



# “Iowa Reaches Out” November 2017-January 2018

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

## Delegate

We had a great Fall Assembly. The Action Committees were very interactive during Assembly and generated a lot of discussion. During the business meeting, we decided the AWSC would develop more information and give further direction to the Action Committees. We experienced exciting announcements. We announced Regina K. as the new Alateen Coordinator and Audrey U. stepped forward to become the new DR in District 3! Congratulations and welcome Regina & Audrey!

I have just finished reading the October Chairman of the Board Letter. There is absolutely so much going on in Al-Anon. I am excited because it means outreach and fellowship opportunities abound!

The Colorado Area just experienced “Road Trip! You and Your Board.” Over 110 members were in attendance. Members from Colorado, Nebraska, Missouri, Texas, Wyoming, Minnesota, Missouri, Arizona, New Mexico and Utah were in attendance. The Colorado Delegate reported the day was a resounding success. Iowa decided not to submit a bid for 2018, but hopefully it will be close to Iowa so we can experience it!

As this was a Board meeting, they took the opportunity to thank Mary G. for her dedicated leadership as she filled the Executive Director on a temporary basis. Vali F. was welcomed in her new role as Executive Director.

Many Delegates asked the Finance Committee for updated information of the overall financial health of WSO. You can find detailed information within the Finance Update of the Chairman of the Board (COB) letter. Contributions are currently below projections based on our 2017 budget. What does this mean in

numbers? The COB letter puts things into perspective for us:

“We are dependent, as always, on our individual members and groups to continue the expression of abundance. In order to meet our 2017 budget goal of **\$2,100,000 in contributions, we will need to receive \$600,000 in contributions during the months of October, November and December.** If you are like me I need things broken down visually and into smaller numbers to understand what \$600,000 could look like and how attainable that number really is. **If 60% or 9,000 of all our registered groups contributed \$60 and 5,000 members contributed \$15 each and 55 Areas contributed \$500 we would easily meet our budgeted 2017 contributions goal.** The Board and staff thank you for continuing to think abundantly.”

*So could your group contribute \$60 between now and the end of the year? The November quarterly appeal letter should be arriving soon. This is the perfect time to put together \$60 for your group to contribute, AND could some of us contribute \$15 before the end of the year. (I am putting my contribution in the mail today) AND could we authorize our Area Treasurer to send a contribution of \$500 before the end of the year? Please join me by LETTING IT BEGIN WITH ME TO MEET OUR CONTRIBUTION GOALS!*

As reported earlier, the new website (al-anon.org) is up and running. The Digital Strategy Department is currently working on migrating information from the “members” website to the public site. The goal is to have this done by the beginning of 2018. If you experience errors or see something not quite right, please email me or you can click on the Contact Us link at the bottom of the web page and click



## Dates to Remember

**January 10-February 27, 2018**

Members' Survey

**January 20, 2018**

Area Service Workshop  
Marshalltown, IA

**January 21, 2018**

AWSC meeting  
Marshalltown

**February 1, 2018**

Iowa Reaches Out Newsletter  
deadline

**June 8-10, 2018**

Area Spring Assembly  
Clear Lake, IA

**July 5, 2018**

A Day of Connecting  
Baltimore, MD

**July 6-8, 2018**

International Convention  
Baltimore, MD

on the wso.al-anon.org link. Please put website in the subject line.

DRs have invited me to their Districts to share about my World Service Conference (WSC) experience and/or do a workshop on “How can we empower members in the use of our Legacies and policies when seeking solutions to issues

### **Delegate continued...**

within the Area, District and Group, share *The Forum*, and learn new ways we can find solutions to issues that arise." It is exciting to see everyone and share a day of Al-Anon.

Speaking of the WSC, the 2018 Conference theme is **Al-Anon – There is no standing still!** It will be held in West Harrison, New York. The site will allow the opportunity for the full Conference to visit Stepping Stones. I am already getting emails with information to prepare for the Conference.

I can submit Chosen Agenda Item (CAI) topics for discussion at the WSC. CAIs have been an important tradition of the Conference for many years. The purpose of the CAIs is to give Conference members an opportunity to select ideas and issues of concern that affect Al-Anon groups and members worldwide.

