

# “Iowa Reaches Out” August-October 2017

“Iowa Reaches Out” is a within the Fellowship Newsletter. Please respect the anonymity of all whose names appear within.

## Delegate

It seems that I am on the move when I write my articles! On the way to Des Moines for an Alateen Committee meeting and later an Alateen event. I am so grateful my husband drives so I can take advantage of the time!

First things, first. I have the WSO financial report. The 2017 Contribution budget (\$2.1 million) was based on the contributions made in 2016 (over \$2 million). Here is the status after the first six months:

- Literature Sales are a little over budget at the six-month mark; that is a good thing, but,
- Contributions are falling a little short of target; we have room to improve

During the World Service Conference (WSC) report, I shared these facts:

- In 2015 AFG, Inc. experienced almost a \$1 million loss; we had to dip into our savings to pay the bills
- In 2016 we ended the year with a gain of over \$200,000. That is a swing of \$1.2 million! That gain was a result of the 2016 Contributions were over \$2 million for the first time

We made a big push in 2016 to move us from a deficit in 2015 to a surplus in 2016. The abundance of giving was astounding. The bell was rung and we met the call. It was kind of like a family living in an Amish community whose barn burns down. I am awed the Amish community doesn't go on with business as usual after the fire has destroyed their neighbor's barn. Together, the community raises a new barn.

Well, in 2016 we rallied to put out the firestorm of the 2015 deficit. Now it is time to “raise the barn” per se and meet the 2017-budgeted contribution amount of \$2.1 million. After a bit of research, I

discovered these facts about the Iowa Area:

- In 2016 the average contribution of the groups that contributed was \$129.15.
- In 1961 the average contribution of the groups that contributed was \$26.82.

(From the 1961 Conference Summary on the Member's Web Site)

**The \$26.82 given in 1961 has the same buying power as \$217.29 in 2017.**

**My challenge to the Iowa Area groups is this: Could the Iowa Area at least match what the groups in Iowa gave in 1961 – an average of \$217.29 per group?**

Think about it! **Could we pass the hat an extra time at each meeting chanting, “Could we be the ones to beat 1961!”**

NOW FOR SOME EXCITING NEWS.....

A NEW WEB SITE HAS BEEN LAUNCHED! CHECK IT OUT. GO TO [AL-ANON.ORG](http://AL-ANON.ORG). My favorite pieces so far are quizzes for adults, adults that grew up in an alcoholic home, and teens! What a great public outreach tool

This is a direct result of the \$2 million contributions we made in 2016. We made significant investments in technology. The new Digital Strategy Department, established last year and headed up by Scott Powell (not an Al-Anon member), can continue bringing us into the 21st century! The New Website Design was one of their first priorities; and as time goes on, we will see improved communication applications and other great things. If you experience errors or see something not quite right, please email me or click on the Contact Us link at the bottom of the page and click on the [wso.al-anon.org](http://wso.al-anon.org) link. Please put web site in the subject line.



## Dates to Remember

**September 22-24, 2017**

Area Serenity Weekend  
Twin Lakes, Manson, IA

**October 13-15, 2017**

Area Fall Assembly  
Sioux City, IA

**November 1, 2017**

Iowa Reaches Out deadline

**June 8-10, 2018**

Area Spring Assembly  
Clear Lake, IA

We had a great Spring Assembly in June. I gave my first Delegate's report. Whew! I was very nervous, but looking out into the faces I have known so long helped ease my nerves. I used a clicker for the first time to page the PowerPoint presentation forward. It became comical! I would hit the clicker (must have been too hard), and I would jump 2-3 slides ahead of my report. Had to click the slides back and to where my report was. A year ago, I would have been mortified that I had made such a mistake. Today, I can laugh at myself because I know that no matter what happens, my Higher Power is in charge and I am loved, warts and all!

With all that said, I would love to give my report at your district meetings or another time that is more convenient. Right now there are two districts on my dance card.

