

**RCMs: please share this page with your Area and give to GSRs**  
**GSRs: please share with your home groups → November 2025**  
**Quarterly handout from the Iowa Regional Delegate Team:**

- ✚ Tonya H. from Sioux City is your Regional Delegate - contact at: [rd@iowa-na.org](mailto:rd@iowa-na.org)
- ✚ Denny V. from Iowa City is your Alternate Delegate – contact at: [ad@iowa-na.org](mailto:ad@iowa-na.org)

**News from NA World Services (NAWS):**

- **Contribute to NA World Service → [www.na.org/contribute](http://www.na.org/contribute)**
- **Annual Events → <https://na.org/naws-events/annual-events/>**
  - **Projects and Surveys → <https://na.org/naws-projects-and-surveys/>**
- **Current Projects: Individuals, Groups, Areas please complete these**
  - **Future of the WSC**
  - **Local Service Toolbox**
  - **Revisiting H&I Basics**
  - **Revisiting IP 21 – The Loner – Staying Clean in Isolation**
- **Current Surveys: Individuals, Groups, Areas please complete these**
  - **CAR Survey 2026**
- **Workshops and Issue Discussion Topics → <https://na.org/idt/>**
  - **Current Issue Discussion Topics**
    - **Gender - Neutral and Inclusive Language in NA Literature**
    - **Dealing with Disruptive and Predatory Behavior**
    - **DRT/MAT as it relates to NA: Helping Members Take Root**
    - **Reimagining and Revitalizing Service Committees**
- **WSC 2026 → May 2 – 10, 2026**

**News from the Plain States Zonal Forum:**

- **Sponsorship Behind the Walls** workgroup meets the 2<sup>nd</sup> Wednesday of every month at 7:30pm via zoom. In addition, contact [sbtw@pszf.org](mailto:sbtw@pszf.org).
- **SPONSORS ARE NEEDED** - Orientation will be held Saturday October 16<sup>th</sup> at 1:00 pm., Please visit [www.pszfna.org/sbtw](http://www.pszfna.org/sbtw) or contact the Iowa Region SBTW coordinator Matt F. at [sbtw@iowa-na.org](mailto:sbtw@iowa-na.org). **Remember:** All sponsors must retrain every 2 years. If it has been more than 2 years since you last trained, please sign up.
- **Human Resources Survey** currently available at <https://pszfna.org/> → Contact Us → Plains States Service Pool
- **Meeting: December 5 – 7 Iowa City**
  - **Zoom ID 496 411 9409 -- Pass Code 1953**
  - **Zoom Link**  
**<https://us02web.zoom.us/j/4964119409?pwd=dW9lNFRCeEZhZVA4OEVvZz09&omn=84670955978>**
- **OKRCNA – April 9 – 12, 2026**
- **MARCNA – April 24 – 26, 2026**

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**August 2025**

**News from the Iowa Region:**

- **Phoneline:** Meets on the third Thursday of each month at 6:00 PM.
- **Fellowship Development:** [fd@iowa-na.org](mailto:fd@iowa-na.org)
  - **Next meeting Wednesday December 8<sup>th</sup> at 6:00 pm** -- Zoom ID to come
  - **4<sup>th</sup> Annual Iowa Region Service Retreat** – May 15 – 17, 2026, Newton, Iowa
  - **Open Positions:** Co-Facilitator Co-Treasurer
- **PR:** Next meeting on zoom on TBA. To schedule an H&I or PI Learning Day, contact [pr@iowa-na.org](mailto:pr@iowa-na.org). **QR code available** directing users to the Iowa regional website. See [www.iowa-na.org/calendar](http://www.iowa-na.org/calendar) for Zoom ID. Area PR facilitators are encouraged to attend Region in person or via Zoom. Phoneline needs Area Contacts [phoneline@iowa-na.org](mailto:phoneline@iowa-na.org). Region H&I Coordinator is vacant.
- **IRCNA XLII 2026** → SCANA – June 26 – 28, 2026 – Holiday Inn Airport 6111 Fleur Dr., Des Moines
  - Online meeting of IRCNA Standing TBA for December
- **Archival Workgroup:** Area participation/contribution of old records contact [archives@iowa-na.org](mailto:archives@iowa-na.org)
- **Insurance Workgroup:** Heather M. Contact: [insurance@iowa-na.org](mailto:insurance@iowa-na.org).
- **Web Services:** Event submissions must be uploaded on the Region web site more than 30 days prior to the event to be covered by the region insurance. Email [info@iowa-na.org](mailto:info@iowa-na.org).
  - Iowa Region web site → [www.iowa-na.org](http://www.iowa-na.org)
  - Social Events → [www.iowa-na.org/iowa-na-social-events/](http://www.iowa-na.org/iowa-na-social-events/)
  - Service Events → [www.iowa-na.org/iowa-na-service-events/](http://www.iowa-na.org/iowa-na-service-events/)
  - Iowa Memorial → <https://iowa-na.org/submit-to-iowa-na-memorial/>

**For Area Consideration**

- To schedule a **ZOOM** Meeting: Visit [www.pszfna.org/schedule-zoom](http://www.pszfna.org/schedule-zoom) or Email [info@pszfna.org](mailto:info@pszfna.org)
- **IOWA Hosting Plain States Zonal Forum:**
  - **Planning Meeting November 23<sup>rd</sup> & 29<sup>th</sup> 9:30 am** -- Zoom ID 814 697 6760 Password 1953 -- All are invited to attend in person or via Zoom
  - **December 5<sup>th</sup> Presentation to local professionals** \_\_\_\_\_ Zoom ID: 496 411 9409
  - **December 6<sup>th</sup> CAR 2026 Preview** \_\_\_\_\_
  - **December 7<sup>th</sup> PSZF Business Meeting** \_\_\_\_\_ Password: 1953
- **For Area CAR Workshops in person or online contact [RD@Iowa-NA.org](mailto:RD@Iowa-NA.org)**
- **Areas need to report number of H&I Presentations / Meetings held monthly in the Area.**
- **4<sup>th</sup> Annual Iowa Region Service Retreat** – May 15 – 17, 2026, Newton, Iowa
- **Need a new storage unit for Regional Storage currently \$281.32 per month – Areas Research**
- **Heather M. Nominated for Co-Recorder Vote in February**
- **Kris B. Nominated for Insurance Coordinator Vote in February**
- **Dan N. and Brad S. Nominated for Archives Coordinator and Coordinator Vote in February**
- **Co-Treasurer, OPEN** How will we be able to run the Region after February???
- **Regional Assembly April 11, 2026 online at 300pm.**
- **Proposal to increase IRCNA start up from \$3,000.00 to \$5,000.00.**
- **IRCNA 43 July 9 - 2027 – HANA – Grinnell College, Grinnell, Iowa**

**NEXT REGION:**

**February 21 – 22, 2026  
Iowa State Fairgrounds  
3000 East Grand Avenue  
Des Moines, Iowa 50317**

**Bruce L. Statetter 4-H Exhibits Building**