The 2018 Conference Leadership Team (CLT) has scheduled time on the Conference agenda for Conference members to discuss **four** Chosen Agenda Items. We can submit a topic to be included as an agenda item. Topic considerations would be 1) Does the topic merit an in-depth discussion that could benefit Al-Anon groups and members worldwide? And 2) Is the topic related in some way to the 2018 Conference theme (Al-Anon—There is no standing still!)? I will follow up with the AWSC later this month for their thoughts on possible agenda items our Area wishes to have discussed. Be thinking until then...

The 2018 International Convention is being held July 6<sup>th</sup> – 8<sup>th</sup> in Baltimore, Maryland. Registration is open on the Al-Anon.org site. The Board has planned a Day of Connecting. It will be held on Thursday, July 5<sup>th</sup>. A fun and inspiring day has been planned; one that you will want to include when planning your attendance at the International Convention. There will be presentations with topics, discussion meetings, and panels. There will also be Leadership Talks and Roundtable Discussions. Registration is a separate fee of \$40 and will increase to \$45 after May 31, 2018. There is a limit of 1,500 participants, so register early! The *One Day at a Time in Al-Anon* (ODAT) will be celebrating its 50<sup>th</sup>

Anniversary. A commemorative edition, complete with gold lettering on the cover and gold ribbon bookmark will be published. This special edition of the ODAT will be available at the 2018 International Convention. A commemorative bookplate will be included only for those purchased at the 2018 International Convention. This edition will also be available for the remainder of 2018 until supplies are gone. A limited number of books will be printed for a purchase price of \$15 US.

And already thinking ahead the Board has announced, given no unknowns in the finalizing of our convention contracts, the site for the 2023 Al-Anon International Convention will be Albuquerque, New Mexico. Start putting \$3.50 in your piggy bank weekly for the next five years, and you can attend!

The Nominating Committee is asking for candidates for a member at Large to serve a one-year appointment on the Executive Committee for Real Property Management (ECRPM). The term will begin following the Annual Board Meeting in April 2018. Résumés are due to the WSO by November 30, 2017.

Generally, to serve on the ECRPM, an individual must have 7 or more years of continuous and ongoing membership, including Al-Anon service beyond group level; have special skills and experience that include: areas of property management, finance, business, accounting, law, business administration, or technology; live within the World Service Conference structure, and be able to speak and write fluently in the English language. If elected, members of the ECRPM cannot hold positions above the group level during their term. Delegates to the WSC are not eligible to apply as candidates for ECRPM until one WSC has elapsed after their terms end; members who are also members of A.A. are not eligible. Prior service as a Delegate is not a requirement. The Board of Trustees delegates to the Executive Committee for Real Property Management the oversight and the management of real property owned by Al-Anon Family Group Headquarters, Inc. This individual would travel to Virginia Beach twice a year to tour/inspect the World Service Office. Before you say, "I

could not do that," or say, "I do not know anyone who could do that," just consider this: Iowa has had a number of people on this committee. First being Helen W., followed by Linda A., Debbie G., and me. It is very possible we have someone here, within the state of Iowa, who meets these qualifications. You do not have to have held a position such as GR, DR, etc. If anyone is interested in this position please get in touch with me so a resume can get filled out and submitted.

I hope everyone has a special Holiday Season. And I hope to see you at the Service Workshop and the AWSC meeting in January!

Your Humble Servant,  
Beth K.  
[Lovemycats2004@gmail.com](mailto:Lovemycats2004@gmail.com)

### **Alternate Delegate**

#### **FALL ASSEMBLY 2017 Sioux City, IA**

**October 13, 14 & 15, 2017**

Thank you Sioux City Al-Anon and District 1 for sharing your city with us. Nothing beats Al-Anon hospitality! Connie P., Julie B. and Erika W. were outstanding chairpersons and pulled together a great weekend experience. Many thanks to Patrick S., Dort M. and Barb for sharing their recovery with us.

#### **SPRING ASSEMBLY 2018**

**Clear Lake, IA**

**June 8, 9 & 10, 2018**

Spring is a beautiful time to visit Clear Lake. GRs, I hope you will plan to make the drive to the Best Western Holiday Lodge on June 8-10, 2018, under the theme, "United We Recover." The Al-Anon speakers are Mary H., panel 55 Delegate MN South, from Winnebago, MN; and Gary B. from Indianola, IA, who will be the Sunday morning speaker. The Alateen speaker will be determined closer to the event.