### Delegate continued...

I shared the Trustees Big Question from the World Service Conference: "How can we empower members in the use of our Legacies and policies when seeking solutions to issues within the Area, District, and Group?" The Trustees developed a form and workshop to empower ourselves when seeking solutions. As a Delegate I am challenged to encourage the members in this Area to look to our Legacies and policies when seeking solutions to questions and/or issues. I am very willing to come to each district and do a workshop, share the form, and learn new ways we can find solutions to issues that arise.

As promised, I emailed each DR. I can do the workshop on a service day or at a District meeting. I will be visiting with DRs about this possibility during the August AWSC.

Our 2017 Area Serenity Weekend will be September 22-24 @ Twin Lakes, Manson, IA. The theme this year will be



Rooted In Serenity. There is a flyer on the website. I am dreaming big and planning on 100 attendees.

Can we do it? YOU can make that happen by attending, inviting a friend (or two), or raffling a weekend registration at an event you are holding. AND...we would like everyone to bring a tree; a tree made of paper, a Christmas tree (that you also take home), or even a coat tree. We are making a forest! Let's make this event a special one!

Trust in His Timing, Wait for His Answer and Believe in Miracles  
Beth K.

[Lovemycats2004@gmail.com](mailto:Lovemycats2004@gmail.com)

### Alternate Delegate

It was wonderful to meet so many new GRs and Alternate GRs at our first Assembly as part of Panel 57! The GR serves the biggest role in our Area, to carry the message of hope and recovery back to your groups. Thank you for taking time to include the business of Al-Anon in your recovery.

My role as Alternate Delegate is to fill you in on Assembly information: current, upcoming and future. I'm enjoying my Iowa drives to visit our host cities and meeting the committees at the helm of these great events.

### SPRING ASSEMBLY 2017

**Spencer, IA June 2, 3 & 4th**

I want to thank Missy Y. and Kathy B. for all of the time and energy they have devoted to this Assembly. They embraced the idea of Alateen inclusion to celebrate its 60<sup>th</sup> anniversary with the use of color and space for the open meeting on Friday night and have pulled together a dynamic team to assist with greeting, registration and hospitality. Thank you to our speakers Debbie G. and Virginia B.! Please share your thanks with all of those that helped make this weekend a success.

### FALL ASSEMBLY 2017

**Sioux City, IA Oct. 13, 14 & 15, 2017**

I met with Connie P., Julie B., and Erika W. in May for a Fall Assembly planning meeting. The Sioux City Convention Center is conveniently located off of the interstate and will be easy to navigate. Dort M., our luncheon speaker, and Barb G., our Sunday morning speaker, will be staying at the Holiday Inn. An Alateen speaker will be selected closer to the event. Pre-registrations are due by September 15th, 2017.

New this Fall for the Saturday evening entertainment...drum roll, please...a TALENT SHOW!! We are experts at bringing out our hidden talents and no talent talents. I'm looking forward to seeing Al-Anon shine on the stage!

### SPRING ASSEMBLY 2018

**Clear Lake, IA June 8, 9 & 10, 2018**

We will be gathering at the Best Western in Clear Lake on June 8-10, 2018, under the theme, "United We Recover." I will attend a walk through with Deb B., Loreli R. and Becky V. once the date has been determined. Al-Anon speakers are yet to be determined. A save-the-date flyer should be available this weekend.

### The FORUM

My second role as Alternate Delegate is to act as the *Forum* Coordinator. This includes keeping you up to date on *The Forum* information and assisting your district in *Forum* writing workshops/skits,

etc. The GR also has the dual role of acting as *The Forum* representative for their group. Our service manual (pg 47) guides the GR as *The Forum* representative to: acquaint members with its usefulness, subscribe personally and as a group, and encourage members to submit sharings. Submissions can be made online <http://al-anon.org/members/groups/group-resources/item/364-the-forum> or sent in to the WSO. Sharing sheets are available at *The Forum* display table.

