications**

**Randy Winkleman**

Clean date 8/15/93 – 12 years  
Working knowledge of NA's 12 steps, 12 traditions, and Concepts  
Have a sponsor – Al L. 25 years  
6 months H&I experience