#### **FALL ASSEMBLY 2018**

**Davenport, IA**

**October 12, 13 & 14, 2018**

The Assembly will be October 12-14<sup>th</sup> at River Center in Davenport, IA. The committee is just beginning to form for next year's Fall Assembly. More information to come in January.

## The FORUM

The look of the Forum began its transformation in September and will continue to evolve as members share their experience with the updates. I passed your concerns regarding color and font size on to the WSO and was pleased to hear that the challenges to visibility are being addressed. They are several months ahead in design and printing so expect future editions to reflect these changes.

Updated writing guidelines were included in the November Forum. They are helpful in sparking ideas for individual submissions or collective writing workshops done at your group or a special event. Sharing your story can be an exercise of gratitude in action as it carries your recovery message on to others in print.

I recently renewed a group subscription using the WSO's online store. Personal, group or GIFT subscriptions are available for \$11 (that's .92 cents worth of serenity per month and makes a beautiful gift to pass on to your sponsees and friends in the upcoming year!). The FORUM can also be purchased for your e-reader for the same annual subscription rate of \$11 or for \$1.99 per month.

Did you know that three articles are designated each month for reprinting in newsletters or Websites? Including these articles in your digital outreach is a great way to connect members with this terrific magazine and with the worldwide fellowship of Al-Anon. Does your group purchase a copy of the Forum to use at meetings? Several groups that I attend purchase multiple copies which lets the WSO know that we value our magazine. The Forum can be used as part of your meeting format, may be given to newcomers or shared among members from your reading library. It's a great tool for passing on Al-Anon information by giving away copies or leaving them in public places as part of your public outreach campaign.

The FORUM content is generated from articles written by us. Thank you to the members that participated in the Forum/CAL writing workshop at the Area Serenity Weekend. I passed your submissions to the WSO to be considered for future use. I was also able to give away our Area's copies of Forum subscriptions dating back to 1972.

Shout out to our Iowa submissions: Cynthia P., September on page 27, Julie, October on page 12 and Hedi M., November on page 10. Thank you for your sharings!! Our Spring Assembly speaker, Mary H. - Delegate Panel 55, has an article in October on page 22.

Reading and recovering,  
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

I want to thank everyone in District One for hosting a wonderful Assembly. I enjoyed meeting new GRs and loved your enthusiasm. Iowa Al-Anon's future is in good hands.

A big thanks goes out to Katy P. for her willingness in taking on the Interim Alateen Coordinator position, allowing our teens to have their Serenity Weekend. We are all also grateful to Regina K. for volunteering to fulfill the remainder of the term.

January is right around the corner, and it's a great time to get out and renew your recovery by attending the Area Service Workshop January 20, 2018. Get your registrations in now. I encourage you all to attend. Get in the car; it's a great time.

I would like to thank all of you for your love and support in my decision to resign as Area Chairperson due to my health problems. I know Iowa is in good hands with Virginia B fulfilling the remainder of the term. A big thanks goes out to Virginia.

Love in Service,  
Erika W.

### Area Secretary

Hello Everyone!

It was great to see everyone's smiling face at Serenity Weekend and the Fall Assembly.

While sitting at registration during Assembly, there seemed to be some confusion about the registration process overall. Hopefully the information below will be helpful. If not, please free to email or call me before the Spring Assembly for clarification.

1. There is registration for the Assembly, which is different than the Al-Anon registration. This is where you will get your name badge, which states if you are attending the luncheon and dinner if you had purchased.
2. Groups need to provide any GR or Alt GR changes to the Group Records Coordinator (Becky V.) no later than 30 days before the Assembly so that the GR/Alt GR can vote at the Business Meeting. Becky then provides me a list of current GRs/Alt GRs one month before the Assembly. If the correct name is not on the list, you will not be able to vote at the Business Meeting.
3. There is a separate Al-Anon registration table set up outside the Al-Anon room. That is where I will be sitting, along with the Treasurer (Jean L.), to assist with registering for the Business meeting and taking group donations.
4. The registration times are only 7 – 8 pm on Friday night and 8-9 on Saturday morning at each Assembly, so schedule your time appropriately.

- As a GR (or Alt GR if your GR is not attending), you will receive a brightly colored voting card to use should there be a vote taken during the Business Meeting.