### What is the Forum?

Also known as 'The Voice of our Fellowship', the *Forum* is a monthly magazine that allows individual's and groups' voices to be heard. It can be used in meetings; and while some reprinting is freely granted, substantial reprints are not allowed (Service Manual, pg 104/105). Groups are welcome to subscribe to multiple copies; they make a great public outreach tool to be left at public spaces throughout your community or given to newcomers. Subscriptions are available in hard copy or electronic versions and may be purchased through the Al-Anon Online Store at [al-anon.org/onlinestore](http://al-anon.org/onlinestore) under the "Electronic Literature" category. News straight from the WSO:

- **The Forum still needs more sharings!** We remain very short on sharings about the three Legacies—especially about Steps Five through Twelve, and all Twelve Traditions and Concepts of Service. Also needed are sharings from Alateen members.
- **Instant Step Meetings:** Beginning in January, the "Instant Meeting" feature of *The Forum* began to include, in addition to the two or three brief sharings on the Step of the month, several thought-provoking questions to get the conversations started. We'd love to hear feedback to know if this addition is helpful in encouraging conversation.
- **THE FORUM BOOK (working title):** So far, members have sent in over 441 titles and publication dates of *Forum* articles that they consider the best of recent years. So far, only one article from the first quarter of 2017 has been suggested. (We hope we're doing better than that!) Please keep encouraging members to let the WSO know which *Forum* stories they want

to see included in this book. And don't forget to send in your own selections!

- **The Forum Writing Guideline (F-1)** is being revised. A pdf will be available once it has been designed.
- **New Writing Guide for Incarcerated Al-Anon Members:** For those Areas that have Al-Anon meetings in correctional facilities, please see the attached writing guideline. We'd love to include sharings from these members in *The Forum*. Writing guidelines are available on the Forum display table.

**Shout out to Iowa!** I loved Connie H.'s article (May *Forum*, page 18) on being a part of the whole; Al-Anon membership IS a wonderful way of life! From District 1 to District 15, our Iowa members are consistently present in *The Forum*, not only in writing but our photos too. Veronica McA has had two photos published recently, one on the back cover of the March 2017 *Forum* and on page 19 of the May *Forum*.

Please consider sharing your experience, strength and hope with 'The Voice of our Fellowship' by submitting your thoughts on a topic of your choice, or one that the WSO needs more of as mentioned above.

Enjoying service,  
Katy P

### **Iowa Al-Anon Literature Depots:**

939 Office Park Rd. Suite 113  
West Des Moines, IA 50265  
515-277-5059  
[www.al.anondesmoines.org](http://www.al.anondesmoines.org)

2801 Jackson St  
Sioux City, IA 51104  
712-255-6724  
[afg.aiclit@yahoo.com](mailto:afg.aiclit@yahoo.com)

### **Web Sites:**

**Iowa Area**  
[www.iowa-al-anon.org](http://www.iowa-al-anon.org)

**Al-Anon World Service Office**  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
[www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)

### **Area Chair**

Greetings,  
Hi everyone. What a wonderful summer we are having. Hope you are all enjoying it as much as you can. The June Assembly was great! Thanks to all who put it together, especially Missy and Kathy. I also want to thank everyone for all of your love and support.

We are busy here in Sioux City planning the Fall Assembly. It will be special to host it in my hometown. There will be an AMIAS training on Saturday. We hope that all AMIAS's and any interested people in Alateen will attend.

The next AWSC meeting is just around the corner. All are welcome; just get in the car. Currently our Al-Anon family is without representation from Districts 3, 5, 6, 12, and 15. We look forward to you joining us at the AWSC and share in the miracle of Al-Anon. See you soon. Take care until we meet.

Grateful to be In Service,  
Erika W.  
Area Chairman

### **Area Secretary**

Hello Everyone!

As I am sure we all agree, the summer is flying by quickly and we all are preparing for AWSC and Fall Assembly.

DRs, as always please update Group Records (Becky V.) one month before Assembly with any changes regarding any GR or Alt. GR changes, etc. as required for voting purposes.

