

**Iowa Regional Service Meeting
11/16/2025
CAFANA ASC -Waterloo, IA
In-person & online - video conference hybrid**

1	OPENING:	The meeting opened at 10:22 AM CT with a moment of silence followed by the Serenity Prayer.	
2	READINGS:	12 Traditions – Chuck 12 Concepts – Stacy Vision Statement – Iva	
3	ROLL CALL:		
•	REGIONAL BOARD	Facilitator – Matt S. - present Co-Facilitator – Ashlie C - present Treasurer – Jessica R. - present Co-Treasurer –Vacant Recorder – Jennifer B - present Co-Recorder – Bel M. - present Regional Delegate (RD) – Tonya H. - present Alternate Delegate (AD) – Denny V. - present IT Facilitator - Jen S -absent	
•	COMMITTEE FACILITATORS	IRCNA Committee – Reese H - present Public Relations – Stacy H - present Fellowship Development – Tracy - absent	
•	WORKGROUP FACILITATORS	Archives - vacant - Guidelines – Aisha E - absent Insurance – Heather M. - absent Incorporation Ad Hoc - Aisha E & Chad L - absent	
•	AREAS	CAFANA – Cami - present FASANA –Ashley C - present HANA – Jared - present LANA – Tracy - absent MANA – Daren D - absent MRVANA – Jack D - present	NCIANA – Natalie H - present QCANA – Cathleen V - present SANA – Matt - present SCANA – Kris - present SEIANA – Dan N - present SWINA – Stacy H - present
•	OTHER MEMBERS PRESENT		
•	QUORUM	<ul style="list-style-type: none"> ● 10/12 Areas present ● 80% to block ● 3 votes needed to block 	

4	READING OF MINUTES:	Aug 2025 Unfinished Service, New Service, and Financial Requests were read at the Board meeting.
5	APPROVAL OF MINUTES:	approved
6	REPORTS:	
●	REGIONAL BOARD REPORTS	
○	FACILITATOR	<p>I would like to thank the Clean and Free Area for hosting. There was a lot of angst yesterday and I would like to see us come together for business today.</p> <p>“When we act together, we are greater than the sum of our parts, smarter than our decisions, and more powerful than we think we are. The Second Tradition reminds us that a loving God guides our efforts in service, and we can see it clearly when our short-term setbacks or disagreements somehow don’t interfere with carrying the message. We see a Higher Power working in NA and come to believe it can work in our lives too.”</p> <p>Excerpt From Living Clean: The Journey Continues Fellowship of Narcotics Anonymous https://books.apple.com/us/book/living-clean-the-journey-continues/id733950643 This material may be protected by copyright. ILS Matt S.</p>
○	CO-FACILITATOR	<p>Hello Region,</p> <p>This morning in open forum we discussed the RD team being available to do CAR/CAT workshops around the region and also having some virtual meetings after the presentation in December.</p> <p>We also discussed the regional assembly and it was suggested that we do that virtually. We will discuss more in business.</p> <p>It was also brought up that the treasurer's report needs to be a part of the minutes document so it goes online, not just an attachment in the email. We have noted and will do so moving forward.</p> <p>It was also suggested that we put together a standard operation guide for the various positions at region. We would like to start one for the treasurer after we complete the old audits.</p> <p>It was also brought up that region members that have a regional email should be using that email.</p> <p>Those were all the topics discussed.</p> <p>Thank you for allowing me to serve.</p> <p>ILS, Ashlie C</p>
○	TREASURER	<p>1. Financial Documentation Update</p> <p>I have sent the financial documents for the year 2020 to the auditor for review. The remaining documents for 2021 through 2024 will be sent over the next month for audit and review. I will keep the body updated on any progress or issues that arise in the process.</p> <p>2. Budget Update</p>

It has come to my attention that both the Web Services and IRCNA accounts are currently over budget. Remind me – when do new budgets begin?

3. Web Services Expenses

Web Services has purchased a plugin, and we need to pay for another WEB servicey thing but they are over budget so it will be a financial request.

4. Unexplained Donation Transfer

For reasons that remain unclear, an additional donation of \$500 was sent to both World and Zone services. It's possible this was related to an income transfer from IRCNA, but I wanted to bring this to everyone's attention for transparency and discussion. If anyone has questions or insite, please let me know. It was a notation in my book to do it and I do not know why.

5. Storage Costs – Storamart

There has been an increase in the storage rent at Storamart, which is now billed to us with taxes included. Here is the breakdown of the recent adjustments:

Jan 2025: \$250.64

July 2025: \$255.64 (due to insurance price increase)

Oct 2025: \$281.32 (annual adjustment and new rental price)

I have attempted to reach out to them but have not had any success in resolving this issue. I will continue to follow up and keep the body informed. Issue is we should not have to pay taxes. Secondly, this is only going to go up in price. Does the body want to look at somewhere else? Or accept this is the way it is?