Again, if anyone has questions, please contact me. I hope to see everyone at the Service Workshop in January.

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

### Area Treasurer

Hello Everyone,

As this first year winds down, I would like to thank all the groups and members that support our Area financially. I am getting back many donations from the last Area appeal letter which is a chance for individual members to offer support to the Area. Many groups also donate to the Area on a regular basis. Your support allows the Area to continue to provide services to districts, groups, and individual members. The Area is also a vital link between the World Service Conference and you the member.

On this note, it is important that the Area be able to do our part in supporting the World Service Conference. The World Service Office sends out a request to the Areas to support the cost of sending our Delegate to the World Service Conference. They determine what averaged full cost of sending a Delegate as well as an equalized expense for each Delegate. Equalized expenses use a formula developed to provide a fair equalization of expenses for all Areas sending Delegates to the World Service Conference. It is calculated by dividing the total estimated travel, hotel, meal and incidental expenses by the number of Delegates. This cost is reported to the Board of Trustees and a substantial portion of this is the equalized expense (see page 145 of the Service Manual). Equalized expenses insure that all Areas have an equal chance to participate in the World Service Conference. This year's equalized expense is \$1612.00 and the full amount is \$2443.00. Thanks to your generosity the Group Representatives voted to send the full amount of \$2443.00 in this year to fully support sending our

Delegate to the World Service Conference.

Thanks for your Support,  
Jean L.  
Iowa Area Treasurer

### Coordinator Reports

#### Alateen

Thank you all AMIAS and members who attended Fall Assembly, it was good and productive time spent together. Eighteen AMIAS and 12 Alateens came to the Assembly from Des Moines, Ames, Cedar Rapids, Dubuque and Sioux City. Teens were happy to see each other. We had big open meeting on Friday, and a Workshop and closed meeting on Saturday. During the Assembly AMIAS training was provided. For those who weren't able to attend Assembly this time, additional training will be held at the Alateen Serenity Weekend in April 2018.

Katy P. announced transferring position to Regina K. Thank you Katy for your service, help and support!

Alateen Serenity Weekend will be April 27- 29, 2018, at Wesley Woods in Indianola. Our theme is Solutions to Serenity. Commemorative water bottles will be included in the \$100 registration fee. Tie-dying will still be available, but participants need to bring their own article of clothing. We look forward to this wonderful weekend of growth and fellowship!

Many of you have seen the updated WSO website. I hope you've had a chance to view the interactive Teen Corner section found by scrolling down on the home page. Articles may be shared via your favorite social media platform. Space is available for comments which are monitored to maintain principles of recovery and anonymity. You will also find links to the new PSA and the Chat Room.

There are 6 Chat Rooms available to Alateens throughout the week: two each on Sunday, Monday and Wednesday. Although Iowa does not currently host a chat, the following link may be included on your meeting schedule or website to

remind members of the chat room option: <https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting>.

Iowa Alateens are included in the most recent version of *Alateen Talks*. Copies of *Alateen Talks*, along with extra table tents for outreach efforts, are available on the Alateen table. *Alateen Talk* is available for \$3 per year and makes a great addition to public outreach packets or for newcomers.

Thank you for welcoming our younger members to your Al-Anon meetings when Alateen is not available. Alateens are a part of Al-Anon – let's encourage them to keep coming back!

Serving as the Alateen Coordinator will be a fun and informative chance to be of service. I look forward to your support in my new role. Together we can make it.

Regina K.

#### Archives

Hi, Everyone!  
Happy Fall! We have had a wonderful fall this year! I'm so looking forward to winter!

Archives has been quiet. I think I say that in every report? I have been receiving information on Alateen for their 60<sup>th</sup> birthday! I have printed out one per request from a member. There will be a



new part sent out each month through December. If anyone wants the reports, just ask and I will send to you.

Linda A. and Jean L will spend a day with me going over things to dispose of in our Archives sometime soon. All disposed items will be brought to an AWSC meeting to see if any District would like it.

Yours in Service,  
Lori R.  
Archives Coordinator

#### Group Records

Hello everyone!

I had the opportunity to participate on a Group Records conference call with WSO. The Public Outreach Coordinator

also joined us. To me, this was a great conference call. The comments and ideas were great to hear, and I would like to share just a couple of them with you.