DRs, Coordinators and Officers, if by chance you are unable to attend AWSC, please make sure that I have a copy of your report for my files.

As Always -- Growing in Service ---  
Linda A. -- Area Secretary

### **Area Treasurer**

Hello Everyone,  
So it's August and time for another newsletter. Hope you have been having a great summer, I know I have!

I have been filled with gratitude as I see members and groups supporting the Area

by their generous donations. Your donations make the work at the Area possible. I try my best to accurately record donations from groups, districts, information services, and individuals. Many groups do a great job listing your group number on the check. Please ask your District Representative to review the list of group donations they receive at each AWSC meeting and Assembly to check if your donation has been properly credited. One thing to consider is I would strongly discourage sending cash in the mail for donations. I realize some groups do not have checkbooks, but in that case perhaps a member would write a personal check with a note to credit which group (group number, district, group name). Or send the cash along with your Group Representative to the Assemblies.

*Simple  
Serenity*

I have also begun to receive registrations for Serenity Weekend. It does help if you wish to room with someone if you could send your registrations together (and why not save a stamp ☺). If you include a phone number with your registration I will send a text back to confirm your registration. If you do not have texting I can also email a receipt back to you (please write your email legibly). Also note I will be on vacation shortly after the registration deadline so if you wait until the last minute to send in your registrations you may not hear back from me right away. So get them in early!!!! Remember they need to be postmarked August 31<sup>st</sup>.

Thanks for your support,  
Jean L.  
Iowa Area Treasurer

## Coordinator Reports

### Alateen

#### **Celebrating 60 years!**

Thank you AMIAS and Al-Anon members that live out our primary purpose outlined in Tradition 5 by helping families of alcoholics. Thank you for joining the Alateens at the open meeting on Friday night at the Assembly during their informative panel that addressed



questions and concerns about Alateen; enthusiasm was generated through a deeper understanding of the Alateen program. Your heartfelt messages of congratulations, thanks and support were sent to the WSO in honor of this remarkable occasion. We capped our evening off with cake and fellowship and a growing interest in aiding Alateen growth throughout our state.

#### **Recertification**

The AMIAS recertification process is complete. We met our deadline of July 1<sup>st</sup>, phew! Details will be available at the August AWSC meeting.

Several districts have expressed interest in starting new groups or reviving groups that have not been thriving in the last year. AMIAS will need to be in place before a meeting can be launched. Encourage members that have an interest in Alateen to get their certification completed so there is enough support to move forward when the timing is right. Inquiries can be sent to me at [iowaalateen@gmail.com](mailto:iowaalateen@gmail.com).

**\*\*All AMIAS should plan to attend a training at the Fall Area Assembly in Sioux City on October 13-15<sup>th</sup>, 2017. Training occurs during the first October of each term, so once every three years. This will be an informative way to learn more about Alateen and connect with other AMIAS.\*\***

#### **Public Outreach**

Reily A from Altoona was published in the Winter 2016 *Alateen Talks*. Consider purchasing *Alateen Talks* as a Public Outreach tool for your meeting or district.

Subscriptions are \$3. I have sent the WSO 21 Alateen Talk sharings from the Alateen Serenity Weekend as well as a photo and look forward to seeing more lowans in print. The April *Forum*, page 23, suggests watching and sharing Alateen videos available on YouTube as a form of public outreach. Type in Al-Anon Family Group Headquarters, Inc.

#### **Policy**

The Alateen Policy Committee followed up our meeting in May with a gathering in July in Des Moines. Our time was focused on discussing the AMIAS application and approval process including forms, payment for background checks and the flow of paperwork, etc. Additionally, we reviewed the Alateen Consent forms. We agreed to split up areas that need further research and will present our thoughts at the August AWSC meeting.