6. Lock Replacement Fee

In May, we incurred a small fee of approximately \$20 for a lock replacement. This has been accounted for in the records.

7. US Bank Account – Signer Updates

At this time, we need to add and possibly remove signers from the US Bank account. I have reached out to our previous liaison but have yet to receive a response. As the new co-treasurer was initially going to contact the liaison closest to their location, it seems we now need to adjust our approach.

Due to health reasons, the co-treasurer is no longer able to assist with this, so I will reach out to a trusted individual in Ankeny to help with this process. I'm currently unsure who should and should not have check-signing access, so I'm asking for clarification on that matter.

Current Signers:

Reese – IRCNA General Facilitator

JD – IRCNA Auditor

2026 – IRCNA Facilitator

Co-Treasurer

Treasurer

Current Authorized Signers:

Region Facilitator

Co-Facilitator

Treasurer

I ask the service body to confirm if there are any individuals who should be removed or

		<p>added to the signer list based on our guidelines.</p> <p>8. Access to Bank Accounts Lastly, if there are individuals who need access to view the accounts but have not yet been granted that access, please let me know. It is critical that the appropriate people have access to the financial records to ensure transparency and accountability. If anyone is currently signing checks without the necessary authorization or approval from US Bank, please cease doing so until the proper procedures have been followed.</p> <p>Conclusion I remain committed to ensuring our region remains financially responsible and transparent. Please feel free to reach out with any questions or concerns, and I look forward to discussing these points further at the meeting. In loving service, Jess R. Treasurer, Iowa Region of Narcotics Anonymous</p>
○	CO-TREASURER	vacant
○	RECORDER	Verbal
○	CO-RECORDER	Verbal
○	REGIONAL DELEGATE (RD)	<p>Greetings Iowa Region, Thanks to the Clean and Free area for hosting Region; great facility, food and hospitality. Since the last region I have attended the Dec PSZF Planning Meetings, and the Oct. CP meeting.</p> <p>October 2025 CP Web Meeting — Summary Attendance Participants included: 99 RDs, 6 ZDs, 15 WB members 67 ADs, 3 HRP members, 2 Cofacilitators 7 interpreters, 4 zonal contacts 13 staff Soliman (RD Egypt) opened with the Serenity Prayer in Arabic.</p> <p>NAWS Update (Anthony E) Anthony delivered his final financial report as Executive Director and outlined the leadership transition to Becky Meyer (five-year contract signed). Key financial points (FY 2025): Net literature income: 5% below budget (Exceptions include translated Basic Texts, key tags, medallions, and service material that all showed an increase from the budgeted amounts) Cost of goods: 30% over budget due to production costs and new translations In-house production: \$807,000, which is 15% under budget Price increase for literature scheduled for 1 January 2026 NA Survival Kit and contributions helped delay the increase</p>

Fellowship contributions remain strong at ~20% of operating income (~\$2M/year)
 Additional financial notes:
 Inventory (30 June): \$1.69M, and rising
 Iran's financial numbers reflect official (unrealistic) exchange rates
 No legal way to transfer funds from Iran
 Rising costs and supply instability continue
 Fellowship contributions remain essential to approaching true self-support
 WCNA Update:
 Correction: WCNA has been outside the US (Brazil 2015), just not in Europe since 2009
 WCNA 2028 potential sites: Frankfurt, Lisbon, Dublin

2026 Conference Agenda Report (CAR) Preview

Irene reported that fewer motions this cycle reflect a more consensus-based approach.

Highlights:

More time for discussion at WSC

CAR will include:

- o Three World Board motions

- o CAR Survey

- o Discussion questions on:

- o Gender-neutral/inclusive language in NA literature

- o DRT/MAT as it relates to NA

- o Two regional motions

NAWS will post workshop schedules and supporting materials

Surveys available at na.org/surveys through 1 April 2026

Revised Service Material Updates

1. Group Business Meetings (SP) — updated with sections on Consensus and Delegation; posted for 90-day review

2. H&I Basics: Treatment — review complete; third section (Committees) coming soon

3. Rural Service Basics — simple updates completed

Process reminder:

Drafts → 90-day review → revisions → final posting.

Resources at na.org/basics and na.org/sps.