1. The Public Outreach and Group Records Connection is vital. If an area decides to use radio, TV or post something on a billboard, the information needs to be super current. Do the phone numbers and addresses match with the Area Group Records and WSO? Did you bother to check?
2. Broken links: There can be broken links between Areas and WSO. Everyone is trying to be as current as possible, however here are a couple of things to think about:
  - a.) When WSO receives a call from someone looking for a meeting, the number that WSO gives them is the CMA or "phone contact" number to a group. When the newcomer finally has the courage to call that number, they discover it is no longer working or it goes to a voice mail. Would you, as a newcomer be brave enough to try and reach out to someone again for help? How many of your contact numbers are able to answer a phone call 24/7? I know I am not able to do this because I am at work or perhaps on the road. There are times that I do not recognize the area code or the number, so I don't answer. Well, the suggestion of TEXTING the number back is a way to hopefully get in touch with the caller. WHAT A CONCEPT! This is a simple way to let the possible newcomer know someone is really out there for them and will get in touch with them asap.
  - b.) How about when the newcomer gets a chance to attend their first meeting. They find the building and once inside, they have no idea where to find the room where the meeting is being held. Do you let your Area Group Records know that the meeting is in the basement or that a

person needs to use the elevator to a certain floor for a meeting? All this information and much more can be recorded with your Area Group Records and with WSO!!

These are just a couple of items we had the opportunity to discuss and there are many more. I hope this enlightens some of us about our groups and perhaps this will also help bring more newcomers to our meetings.

If you have any questions or want to supply more information regarding your groups, please get in touch with me.



Life is good and I'm still learning,  
Becky V.

### Literature

Hello,

I was able to participate in the Area Literature Coordinator's annual conference call hosted by WSO on Saturday, Oct 21st, 2017. It was a great opportunity share my experience as well as to hear from others. We talked about a variety of topics previously chosen by the Area Coordinators: Ranging from how to get our literature to Assemblies, What are my duties as Literature Coordinator, Do I encourage members to write for the new daily ready or CAL corner, have I hosted a writing workshop; do we encourage the use of CAL in meetings.

**SALE! SALE! SALE!** For a limited time, WSO has put some very special literature on **SALE!** Now thru December 31<sup>st</sup> you may purchase *The Al-Anon Family Groups- Classic Edition* (B-5), *Discovering Choices* (B-30) and *Many Voices, One Journey* (B-31) for the low cost of \$5.99. The Literature Distribution Centers were notified of this sale via AFG Connects. *Many Voices, One Journey* and *Discovering Choices* will also be available in Spanish and French at the reduced price. These books would be a great addition to your group or personal library. Or they would make a great gift for an Al-Anon friend. Sharings are needed for CAL corner. Each month, the Cal Corner feature in

*The Forum* includes members' sharing on how a particular piece of our literature has enhanced their recovery. Articles about the following books are especially encouraged: *Discovering Choices* (B-30), *Lois Remembers* (B-7), *One Day at a Time in Al-Anon* (B-6) and the *Paths to Recovery Workbook* (P-93). There is a "Cal Corner" writing guideline that is available on the WSO website.

The Parents/Grandparents Pamphlet has been approved by the Literature Committee, Policy reviewers and the Executive Director and is now in the design stage with hopes of having it available by mid 2018. The Literature Committee is now in the process of reviewing drafts for the Intimacy in Alcoholic Relationships (working title) book. It is their hope to have this ready for the Al-Anon International Convention in Baltimore MD next July.



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

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.

It has been fun to go thru the CAL cards and see the different literature that the groups used for the contest to win Paths to Recovery Set. I had submissions from 4 groups in the Area. And the winner is... Monday Night Parents AFG- District 7. I hope that this is well used whether it be for the group or they chose to gift it to a member.

Thankful for Service,  
Missy Y.

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  
Ph. 712-255-6724  
[afg.aiclit@yahoo.com](mailto:afg.aiclit@yahoo.com)

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

## Newsletter

As I collect, read, edit, and format submissions for the Newsletter this quarter, I am struck by the dedication, creativity, and hard work of AWSC members – Area Officers, Coordinators, District Representatives, and Past Delegates – in furthering the message of Al-Anon in Iowa. Sharing the work the AWSC accomplishes through the Newsletter keeps all of you – Al-Anon's group members – informed about the actions and efforts of your trusted servants in the Fellowship. Group members are where the program starts and are the very foundation of our service structure! Please take a few minutes to review the Newsletter each quarter. It will give you a bigger picture of Al-Anon beyond your group.