#### **Social Media**



In keeping with Tradition Eleven and the "Anonymity and the Media" policy on page 91 in the "Digest of Al-Anon and Alateen Policies" section of the

2014-2017 *Al Anon/Alateen Service Manual (P-24/27)*, please remember to protect your anonymity on social media by not



making comments or using screen names that would reveal your Al Anon or Alateen membership. This announcement is informational only as Al-Anon does not endorse any specific social media provider. See <http://al-anon.org> for links to these sites.

Thank you for your support! I have enjoyed serving the Alateens on an interim basis. I have found working with the Alateens and the Alateen program at all service levels to be an incredibly fun way to boost my own recovery. I look forward to assisting an incoming coordinator into this exciting position. Please let me know if you have any questions or wish to submit a resume.

Growing in gratitude,  
Katy P.

### Archives

Hi, Everyone!

The summer has flown by for me! I'm grateful for this, as I do not like hot weather! Soon it will be fabulous Fall! Archives are as per usual, fairly quiet. I did receive a 2-page letter from WSO with a letter to Lois from someone named Bill. Not Bill W., but another Bill involved with Alateen from California. The date on it is July 21, 1957. It talks about the Alateen groups and how they are going in California. There is also the list of changes they would like to see in the Traditions for Alateen. I will share a copy at the AWSC meeting in August. I'm still working on the cabinets and trying to see what we will not be putting into the Archives cabinets.

In Gratitude,  
Lori R., Area Archives

### Group Records

Hi Everyone,

Thanks to all of you that have sent updates regarding your groups. I try to get them done in a timely manner; however, it easy to miss something! There have been a number of meetings changing the time for their meetings so please take time to check out your group information.

A question to ask ourselves about our groups, "Can newcomers find our meeting?" Is there a sign to direct newcomers to the room you are meeting in the building? Are there directions listed for your meeting on the webpage regarding parking, handicap accessibility, or perhaps that child care is provided? All of this and more can be listed about your group; so, GRs, keep your DRs updated on any changes about your group.

Together we will keep IOWA meetings current and a place people will enjoy sharing their experience, strength and hope with others!

Life is good,  
Becky V.



## Literature

Hello,  
With summer in full swing, life has been busy; and we will be in Sioux City before we know it! I am looking forward to seeing everyone and spending some time with fellow Al-Anons!

What is happening with **CAL** in your District? Are you taking advantage of all the great CAL we have. Are you filling out your CAL cards for your groups chance to WIN a Paths to Recovery Book & Workbook? Please be sure to send or email me



your CAL cards. If you email please put CAL Cards in the subject line so I know it is safe to open. I have had many CAL cards already returned to me. Keep exploring our literature! Remember the winner will be announced at the fall assembly in Sioux City.

Al-Anon is now on Instagram in Spanish and French. Members are invited to follow and 'like' our posts. Please remind members to protect their anonymity on social media by not making comments or using screen names that would reveal their Al-Anon membership, i.e. @alanonbob.

Spanish:  
[https://www.instagram.com/alanon\\_ism](https://www.instagram.com/alanon_ism)  
French:  
[https://www.instagram.com/alanon\\_bsm](https://www.instagram.com/alanon_bsm)

Please share your experience strength and hope with WSO. They are always looking for new sharings from members. We did have several members who submitted the sharings they had written during our Fellowship Communication Action Committee meeting at the Spring Assembly. Photos are always welcomed as well. Please remember to protect anonymity when submitting photos.

Don't forget to check out our websites for a wealth of information including sample chapters, downloadable literature and much more.

Iowa Al-Anon: [www.iowa-al-anon.org](http://www.iowa-al-anon.org)  
WSO Al-Anon: [www.al-anon-altateen.org](http://www.al-anon-altateen.org)

I have 2017 literature catalogs available for anyone who would like one. Please

just let me know and I will get a catalog to you. You can support our local Iowa Literature Depots by contacting one of the following with your literature order.