World Unity Day

Videos available only to CPs, PR subcommittees, and those featured

CPs may show videos at workshops/events but not on social media

Audio from several Unity Day sessions and WCNA 38 posted at na.org/wcna

Unity Day successful spiritually, but didn't boost contributions

New goal: 3,000 monthly recurring contributors

Regional Report Form

Updated form for WSC 2026

Due 28 February 2026

		<p>Support needed filling this out:</p> <ul style="list-style-type: none"> o # of meetings, virtual, etc o H&I panel presentations per week; in person, virtual & hybrid o Is the fellowship growing, shrinking or staying the same since WSC 2023? o Any new subcommittees or workgroups since WSC 2023? o Comments on how CBDM works in your Region or Areas? o Describe Fellowship Development efforts in the Region o What kind of planning does your Region or Areas use? <ul style="list-style-type: none"> o Any areas of successes with utilizing technology? o Provide urls for any regional social media accounts o How many professional conferences does your region or areas participate in? o What subject generated the most discussion at your region? o What was the most significant challenge your region faced since 2023? o Is there any other information we would like to provide about the Iowa Region? <p>Important Dates:</p> <p>3 December 2025 - Translated Conference Agenda Report available</p> <p>6 December 2025 – PSZF CAR Workshop – Iowa City</p> <p>3 January 2026 - Deadline for regional material to be submitted for inclusion in the CAT posting</p> <p>3 February 2026 - Conference Approval Track material available</p> <p>28 February 2026 - Regional and zonal report deadline</p> <p>28 February 2026 - Deadline for regional material to be submitted for inclusion in the Conference Report</p> <p>3 March 2026—Must be in final form by 18 March. - Amendments to CAR and CAT motions deadline and seating motion deadline</p> <p>3 March 2026 - Funding request and WSC registration deadline</p> <p>After 18 April 2026 [CPs will have 72 hours to respond] - Initial Straw Poll ePoll</p> <p>3–9 May 2026 - World Service Conference 2026</p> <p>We encourage all members to attend the PSZF meeting Dec. 5 th - 7 th in Iowa City. There will be a PR for Professional Presentation on Dec 5 th , the CAR Workshop on Dec. 6 th and the business meeting Dec. 7 th .</p> <p>Denny and I will set up some zoom CAR workshops after the Dec. event in Iowa City. Be on the look out for those dates. Feel free to reach out to us if you would like the RD Team to schedule a workshop at their area.</p> <p>Thank you for the opportunity to serve. Happy CAR Season!</p> <p>In Loving Service, Tonya H. Regional Delegate</p>
o	ALTERNATE DELEGATE (AD)	<p>Thank you to CAFANA for hosting Region.</p> <p>My activities in this cycle have included:</p> <p>IRSC Board Meeting May 5, 2025 Set Agenda July 14, 2025 Approval of Minutes / Set Agenda</p>