If any individuals in the Area would like to receive a personal copy of the newsletter, please email [iowareachesout@yahoo.com](mailto:iowareachesout@yahoo.com) with your request indicating whether you'd like to receive a free electronic copy of the Newsletter or a hard copy delivered via US Mail (\$9 for three years, check made payable to Iowa Area AFG).

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

## Public Outreach

I enjoyed the Fall Assembly in Sioux City. It is always nice to see AFG members from across the state.



Lots going on in Public Outreach.

First: **WSO Member Survey** is starting January 10, 2018. Wow, what an opportunity to practice the 12<sup>th</sup> Step by participating in this anonymous survey. It is **ONLY** conducted every 3 years and it will end February 27. Do not miss out! There are 2 flyers available on the AREA website [www.iowa-al-anon.org](http://www.iowa-al-anon.org). Look in the Calendar tab to find them. One flyer is for "Save the Date" and the other has a tear-off section for passing it around the table. Pretty cool, huh?

Second: Did you know Al-Anon Faces Alcoholism 2018 2<sup>nd</sup> printing is ready to be ordered? Get your order in by February 7, 2018, and receive your order by April 1, 2018. Why is this magazine so important? The magazine includes articles by Al-Anon members and treatment professionals who share their personal perspective on how Al-Anon Family Groups can help people troubled by someone else's drinking. Step 12- get your order in and pass on the hope!

Yours in Service,  
Lisa G.

## Web Page

Based on the voting result of the last AWSC meeting, a "Trivia" menu item was added to the home page of the Iowa Al-Anon website. Three questions were posted on the website and three winners were selected at the Fall Assembly to receive CAL items. After the assembly the answers to previous items and new questions have been posted on the website. The next drawing will take place at the Spring 2018 Assembly.

As of the last AWSC meeting, the last newsletter was posted on the website and all future newsletters will be posted as well.

Some potential members contacted our website asking about the meaning of "Closed" and "Beginner" labels. The website committee have been discussing how to clarify this if possible.

I like to encourage everyone to "sign up for Iowa Al-Anon" from the [www.iowa-al-anon.org](http://www.iowa-al-anon.org) home page in order to receive

updates and information. Please also visit the new [www.Al-Anon.org](http://www.Al-Anon.org) website which is also accessible through Iowa website.

I appreciate the flow of flyers and meeting schedules from our districts to be posted on the website.

Yours truly,  
Hedi M.  
Website Coordinator

## **DISTRICT REPORTS**

### **District One**

Hello from District 1.

Autumn Awareness was a huge success! The speakers were great and the food delicious. Brenda R. from Sioux City won the quilt! Congratulations, Brenda!



The Al-Anon members are very busy distributing the *Al-Anon faces Alcoholism* booklets to local businesses, churches, and treatment centers. We are very excited about the new look of this literature. It will be so much easier to distribute.

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 Night at 7:00 pm at Wesley United Methodist Church, opposite our Women's New Comers Meeting.

The Fall Assembly was held at the Sioux City Convention Center on October 13-15, 2017. We would like to thank everyone that attended this event for: "Progress Not Perfection." It was lots of fun and very rewarding.

The next thing on our agenda is our annual Christmas cookie exchange. Brenda R. has volunteered to chair this event to be held on December 9 from 2:00 pm- 4:00 pm. There will be lots of goodies to share and some great fellowship.

Respectfully in Service,  
Bonnie W. D.R. District 1

## District Two

Hi Everyone.

This summer has flown by so fast and we are already into November. Oh, where or where has that time gone?

We had Tuesday and Wednesday night Anniversaries in August and Milford New Hope Anniversary in October. We had great turnouts for both of them.

Serenity weekend was also a great time had by all. There was food, laughter, fellowship and food!! Thank you to all that made that weekend possible!

District 2 is busy planning OWN- One Winter Night, which is going to be on February 24-25, 2018. More details to come.



**Save the Date!** We are going to try something new this year so watch for the flyer that should be available on the website soon!

