

H&I Subcommittee Meeting Minutes
February 25th, 2010

Present: Jeff L., Amy B., Lou Ann P., Doug P., Hetty Jean, Jesse M., Rick M., Barb B.

Chair: Opened the meeting at 7:17pm with the Serenity Prayer proceeded with a moment of silence for those who cared to join. Amy B. read the 12 Traditions, and Lou Ann P read the 12 Concepts for service.

Reports:

Chair: My name is Jeff and I am an addict. I want to thank everyone again for all your hard work and efforts, it is appreciated by many. Again, please email your reports to Amy B, her email address is amybkyka1999@hotmail.com. We still have a balance of \$16.09 in reserve funds. I have contacted Ernie Turner Center and they want a presentation, just waiting for a time and date from them. Also, I contacted Safe Harbor and talked with them and am waiting to hear back from the main boss but sounds promising. Still trying to locate a suitable place for Spirit Night. I need volunteers to help with Learning Days. Thank you all again, you are all doing an awesome job!!!

In loving service,

Jeff L
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Vice Chair Report: Hello Everyone-again thank you for allowing me to be of service of H&I as Vice-Chair.

This month has been a bit slow as far as getting started with some of the ideas I wanted to bring to the group.

The last meetings we talked about starting another meeting time-that is not business meeting but a spirit meeting-introducing H&I to possible new members and doing some orientation-I have meet with Jeff L(H&I Chair)we talked about meeting places and dates to hold the spirit meeting-a couple things came up-Freedom Frog building, plenty parking and evenings would be a benefit as far as meeting place-the other that could became up Westmark-one of the problems we may come into is the summer-availability could become a problem-We are talking about meeting 2cnd week of each month and see how that goes. I have started to announce spirit day-soon as we get the okay from the group-I will get some flyers up and give to Area to pass ou to their groups-to get the word ou and also introduce on aknaorg website.

I have spoken with the new Panel Leader for safe Harbor-(Teritha) and along with Jeff and myself to get as much information to get her on board-once the orientations is done-we will be able to start-up at Safe Harbor.

Last week Jeff L. and I meet and called some of the new facilities-which he will have more to report on-also passing information to each other and bouncing ideas of what can we do as Chair to make H&I more attractive.

A gentle reminder to all Panel Leaders-please stay in contact with Chair/Vice Chair on any and all updates-it is really nice to receive reports at time of the meetings-but it would be helpful on issues regarding facilities that we are trying to enter to keep updates as soon as you receive them-We can be reached by phone or email.

Again-Thanks to all for being of service

Terry H.

Secretary Report: Hello everyone. My name is Amy and I am an addict. I hope all have received the January H&I meeting minutes. I have some questions about the Literature Report from Teritha for last meeting. I hope to get this information correct. Anyway, see everyone tomorrow night.

ILS,

Amy B.

Literature Report: not present.

Minutes for last meeting: Minutes from the last meeting 01-28-10 were approved as written.

Panel Leader Reports:

Anchorage Jail East: (Men) 7-830pm Wednesday's: Panel Leader-Rick M. Hi everyone. It's a great day to be alive and clean! All is well at Anchorae Jail East. There has been between 10 and 14 addicts every week. The men have been really participating in the meeting. They really seem to be grateful to have us there. I would like to thank Teritha for her commitment and helpfulness in getting us our literature. I love chairing this meeting-it helps me stay grateful. We are in need of some current IPs and little white books and meeting schedules.
In loving Service

Rick M.

Anchorage Jail West: (Men) 7:30-8:30pm Mondays. Panel Leader-Doug P. There are an average of five addicts attending the meeting. Craig O. has been going every week. So have I, except for Area Mondays. Bob W. went into the jail so I could go to area. I would like to see AARSC keep our facility in literature.

Clithroe Center: (Women) 6-7pm Mondays. Panel Leader-Linda G. The meeting has approximately 10-15 women who attend. This meeting happens every Monday from 6-7pm. We open with a moment of silence followed by the readings, excluding the 12 traditions. If we have a speaker, the speaker is introduced, if not we generally read from the NA literature and choose a topic. The meeting currently has a nice supply of literature including one basic text, 2 how and why, work study guide, IPs, white booklets and schedules.

Eileen has stepped up and has chaired the meeting on two Mondays this month, and has agreed to chaor at least once a month. I am currently looking for other ladies to commit to chairing this meeting as well. I plan on stepping down from being a panel leader this April. I would like to continue to do service at a variety of H&I meetings ona needed basis to be arranged through the panel leader. I would like to say that having had this meeting as a part of my recovery has been a wonderful learning experience for me and I know in my heart that doing service work is what keeps me clean today.