		<p>PSZF July 19, 2025 Virtual PSZF T-shirts Will be available at PSZF in Iowa City - \$15.00 Unity Day Speakers for PSZF hosting time frame South Dakota Carol P. OK Cindi B. Nebraska Mark W. Mid-America Beth N. Iowa Matt S Best Little Don H Contacted Mid-West Zonal Forum to invite them to join us for our CAR review on December 6 th . They declined. Scheduled multiple Zoom meetings for Iowa Committees on the PSZF Zoom accounts. PSZF Zoom Planning Meetings for December 5 – 7 in Iowa City September 6, 2025 September 27, 2025 NEXT ONE: November 22, 2025 9:30am AND: November 29, 2025 9:30am Iowa & Nebraska RD teams met on Zoom to coordinate flights, car rental, and hotel accommodation for WSC 2026 Conference Participants Meeting (Virtual) October 18, 2025 Zoom CAR</p> <p>MZSS 2026 MZSSNA-VI will take place in Wichita, Kansas on October 1, 2, 3, & 4th, 2026. Save the date and spread the word. Next Zoom Planning Meeting is Tuesday, November 18 th at 8:00pm. You can volunteer to help, or suggest a workshop topic anytime. These links can be found on MZSS web site, https://mzssna.org .</p> <p>Narcotics Anonymous USA US Collaboration of Zones – https://usa-na.org Thank you for the opportunity to serve as the Iowa Region AD. In service, Denny V.</p>
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●	COMMITTEE REPORTS
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○	IRCNA COMMITTEE	<p>Greetings Region, Thank you to Cafana for hosting region, and doing so on a short notice coming out of the last region. Yesterday the Ircna committee met. Let me start with the with positive takes from yesterday. Yesterday the Hana Area submitted a bid form, that is fully complete and ready to present to this body today. Yesterday we nominated Esti Y. for co facilitator, he accepted. We will take a vote on that at the feb regional meeting. Although our recorder has stepped down, we do have another member praying about steppin into the position, however the position is still open so if you are interested in being the Ircna recorder please get with me and ill give you the details. Now with all that said, I'm taking this another direction, I do not wish for this to turn into any arguments, or draw this out, but I would not be doing my job as chair if i did not share the concerns that I have. After I have shared my concerns, that is me turning it over to the region. Ircna 42 submitted a budget total of roughly \$24,000 dollars, which is significantly higher than any years prior. While I'm not dumb enough to know that inflation is real and do expect things to be higher, we felt that this number was still too high.</p>
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		<p>We did approve their budget on fundraising and only that , so that they may continue to do them. I want it to be clearly stated from me here and now, fundraising is not a requirement, or something that they have to do it is only an option!!</p> <p>I am new to this position and learn something every region and every time I am asked a question. So when I am asked a question from the host committee, if I don't know the answer I will seek out the answers from the experienced members before me, then I turn around and share that information. seems legit right, now from my experience with this host committee is that where it goes from there from there is that oh well it doesn't say that so this is what we're going to do. I have expressed at different times that this committee doesn't approve of certain things, and also told them not to do certain things, and I was pushed to the side and they went ahead and did it anyway. I have attended more of their meetings than I am required to but I have recently stopped, because why would I attend something to be bullied and disregarded. Whether this needs to be talked about or not, they have spent money on things without being approved for in a budget that had not been proposed or seen by us until yesterday. To me that is misappropriation of Na funds. The treasurers have been told to contact the appropriate people to get the proper reports, and they have not contacted the correct channels because they are being told elsewhere not to contact them, that certain people will get it, and circumvent the process. The recorder of the host is being scolded for sending out minutes without permission. There are other items similar to these that I can bring up but this should be enough to be looked at by others. To continue in short if there is a line to be blurred they will find a way!</p> <p>I will not quit, no matter how much i really want to, i will not be cussed at, and i will not let others push me around because i am inexperienced. I know the committee stands behind me and I know that the region stands behind me. I have talked to enough people that I am not wrong about what I am sharing today. and my concerns should as well be concerns for the region.</p> <p>I almost walked out of the meeting yesterday, I admit it. I did not however and I will keep fighting to gain more knowledge and figure out how to make this process better. We are working on changing some things in our resource manual and adding to the guidelines. There was some rigidity many years back that was removed to allow for creativity but however I think some rigidity needs to be added back to unblur any lines and unfortunately they may hurt others down the road or it may not be TBD.</p> <p>I am not sure what else to say today, so I will end it here. I am leaving early today, to attend a funeral visitation. I am truly sorry if this sparks some drawn out crap, but the ircna committee was put into place for this reason to be a conduit between the host committee and to report to the region its positives along with its negatives.</p> <p>In loving Service Reese H.</p>
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<ul style="list-style-type: none"> ○ 	<p>PUBLIC RELATIONS</p>	<p>Greetings Region,</p> <p>We had a productive day yesterday. We had 8 areas represented, and the workgroups were able to get a lot done. Awareness is ordering 3 more sets of banners for use at PR presentations by the Areas, and these should be available at the next region. They are requesting that the Areas bring back the list of the libraries that the Basic Texts were delivered to. They have requested this information before and would appreciate that feedback.</p> <p>Phone line received 126 calls and 183 messages with 10 missed calls. They were able to add more funds to the account, so the phone line is paid for in the upcoming months.</p> <p>They are requesting the Areas please provide the workgroup with their RCM's, RCMS's</p>
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		<p>and phone line coordinators contact info to provide to the phone line volunteers to better serve the people calling in requesting assistance.</p> <p>H&I had extended discussion regarding an area with an individual bringing in meetings to a facility alone, and received suggestions on how to beset address this challenge. Craig C. from FASANA was nominated for Workgroup facilitator and was voted in by the workgroup. We are still in need of a workgroup co facilitator, so please bring this back to your areas.</p> <p>SBTW had no new sponsees enrolled, and Matt F. retrained last month.</p> <p>The Areas all have exciting developments coming up including discussions and implementation of bus signage, and by the next region. lots of activities in the works. As a full group, There was discussion from our RD team needing information on the number of H&I meetings in the Region. They need this count by next Region at the latest.</p> <p>For our open positions, we have a nomination for PR recorder but were unable to vote as she had to leave the meeting early. We did receive a nomination for PR co-facilitator of Amber W from SWINA. She was elected by the PR committee with no dissent. There was discussion on reopening the communication with the Department of Corrections to rebuild the chance to get that door reopened. Denny and Stacy will coordinate to get a meeting scheduled and more will be revealed.</p> <p>Thank you all for your patience as I learn this new role, and as always thank you for letting me serve.</p> <p>ILS, Stacy H. PR facilitator</p>
●	WORKGROUP REPORTS	
○	ARCHIVES	vacant
○	FELLOWSHIP DEVELOPMENT	<p>Clarify Positions: Facilitator- Tracy W, Co-facilitator- OPEN, Treasurer- Heather M, Co-treasurer- OPEN, Recorder- Kelli L ,</p> <p>New Dates For Service Retreat: May 15-17, 2026</p> <p>Cost- \$120 weekend, \$40 Day pass. Preregistration will close May 1, 2026. (must preregister to be guaranteed food).</p> <p>Theme: "Spirit of Service, Do Your Part"</p> <p>Next meeting: December 8 th at 6pm on Zoom</p>
○	GUIDELINES	<p>Greetings region;</p> <p>The guidelines committee has not had any meetings as the body has not yet given us anything they would like to review. We will start working to make revisions to the IRCNA guidelines as that body has a few requests that need to be addressed.</p> <p>Just a reminder that the revisions from the past 2 years have been made to the policy and submitted to the web-servant in June and August. That policy has not yet been uploaded to the region website.</p> <p>In loving service,</p> <p>Aisha E</p>
○	INSURANCE	No Report