I have been trying to visit each group meeting in District 2. It has been a good experience to go to these meetings and connect with other members.

We had our District 2 meeting on October 23, 2017.

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

## District Three

Hi Everyone,

Thought I would send a brief introduction for my first DR report. I just became the District 3 DR at the Fall Assembly in Sioux City, so this is all very new to me. In fact, for the first time ever, I have a Service Sponsor!! I know I have



lots to learn. My home group is the Saturday morning New Hope meeting in Ames, and I just celebrated 22 years in the program. I am Mom to a son, daughter-in-law and Grandma to Rebekah. And will soon be Grandma to

grandchild #2 (gender & name a surprise!!) I work full time and commute from Ames to Des Moines every day; retirement can't come soon enough.

District 3 Serenity Day was held on Saturday, November 4<sup>th</sup> at the Mason City Clubhouse, Mason City. Our theme was "Fun In Recovery." We do like to laugh! I'm sure I've missed reporting on some other events, so I apologize for that.

I'm excited to visit other meetings and meet other AFG family.

In Humble Service,  
Audrey U.  
District 3 DR

## District Four

Hello from District 4.

Well, the end of summer is here, I'm very sorry to say. We have had a very busy Public Outreach month in October. Our usual Sunday Treatment Center meeting. Wed. Family Treatment Center meetings. We also had the Hawkeye Community College Health Fair table set up. We spoke at three UNI classes. We received plenty of questions from the students at each of these. It makes us think a little more about our Program. We hope they receive what they need from our pamphlets.

Our **BGTY Weekend** will be over for this year. We are hoping for some newcomers to this year's event titled **"Working the 4<sup>th</sup> Step: You Don't have to Fear It or Do It Alone Anymore."**

By the time this Newsletter comes out, we will have had a table set up at the UNI Employee Benefit & Well Being Fair. We always get questions from them, as well as handing out pamphlets and schedules of our meetings.

There were so many great things going on, the Assemblies and the Serenity Weekend in Twin Lakes this summer. It is nice to round out the year on a happy note. Our next District 4 meeting is November 18<sup>th</sup> as well as BGTY follow up meeting. Have a great Fall everyone!!

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

## District Five

No report

## District Six

No report

## District Seven

Plans are underway for the 2018 Birthday Celebration! The theme for the event is "Sharing of Our Gifts." The planning committee is working on a silent auction to raffle off donated items or services to members. We are looking forward to seeing what everyone shares with the members! As usual, we will have a quilt to raffle as well.



Bonnie and the Public Outreach committee continue to spread information about Al-Anon to central Iowa. Materials have been delivered to little free libraries as well as public libraries. "Pennies for Public Outreach" helped raise funds so that we could have a booth at the Iowa School Counselor Association conference November 5-7.

Our annual November Service Workshop was held November 4 in conjunction with the November District Meeting. We were grateful to hear our delegate Beth share about her experiences at the World Service Conference! Also, it was great to have her facilitate a discussion about "The Big Question," and we had a great service workshop on Group Inventories.

We are planning for our Holiday Party on December 2. We have some very talented, creative individuals chairing the event, and I am very grateful for their help! I have come to greatly appreciate those who are willing to step forward and give a little of their time. A little bit of help can go a long way!

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

Valerie B.

## District Eight

### **Happy Fall from District 8!**

Our District 8 folks had a great time at Serenity Weekend in September. Thirteen

members registered and 14 were able to go (due to a cancellation from another district)! We chaired a break out session on the slogan "Let Go and Let God," and it was an awesome learning experience! Plus, we all "Survived!" (#no-talent show) the weekend! It was a hoot! There were lots of creative ideas for growth, fun skits, and near-death paddle boating experiences that added to the fun! (I may have made the near death part up!) ☺

We have also been busy planning our annual fundraising event – *Fall Festival-Eats, Sweets and Speaks!* It is coming up fast on Thursday, November 9th. Special guest speaker for Al-Anon is Sonya K, from Des Moines, and the AA speaker is Troy F. from Cedar Rapids. We are really looking forward to hearing both of their stories. See the flyer for details. Alateen will be selling pop and water at the event to help raise funds for Alateen's Serenity Weekend. Please let your Districts know and we hope to see you there.