Des Moines Literature Depot  
939 Office PK RD STE#113  
West Des Moines, IA 50256  
Ph.515-277-5059  
[literature@al-anondesmoines.org](mailto:literature@al-anondesmoines.org)

Sioux City Literature Depot  
St John Lutheran Church  
2801 Jackson ST  
Sioux City, IA 51104  
Ph. 712-255-6724  
[afg.aiclit@yahoo.com](mailto:afg.aiclit@yahoo.com)

Thankful for Service,  
Missy Y.

## Newsletter

I think everyone would agree that the Spring Assembly in Spencer was an outstanding experience! The beautiful northwest Iowa location, the warm Spencer welcome, and the beautiful conference facility all combined to create the perfect backdrop for our weekend.

It was exciting to have a number of people request email copies of the *Iowa Reaches Out* newsletter and to share information with those present at the Assembly. Please continue to encourage your groups and individual members to subscribe electronically to the Newsletter. What a great way to spread the word about the work of the AWSC and service in our Area and to provide a flow of information from the WSO!

In service,  
Mary S.  
Newsletter Coordinator  
[iowareachesout@yahoo.com](mailto:iowareachesout@yahoo.com)

## Public Outreach

Happy summer!

There is plenty going on for Public Outreach! First thing, THANK YOU for the first print orders for the updated Al-Anon Faces Alcoholism 2018. The new cover design is great. Over 191,275 copies ordered, which is awesome. The magazine will be printed in August and will ship before September 1, 2017. September is an excellent time to draw

awareness to the importance of family recovery. Al-Anon members can also cooperate with other entities by providing information about our program at National Recovery Month in the US. Another activity for consideration is distributing PSAs. Airplay and TV are great ways to reach many people. Remember if you hear or see an Al-Anon attraction on the radio or TV, please send a note thanking them.

Yours in Service,  
Lisa G., Area Public Outreach  
Coordinator



## Web Page

The website Committee consisting of Virginia B., Michelle K., Tricia K., Jean L., Becky V. and I had our first phone conference June 11, 2017. We decided we are not going to post out-of-state flyers on our website. We also will be presenting two items to be voted on during the AWSC meeting in August.



I am learning how to add menu items to the website and getting help from Heidi. I have been receiving updates to meeting schedules but not many flyers to be posted. There have been a number of people contacting the website coordinator asking about meetings at different areas. I want to thank the meeting contact persons for helping me with these emails. I'd like to continue to encourage all districts and public outreach to provide information to be posted on our website.

Yours truly,  
Hedi M., Website Coordinator

## DISTRICT REPORTS

### DISTRICT ONE

Hello from District 1.

We are currently getting ready for Autumn Awareness. This is our annual fundraiser for the District. This event has been



scheduled for September 9<sup>th</sup>. There will be speakers, a

delicious home cooked meal, and a literature give away. We will wrap up the day with a pie extravaganza and will raffle off a beautiful, homemade quilt.

The Al-Anon members are very busy distributing the *Al-Anon Faces Alcoholism* books to local businesses, churches, and treatment centers in anticipation of getting the new AFA books. We are very excited about this new product that has been made available to us. We are cleaning out the old to make room for the new.

We are still working very hard at getting Alateen going in Sioux City. We have a new day and time for our teens to meet. Alateen has moved to Wednesday at 7:00 p.m. at Wesley United Methodist Church opposite our Women's New Comers Meeting.

We are working out the last minute details for the Fall Assembly to be held at Sioux City Convention Center in October, 2017. We are getting to have everyone join us for "Progress Not Perfection". Remember to mark your calendars for October 13-15, 2017, in Sioux City. Early registration is due back by September 15<sup>th</sup>. Hope to see all of you there.

Respectfully,  
Bonnie W.  
DR District 1

### DISTRICT TWO

What a busy summer!

District 2 had their Serenity Fundraiser on July 28 and had a great turn out! Thank you to Missy Y. and Joe for being our speakers.

We are getting excited about the Serenity Weekend on Sept 21, 2017 and plan on doing our drawing for our district prizes at our next district meeting! Remember to

get your registration in before the August 31, 2017 dead line.