○	WEB SERVICES	<p>Hello Region Family, For this reporting period 8/17/2025- 11/15/2025, we had a total of 3.6k users (up ~5%), with 67% accessing the site via mobile devices. The “Find a Meeting”; page remains the most popular, receiving 5100 views. All statistics are up since the last reporting period. All flyers, meeting lists and documents are up to date on the site.</p> <p>Where We’ve Been:</p> <ol style="list-style-type: none"> 1. Intro and Training: Jon O continues to give generously of his time to help as need to keep things up and running. It is my understanding that in June 2025 we agreed to pay \$75 per month to Barry to remain as consultant to help through the transition. It may be time to review if this is this is any longer necessary. 2. Trello board: There are currently 12 open issues on the Trello board. We are working toward following up on these. 3. Improved / Streamlined Communication: Forwarders continue to be updated to reflect changes in service positions. Separate tab has been created under members tab for Regional Delegate info to improve communication. Links to current CAR info is added. 4. IRCNA 42: store is up and running. Will continue to work with the committee to make adjustments as needed. <p>Where We’re Going:</p> <ol style="list-style-type: none"> 1. Continued training: orientation checklist is completed. Jon O continues to support as needed. 2. Budgeting: Jess has been another great resource in ensuring that various subscriptions can be organized and consolidated and things are on track. There has been a recent change to Kadence increasing our yearly cost from \$79 to \$119. Need to request approval for this. 3. IT Facilitator SOPs: Continue working on guidelines for how, when, and why to update the site or add new features. 4. Subdomains: New RD sub lead to the discovery that RD handouts have not been updated in some time. Working with Tonya to get copies of these so we can get it up to date. This has been completed as of 11/15. <p>If you are stepping down from a service position or starting a new one, please let me know so we can keep email accounts up to date. Your input on the website is invaluable!</p> <p>Please share any feature requests or suggestions for improvement. I am incredibly grateful for the continued opportunity to serve in this capacity.</p> <p>In Loving Service, Jen S</p>
	INCORPORATION AD HOC	
●	AREA REPORTS	
○	CAFANA	Verbal
○	FASANA	<p>Greetings Region,</p> <p>The FASANA Area currently supports 20 active meetings across three counties. During this period, we experienced the loss of one meeting in Cedar Rapids; however, we successfully added a new meeting in Anamosa, resulting in a balance of 20 active groups.</p>

		<p>We continue to expand our Hospitals & Institutions (H&I) efforts. We are now carrying the message into three facilities, including both male and female units in Linn County Jail, and we are providing literature to several additional locations within the area. The area has recently held several successful events, and we are now entering our annual nominations and service rotation cycle.</p> <p>At this time, we have several vacant service positions with no current nominations: Phoneline Coordinator Web Servant Activities Chair</p> <p>Our ending balance for the period is \$3,678.35. No final decision has been made regarding the purchase of books or the possibility of sending a regional donation.</p> <p>In Loving service, Ashley C RCM FASANA Area</p>
○	HANA	<p>Hello region the heartland area is doing well. We just had our annual turkey fry and had a good turnout and a clear message of narcotics anonymous. We are putting in a bid for IRCNA in 2027 which will be held at Grinnell college. We look forward to hosting a great convention. We have a new meeting that started in Jefferson. Against all odds group meets at 501 north locust jefferson on Thursday's from 7:30 to 8:30</p> <p>Thank you for allowing us to be of service Jared o, Jacob b</p>
○	LANA	No Report
○	MANA	No Report
○	MRVANA	Verbal
○	NCIANA	Verbal
○	QCANA	<p>QUACK and Greetings region, I'm Cathleen V. with QCANA or QC- A- NA. Thank you Clean and Free Area of Narcotics Anonymous for hosting this regional committee meeting.</p> <p>We have 8 groups currently with 23 meetings a week. We have meetings that are thriving, with a Sunday night group having 45-50 addicts in attendance on average. We have regular topic/open meetings, speaker meetings, popsicle stick meetings, book study meetings, even a meditation meeting.</p> <p>PR has a newcomer panel discussion with ice and cream, pie, and games to follow on December 6th, since unfortunately it wasn't considered that the Plain States Zonal Forum was taking place the same day, so close, in Iowa City, despite my efforts. We've updated our PR guidelines, orientation and organization. H & I now reports to area with their own facilitator. PI Phone line members would like a regional orientation and will contact Matt S.</p> <p>Our activities committee is putting on our yearly NYE Bash 2025-2026! We'd love to have you come ring in the new year with us.</p> <p>The QCANA would like to give a \$150 donation to region.</p> <p>Thank you all & in loving service, Cathleen V.</p>
○	SANA	<p>Greetings Region, I regret to inform you that our RCM, Bianca P, has stepped down due to personal reasons. Her presence at Region will be missed.</p>