We have two meetings hosting Speaker Meetings. New Creations hosted their speaker meeting on 9/24. Prairie Woods Open speaker night was 10/25th. Both were great meetings and well attended. Unfortunately, we had one group close in our District but we are praying it will encourage new growth in other areas.

Yours in Service,  
Tricia K -DR District 8

### District Nine

#### **Happy Fall from District 9**

I am happy to announce we will be holding a Serenity Saturday in our district on November 11<sup>th</sup> at Edwards Church in Davenport from 9 am – 3pm. The theme is "Easy Does It." There will be a speaker, games and a white elephant raffle. There are flyers everywhere and on the Area website. Please join us for fellowship, food and fun.



Our sixth season of Winter Wonders will kick off on November 25<sup>th</sup>. This open meeting is a potluck held on the last Saturday of each month at Edwards Congregational Church, which is located

at 3420 Jersey Ridge Rd Davenport. Food is served at 5:30pm and the meeting begins at 6:30pm with games immediately following. All are invited to attend!

Bettendorf AFG and CAL Book Study both held speaker meetings in October. Our Central Discussion group celebrated their 50<sup>th</sup> anniversary during the month of September. This group has 4 different meeting times so each one held their own individual celebration.

District 9's Fall Women's Spiritual Experience Weekend was held on September 30<sup>th</sup> – October 1<sup>st</sup>. The primary purpose is to remind us to keep our serenity and spirituality as our 1<sup>st</sup> priority. The weather was beautiful, we watched *Stuart Saves His Family*, and a great time was had by all attendees. Planning is currently underway for spring SEW, which will be May 5<sup>th</sup> & 6<sup>th</sup> at Saint Mary's Monastery in Rock Island.

On October 1<sup>st</sup> there was a planning meeting for the Fall 2018 Conference. It will be held October 12 – 14, 2018 at The River Center in Davenport. It was interesting to see how the 'other side'(AA) functions. It is my 1<sup>st</sup> time planning for such a big event, but I've been told "In Al-Anon we never do anything alone" so I'm cautiously optimistic.

We held a district business meeting on September 6<sup>th</sup>; unfortunately we did not have a quorum, but I am excited that we have filled our District 9 Secretary position. Patti K. and Peggy D. are going to job share the position as one goes away during the winter. We are very grateful for their service! We still have openings for Alternate DR and Public Outreach Chair. Our next business meeting will be on Wednesday December 6<sup>th</sup> @ 6:30pm at Edwards Congregational Church. I am proud to report that our groups are strong and attendance is good.

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. We distribute *Al-Anon Faces Alcoholism* booklet along with several other pamphlets at both

outreach meetings and throughout our communities.

Yours in Service,  
Michelle K.  
District 9 Representative



### District Ten

No report

### District Eleven

Hello to all from Dubuque,

We had our Fall Speaker Supper on October 21, 2017. The Al-Anon Speaker was Becky V. from Belmond, IA, and the AA Speaker was Gail G. from Galena, IL. They both had remarkable stories. It was an amazing, enjoyable, and fun evening for all who attended!

The District Meeting was held November 11, 2017, at 9:00 AM at Grand View United Methodist Church, followed by our Mini Conference. The AFG Luncheon Speaker was Jean L. (Area Treasurer). We'll see you in January.

Love and peace, in service  
Geri

### District Twelve

No report

### District Thirteen

No report

### District Fourteen

Hello from District 14.

Our last District meeting for the year was hosted by the Manning group. The warm hospitality from the groups has been so appreciated.

As a result of rotating the District meetings it has given me an opportunity to sit in our GR groups Al-Anon meetings. The GRs are still in favor of continuing this in the coming year.

The groups are very excited about the AFAs and have already distributed to their communities what was purchased. They do want me to get the next order in soon. They agree it is a great tool to reach the public.

They also would like our Delegate to put on a workshop for us this coming year. Carroll has agreed to host at their meeting place.

Recently a new meeting in Webster City has begun; it is at the Windsor Manor Assisted Care Facility (Activity Room), Monday 5:30-6:30 pm. I do plan on attending to support them and hopefully it will grow.

Algona is having a potluck on Nov. 4<sup>th</sup> at the Finn House, 4:30 to 7:30; there will also be a speaker.

Yours in Service,  
Mary E.

**District Fifteen**

No report