In loving Service,

Linda

Panel Leader Clithroe Women's Reflections.

Cordova Center: (Men/Women) Saturday 7-8pm. Panel Leader-Terry H. Hello everyone-Again thank you for allowing me to be of service.

Cordova House is going strong-some new faces-totaling 10-15 people attending meetings. Would like to thank Casey for stepping up. I have trained her to take my place going into the center-she is doing a fantastic job and able to pass on a clear message of recovery. She has opened the meeting and followed through with her commitment of showing up and communicating very well with me.

Cately also was a guest speaker-her story was a very clean NA message-pretty powerful stuff.

Also now have the clients involved with service-as making sure everything is put up and including paperwork and box of NA information.

We look forward to continue carrying the message inside-folks are also requesting workbooks, and the How and Why-there are a few folks that actually are attending meetings on the outside on a regular basis which is really neat to see.

We continue with a running list of folks who are approved to go into Cordova House and will continue to as NA members to get involved to go inside and carry a clear message of NA.
Your humble Servant,

Terry H.

Genesis House: (Men/Women) Tuesdays 7-8pm. Panel Leader-Amy B. Meetings this month have been awesome! There are an average of 15-25 addicts who are regularly attending the meetings. I have some hopes for one or two of the addicts that they have begun to think seriously about recovery from this disease. I just hope that when they are released from treatment, they will attend meetings. Our literature rack is current but I am requesting meeting schedules that are the most up-to-date to replace the ones that are there now. Brian and I are requesting a copy of How it Works and the workbook that goes along with it so that we may be able to focus the discussions more on the disease, powerlessness, unmanageability, and the solution to our problem. Topic this month have been: 1. Sober Support 2. Structure 3. Life after treatment 4. Balance. Our guest speaker was unable to attend the meeting due to a prior commitment however, I hope he will come in the next month. Thank you H&I, NA, Brian for giving me this opportunity to identify with those still suffering from this disease called addiction. I am grateful for everything happening in my recovery.
ILS

Amy B.

Parkview Center: (Men) Saturdays 5-6pm. Panel Leader- Jeff L Facility: Parkview Center. Facility Contact: Robert Graber. Panel Leader: Jeff L. Parkview Center is going well. There were three persons in attendance at the last meeting. Meeting time has changed to 5-6pm. Thank you for letting me be of service.
Jeff L.

Highland Mountain: (Women) Saturdays 1pm. Panel Leader-Barb B/Lou Ann P. Verbal Report. Meetings are going to begin March 13th. There is no orientations and eight women on the list have been cleared. Two women at a time will be going in to chair the meetings. We are requesting literature to facilitate our meeting getting started. We look forward to the meetings beginning and we will get in touch to schedule those women who have volunteered to fill in a Saturday. Yeah! It is finally happening. Will send Amy B. a hard copy of this report.
ILS

Barb B/Lou Ann P

SAARP: (Men) Thursdays 8-9pm. Panel Leader-Tony L. No report. Tony L will be leaving on the 29th and will be gone for three weeks.

Old Business:

Spirit Night
Learning Days.

New Business:

Learning Days-ready to get the ball rolling. JeFF is looking For subcommittee members to get involved to make this event attractive to the Fellowship of NA. Lou Ann is willing to do the presentations at the Learning Days event. More to be revealed at the next business meeting.

Spirit Night- Terry H. had made a suggestion that this meeting occur once a month. This meeting would be for those who were unable to attend the regular business meeting. It would be for general orientation to H&I, review of events at the business meeting, and brainstorming. This will be held on the 2nd Tuesday of the month. Rick M. felt like it would be a waste of time but did say that we should schedule it and see how the response would be. Doug P. felt that this meeting should be held every three months for the purpose of orientation and teaching about what H&I is all about. After a discussion, it was table till next month when more members could be present. At that time, a date will be set for kick off.

Safe Harbor- Jeff L. contacted Cathy and a presentation is to occur. Teritha, Bob W. and Jeff L will get together to plan the presentation and the date the meeting is to occur.

Ernie Turner Center- The committee is looking for John G. to be the Panel Leader for this meeting. Date, Time, and a presentation is being discussed with them at this time. More to be revealed at the next business meeting.

Next Meeting Scheduled: Thursday, March 25th, [2010.@7pm](#). Westmark Hotel and Restuarant at 720 West 5thAvenue. (Between G&H).