I am happy to report that our attendance at Area is strong and consistent. At this month's Area we had 12 of our 18 home group's in attendance. We slowly gain the interest of addicts around the Area as well. Nearly 18 addicts came to be a part of. Our Area recently had a Halloween Event that was well received and had a good turn out. Our Activities Sub-Committees has stated that they will begin rotating their events to different locations in our Area. Normally our Area Activities take place in Sioux City. Speaking of rotation of things, our Area is voting on where to hold Area at for the year of 2026. For the last 2 years it has been hosted by the Stairway to Heaven Group of Narcotics Anonymous in LeMars, Iowa. The groups are voting on a possible rotation consisting of 3 groups next year.

Our PR Chair stepped down recently. For nearly 2 years now we have had a PR Sub-committee in place which has proven vital as we are not lost and continue in the direction we were aiming for. We are still searching for a PR Chair. In the meantime SANA is working on putting Narcotics Anonymous signs on the inside of the buses in the Sioux City Transit System. To help with the costs of this the Lit Group of Salix had PR shirts made and the proceeds will help contribute to this expense. Also, the Stairway to Heaven Group of Narcotics Anonymous is contributing to help make this vision a reality. Our Area seems to struggle fundwise and I love seeing the autonomy with some of the home group's in their efforts to stand up and willingly lend a hand in fulfilling our primary purpose. After all this is by the groups and for the groups. Thank you to the Lit Group and STH.

H&I is going strong in Siouxland although their is a need for more females to help bring a message of hope.

On November 22nd, the Stairway to Heaven Group of LeMars Ia, will be hosting their Annual Fall Speaker Jam. Flyers are available. Come join us as we have several of our Regional Service Members sharing.

On December 6, the No Name Group of Narcotics Anonymous is having their Annual Speaker Jam in Ida Grove. Flyers are available. Come support rural recovery in SANA. The Living Free Club House on 1404 Summit Street in Sioux City, Iowa continues grinding and creating their magic. Attendance is a constant 2,000 addicts a month, many of which are newcomers as it is the front lines of recovery in our Area. They recently completed their monthly cook outs where they fed over 100 addicts per cook out.

On Thanksgiving they will open the doors from 9am-10pm, for fellowship. They will have 3 meetings that day as well as a Thanksgiving Diner provided for any addict at 1pm.

For Christmas, Living Free will open their doors at 9am on December 24th. The clubhouse will be open 24 hours a day until 10pm on January 1st. A Christmas dinner will be held on Christmas at 1pm.

The aforementioned are Annual things that this clubhouse does to carry the message and provide a safe and secure place for addicts to surrender. I would also like to point out that Living Free see an annual attendance of nearly 24,000 addicts.

At my last Regional Report I said thank you for allowing me to be of service and for all you have taught me. Narcotics Anonymous has given me so any moments and experiences of which I can not properly convey my gratitude for. Well, the Siouxland Area of Narcotics Anonymous decided they would like me to again be their voice. So I am the SANA Alt-RCM. We will get to do this again.

As I believe gratitude is an action, my hope is that i will be able to convey my gratitude through my actions in serving the home groups of SANA.