We are also working on Wednesday night and Tuesday Cal-R-U's anniversaries in August.

Hope to see everyone at the Spring Assembly!

Grateful in Service,  
Tracy H. G., District 2

### DISTRICT THREE

No report

### DISTRICT FOUR

Well, it's August already. Where has this year gone?!

**District 4** had an awesome time in Spencer at Assembly. They did a wonderful job getting it ready. You can't beat the fellowship at an Assembly.

Our groups are doing well. Some low attendance with all of the summer activities going on. For District we have Linda S. working on Archives. She has contacted Lori R. regarding this. We have Kathy H. and Kathie A. working on Public Outreach. We go to two treatment centers monthly, and one is weekly.



A few of us are working on our tree for Serenity Weekend; it's amazing the ideas that come out!!

Planning meetings are starting for our **BGTW Weekend** in Cedar Falls the first weekend in November.

Grateful to be in Service,  
Judy B., District 4 DR  
DR District 4

### DISTRICT FIVE

No report

### DISTRICT SIX

No report

### DISTRICT SEVEN

Summer has passed so quickly. The new backpacks and clean shoes are ready for wear. Bring on the fall!

District 7 held an Alateen fundraiser July 29. Three speakers shared their experience, strength, and hope to a crowd

of 90. The event generated nearly \$1000 to support D7 Alateens' registration for the Area Alateen Serenity Weekend! A big thanks to all who helped arrange and support this event for our teens.

I have had the opportunity to visit a variety of groups in District 7 this summer. District 7 has 43 groups. While most are in the Des Moines metro, meetings are also held in Indianola, Redfield, Newton, Knoxville, Grinnell, Chariton, Creston, Dallas Center, and Winterset. I have had an opportunity to visit all but one of the meetings held outside Des Moines this year. It has been interesting to see the variety of meeting types, sizes, topics, and dynamics. But each has welcomed me and shared a piece of their experience, strength and hope. I am grateful to them all.

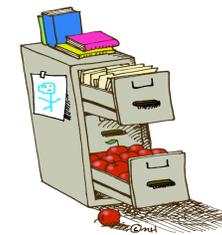
Thanks again to all of you for your service and support of this wonderful fellowship!  
Valerie B.

### DISTRICT EIGHT

Hello from District 8!

District 8 is preparing for a busy 2017 fall season starting with Serenity Weekend. Several members are planning to attend! We are working on our breakout session ideas. Our District 8 Annual Fall Festival Fund Raiser will be held November 9<sup>th</sup> – Sonya K from Des Moines is our Al-Anon speaker; our dinner is being catered by Gringo's, a popular local Mexican Restaurant; and our groups are putting together items for the silent auction as well as digging out their favorite recipes for the bake sale. Area Substance Abuse Council (ASAC) continues to be an excellent opportunity to share AFG's experience, strength and hope via once a month family night and also Heart of

Iowa-Women's Center where each AFG group is hosting an Al-Anon meeting every week for a month.



One exciting bit of news is that we have filled our Archives position for the District! We welcome Ruth N. to her new service position! All items have been transferred over for her to sort

through! Our District 8 website continues to be a wonderful outreach tool and informational for our members.

Our next District meeting is Monday, August 21st.

Yours in Service,  
Tricia K  
District 8 DR

## **DISTRICT NINE**

Greetings from District 9 ☺

The planning for the sixth season of Winter Wonders, our open potluck fireplace meeting, is in full swing and will begin (again) in November. This open meeting is a potluck held on the last Saturday of each month at Edwards Congregational Church located at 3420 Jersey Ridge Rd Davenport. Food is served at 5:30 p.m. and the meeting begins at 6:30 p.m. with games immediately following. All are invited to attend!

The speaker meetings continue in District 9. Whenever there is a fifth Monday or Tuesday in a month those groups host a speaker meeting. Our Bettendorf AFG held a speaker meeting on Monday July 31<sup>st</sup> @ 7:30 p.m. where Laura shared her experience, strength and hope. CAL Book Study Group is celebrating their 5<sup>th</sup> birthday with a potluck and speaker meeting on Tuesday August 15<sup>th</sup> at 6:30 p.m. The scheduled speaker is Linda from our DeWitt AFG.

Twice a year our district has a Women's Spiritual Experience Weekend; one each spring and fall. The primary purpose is to remind us to keep our serenity and spirituality as our first priority. Our spring SEW was on April 29<sup>th</sup> - 30<sup>th</sup> at Saint Mary's Monastery in Rock Island, IL. While it rained pretty much the entire weekend, it was a full house with sunshine and love inside the rooms. I was excited and encouraged by the service participation. The fall SEW will be held September 30<sup>th</sup> - October 1<sup>st</sup>. District 9 continues to hold quarterly meetings. Our last business meeting was held on Wednesday June 7<sup>th</sup>. We had the biggest turnout that I've seen in years. Our next business meeting will be on Wednesday September 6<sup>th</sup> @ 6:30 p.m. at Edwards Congregational Church. I'm

grateful to have a district treasurer who doubles as a secretary (thank you Anita ☺), but we're still looking for an Alternate DR, Secretary, and Public Outreach Chairperson. While we continue to struggle to find members willing to hold official service positions, I am excited by recent interest. We have a couple big groups in our district but half of our groups are pretty small. I am proud to say that all our groups are represented by a GR and are healthy, functioning Al-Anon Family Groups.

We continue to carry the message throughout our District by participating in weekly Al-Anon meetings at a residential treatment facility in Bettendorf and every 6 weeks at an out-patient treatment center in Davenport. The "Al-Anon Faces Alcoholism" booklet, "What Al-Anon is/is Not" and "What Happens After Treatment" pamphlets are distributed at both of these outreach meetings, and we sell many copies of *How Al-Anon Works* at the weekly residential meeting. We also distribute "Al-Anon Faces Alcoholism" at various other locations throughout our communities.

Yours in Service,  
Michelle K.  
District 9 Representative

## **DISTRICT TEN**

No report

## **DISTRICT ELEVEN**

Hello Everyone,

District 11 has been busy. We had our last District Meeting on July 20th, 2017. We had a drawing for Serenity Weekend for two partial weekend packages for \$55.00 each. The winners were Jackie G. and Irene K.

We are working on our workshop for Serenity Weekend and will have another planning in September closer to the weekend. We are busy planning the Fall Speaker Supper activities.

District 11 decided that we would start the process of possibly starting a Friday night

meeting up again. Thirty-two AFG members are showing interest in having a group on Friday. We will have the Mini Conference on November 11, 2017.

Love and Peace.  
In Service,  
Geri

## **DISTRICT TWELVE**

No report

## **DISTRICT THIRTEEN**

No report

## **DISTRICT FOURTEEN**

Hello, it is hard to believe this year is already half over. We held our 2<sup>nd</sup> District meeting in Carroll on May 23<sup>rd</sup>. There were 14 in attendance. We now have 6 cities with a total of 12 active groups. I am excited to say, all but one group has a GR and a few have Alt. GRs.

On June 17<sup>th</sup> I was asked to speak in Algona at a potluck. Honestly it was a bit frightening for me to accept. With some encouragement from my friends in Al-Anon I did what I needed to do and accepted. The support from my friends in Al-Anon was overwhelming. Once again I was shown I am not alone, it was an unforgettable experience for me.

In July our District meeting was held in Pocahontas; there is so much interest in Public Outreach and Alateen. I had 30 "Al-Anon Faces Alcoholism" to be distributed and the GRs stepped up for the challenge. I will be receiving more in September.

The meeting format for a list of our Al-Anon groups in our District was approved and I will be ordering 200 copies soon to have for our GRs.

We discussed a service workshop, and there is an interest, so this will be further discussed at our next meeting.

Grateful in Service,  
Mary E.

## **DISTRICT FIFTEEN**

No report