In Loving Service, Mateo F SANA Alt-RCM Stairway to Heaven

○	SCANA	<p>Greetings Region, Thank you to CAFANA for hosting region. We currently have 38 in person meetings weekly and 6 virtual meetings. Meeting list is current. Activities, PR are going strong. As well as, H&I is having 24 meetings monthly in several facilities with a new one started in a new facility recently. SCANA is making a \$750 donation this region. IRCNA 42 for 2026 committee is making progress and moving forward. Iowa region meeting will be held February 21st & 22nd, 2026 in the SCANA area. It will be held at the Iowa State Fairgrounds 3000 E Grand Ave. Des Moines, Iowa 50317 Bruce L Statetter 4-H Exhibits Building. There is a save the date flyer on the table. It has been awesome serving alongside each one of you for the past 2 yrs and look forward to possibly serving at the region level in the future. Thank you for allowing me to be of service. In Loving Service Kris B SCANA RCM</p>
○	SEIANA	Verbal
○	SWINA	<p>Greetings Region, Recovery is alive and well in Southwest Iowa. Our H&I efforts have been successful, continuing serving the jails we have been presenting in, and with current expansion into Ivory Plains treatment center. We are currently training new trusted servants and hope to start bringing meetings in during the new year. We have continued our contact with the jails we are not serving, and our H&I coordinator is excited to keep the communication open. We will be co-hosting H&I training with the MANA area on December 13 th in Carroll, so if you need training or a refresher, please join us! We have had some issues with our Phonenumber coordinator, but we believe that after some communication we have a solution in place. More will be revealed. We are excited to have more addicts excited for service and cannot wait to see how we grow. We have some activities planned in the near future, both our Gratitude dance as well as our Holiday bash within the next month. There are fliers on the table with the information, and we would love to have you attend. Our new PR chair is growing in her role, and we can't wait to see where we are able to expand our reach. We have new meetings that started in Glenwood and Red Oak and have brought in a meeting from Dennison into our Area. The BMLT is current as of last Sunday and we have an area donation of \$1250 ILS, Stacy H</p>
7	FINANCIAL REQUESTS:	<ol style="list-style-type: none"> 1. Web Services is requesting funds for an increase in costs to provide continuity of service for Kadence who is increasing our yearly cost from \$79 to \$119. = \$40 annually. - Approved
8	UNFINISHED SERVICE:	<ol style="list-style-type: none"> 1. 2020/2023 Audit - Treasurer provided an update. 2. Equipment transportation <ol style="list-style-type: none"> a. To go to the next Host Area. 3. Guidelines <ol style="list-style-type: none"> a. Map/Any other changes. - Clarifying questions were entertained.

- i. Post the Guidelines that were distributed to areas March 2025 to the website.
 - 1. Passed
 - b. Ad hoc Guidelines Revision Workgroup
 - i. Denny appointed by Facilitator
- 4. Open Positions
 - a. Co Treasurer current year
 - i. Kim N. - Declined
 - ii. This position is open for nominations.
 - b. Archives
 - i. Dan - Nominated
- 5. Nominations
 - a. R2D2
 - i. Jenny B
 - ii. Eli I
 - 1. Jenny B elected.
 - b. Co Treasurer
 - i. Kim N - Declined
 - ii. This position is open for nominations.
 - c. Recorder
 - i. Bel M. - elected
 - d. Co Recorder
 - i. Newelle N - Declined
 - ii. Heather M- Accepted
 - e. IRCNA Facilitator
 - i. Reese H - elected
 - f. Insurance Coordinator
 - i. Kris B - Accepted the nomination.
- 6. Budgets
 - 1. Facilitator
 - a. No Budget
 - 2. Co-Facilitator
 - a. No Budget
 - 3. Treasurer
 - a. Total \$10000
 - 4. Co-Treasurer
 - a. No Budget
 - 5. Recorder
 - a. No Budget
 - 6. Co-Recorder
 - a. No Budget
 - 7. RD
 - a. \$7064
 - 8. AD
 - a. Included in RD

		<ul style="list-style-type: none"> 9. IT Facilitator <ul style="list-style-type: none"> a. \$1555.64 10. IRCNA <ul style="list-style-type: none"> a. \$1700 11. PR <ul style="list-style-type: none"> a. \$4000 12. Fellowship Development <ul style="list-style-type: none"> a. \$2500 13. Archives <ul style="list-style-type: none"> a. No Budget 14. Guidelines <ul style="list-style-type: none"> a. \$500 15. Insurance <ul style="list-style-type: none"> a. No Budget 16. Incorporation Ad Hoc <ul style="list-style-type: none"> a. No Budget <ul style="list-style-type: none"> i. All Budgets approved.
9	NEW SERVICE:	<ul style="list-style-type: none"> 1. Regional Assembly CAT/CAR 4/11/25 at 3pm CST. <ul style="list-style-type: none"> a. Approved 2. Storage Unit <ul style="list-style-type: none"> a. Current Unit - 10x15x8 not climate controlled \$218 base rate. Areas bring info to the next region. 3. Bank Account - who shall be signers on the bank account. <ul style="list-style-type: none"> a. Region Accounts <ul style="list-style-type: none"> i. Facilitator - Matt S ii. Co Facilitator - Ashlie C iii. Treasurer - Jessica L iv. Co Treasurer - Vacant b. IRCNA Odd & Even Accounts <ul style="list-style-type: none"> i. Host committee Treasurer - Jeremy S ii. Host committee Co-Treasurer - Rebecca(Becky) W c. Fellowship Development Account <ul style="list-style-type: none"> i. Fellowship Development Treasurer - Heather M d. Remaining signers need to be removed. e. These are to be the only signers on the accounts. 4. SCANA motions to increase the start up fund for IRCNA Host committee to \$5000. Intent is to eliminate the need for fundraising and the disunity that has occurred because of it. Financial impact \$2000. 5. IRCNA Bid - HANA - <ul style="list-style-type: none"> a. Approved

10	TREASURER'S CLOSING REPORT:	The Treasurer's closing report including balances of all bank accounts was read and prior months distributed to the members. Formula issue identified on sheets. All information handed out is correct. IRCNA Odd \$ 500 IRCNA Even \$ 5584.07 Fellowship Development \$ 146 TBD Region \$ 15088
11	NEXT IRSC:	The next IRSC will be held in Des Moines, Iowa from 2/20 to 2/22.
12	FINANCIAL CONTRIBUTION:	The Treasurer states we are \$9000 above our reserve. 1. \$3000 to world and zone a. approved
13	CLOSE:	The meeting closed at 330 PM CT with the Gratitude Statement.

February 2025 Winter IRSC Session Financial Tracker

DATE	CK #	— IRSC GENERAL Fund —		Gen. Inc.	Gen. Exp.	TOTAL
		Opening General Fund Balance: =	corrected			\$4,165.00
8/17/2025	DIRECT	Fees for IRCNA even's documents printed on 08/12 & 07/15 by the bank taken out of business account in error)			\$281.00	
8/17/2025	Transfer	Internal transfer for above referenced fees from IRCNA Even to Iowa Region business account		281.00		
8/17/2025	Transfer	From IRCNA Odd		\$11,195.00		
8/17/2025	DEBIT	PSZF Donation			\$3,000.00	
8/17/2025	Debit	NA World			\$3,000.00	
8/17/2025	1023	CAFANA - Cami S. for November region			\$750.00	
8/17/2025	Cash	Returned seed money from August Region		\$183.00		
10/27/2025	DEBIT	Gravity Forms Plug In			\$159.00	
10/27/2025	DEBIT	Awareness Banners and table clothes			\$1,178.36	
10/27/2025	DEBIT	PSZF Donation			\$500.00	
10/27/25	DEBIT	WORLD NA			\$500.00	
10/01/25	DEBIT	StorageMart			\$281.32	
08/22/25	Deposit	Reimbursement from RD/AD team - Trave Expenses via PayPal		\$230.30		
10/01/25	Transfer	From FD acct proceeds service retreat 3rd annual		\$1,450.00		
09/29/25	Withdrawal	Cincinnati Insurance			\$257.00	
10/29/25	Withdrawal	The Cincinnati			\$257.00	
11/15/25	Withdrawal	Twillo for Phone Service			\$200.00	
09/03/25	Withdrawal	Storagemart			\$255.64	
08/29/25	Withdrawal	The Cincinnati			\$257.00	

February 2025 Winter IRSC Session Financial Tracker

BUDGETS thru February 2025	Amnt.	USED	Balance	% Remain
Regional Administrative Reserve				
Regional Facilitator & CoFac	\$0	\$0	\$0	0%
Regional Recorder	\$0	\$0	\$0	
Archivist	\$200	\$0	\$200	100%
Regional Treasurer	\$6,000	\$4,924	\$1,076	18%
R D Team	\$2,400	\$2,222	\$178	7%
Public Relations Fund				
Awareness	\$3,000	\$748	\$2,252	75%
Conferences	\$0		\$0	0%
H&I	\$500		\$500	100%
Phoneline	\$1,500	\$300	\$1,200	80%
Fellowship Development	\$0		\$0	
Insurance Oversight	\$2,700	\$2,056		
IRCNA Committee	\$1,700	\$2,050	-\$350	-21%
Web Services/IT Committee	\$850	\$1,656	-\$806	-95%
	\$18,850	\$13,955.71	\$4,250	
<i>June & August Resv changes to = 20% of budget / November & February changes to 30%</i>				
Contributions to WSO, PSZF				TWENTY
		\$0		THIRTY
EXPENSES OUTSIDE BUDGET				\$3,770
		\$0	IRCNA, stands, etc.	\$5,655
TOTAL REGIONAL BUDGET:				
BUDGETS EXPENDED:	—————	————— >	————— >	————— >
UNSPENT BUDGETS:	—————	————— >	————— >	————— >
EXPENSES OUTSIDE BUDGETS:	—————	————— >	————— >	————— >
				\$18,850
				\$13,956
				\$4,894
				\$0