



# *“Iowa Reaches Out”*

## *May-July 2018*

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

### **Delegate**

WOW, did everyone notice how we went from winter to summer!! Who’s complaining? ☺

This is the second year I have been humbled about the opportunity to serve as Iowa’s Delegate. The World Service Conference (WSC) was held April 16<sup>th</sup> through April 20<sup>th</sup>. The theme was “Al-Anon-There is No Standing Still!” Delegates from the United States, Canada (including their territories, Puerto Rico and Bermuda), the Board of Trustees, the Executive Committee, and many of the WSO staff attended. Three members from the International Community attended the Conference: one woman from Denmark and two from Mexico. The week was full of information, discussions and decisions regarding the World Wide Fellowship of Al-Anon. This year I experienced what we all do during the 2<sup>nd</sup> year of our term. I felt more confident, more capable, I knew more people, and was able to grow friendships.

The days are packed full of meetings so we can complete all of the necessary work. We start at 8:00 am and many times finished between 8:00 and 9:00 pm. Thank goodness there are skits and silly moments to break up the day! Some highlights:

- I continue to be a member of the Public Outreach Committee!
- We received a copy of the new pamphlet “Hope & Understanding for Parents & Grandparents” P-94.
- The Intimacy book will be released and available at the 2018 International Convention!
- As reported earlier, a special, commemorative edition of One Day at a Time in Al-Anon (ODAT) (B-6) will also be available at the Convention. A limited number of books will be printed and available

for a purchase price of \$15. The commemorative edition will include a ribbon bookmark and front cover indicating “50th Anniversary.” A bookplate will be offered only at the Convention.

- We reviewed and approved the 2017 Annual Report and 2017 Audited Financial Statements. We also reviewed and approved the 2018 budget.
- We received report-back presentations from various Task Forces.
- This year the Conference was able to go to Stepping Stones, the home of Bill and Lois Wilson.
- There was inspirational sharing from the outgoing delegates as well.

As the Area World Service Delegate, it is my responsibility to be the communication link between the groups and the World Service Office. The Conference Report I give at Spring Assembly is extremely important because I will be reporting on matters affecting the entire fellowship. You have a vested interest in all the work that is done. There are a lot of exciting things happening. Come to the Assembly to hear first hand what those things are (and there will be some prizes too!)

**You can still register for Al-Anon’s 6th International Convention: Celebrating One Day at a Time** held July 6–8, 2018, in Baltimore, Maryland. Al-Anon and Alateen members from around the world will be coming together! The last count (in April) was 3,294 registrations. This was 5.5% ahead of where the registrations were in 2013. You can also register for the Day of Connecting held July 5<sup>th</sup>.

**MISSION: POSSIBLE**

Our 2018 Area Serenity Weekend will be September 21-23 @ Camp Wesley Woods, Indianola, IA. The theme this year

### **Dates to Remember**

**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

**August 1, 2018**  
Iowa Reaches Out Newsletter  
deadline

**August 5, 2018**  
AWSC meeting  
Hampton Inn, Marshalltown, IA

**September 21-23, 2018**  
Area Serenity Weekend  
Camp Wesley Woods, Indianola

**October 12-14, 2018**  
Fall Assembly  
Davenport, IA

will be **Mission Possible**. There will be a flyer on the website soon, and I will have some at Assembly. If you accept the Mission you will come and join the fun (and bring a friend or many friends).

We have been invited to the “Road Trip! You and Your Board Connect” event held October 20, 2018, in Houston hosted by East Texas. This is an opportunity for Trustees, the Executive Committee, and members to interact with each other. Email me if you are interested in taking a road trip to Houston this fall!!

You still have the opportunity to submit a resume for a number of Committee Openings for At-Large members. The

Committees are Forum Editorial Advisory, Literature, Public Outreach and Audit.

**You do not have to have been a GR, DR, Coordinator, or Officer of an Area to apply; hence the at-large member indication.** Please email me to request a resume.

Lastly, I want to thank everyone for the gifts, cards, kind words, and support I received during the World Service Conference. I was so excited to check my daily mail. There is just no place like Iowa!

Trust in His timing, Wait for His answer and Believe in Miracles

Beth K.

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

### **Alternate Delegate**

#### **ASSEMBLY INFORMATION**

##### **Spring Assembly 2018**

**Clear Lake, IA**

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

##### ***United We Recover***

AFG Speakers

Luncheon- Mary H., Winnebago, MN

Sunday spiritual speaker- Gary B., Indianola, IA

Alateen – Sabrina L., Ames, IA

I am pleased to report that Sabrina L., from Ames has agreed to be our Alateen speaker! The updated AI-Anon agenda is available both on the Iowa website and as an attachment to the Newsletter. We will have limited display space. Coordinators, please let me know if you will need a full table for your display. We will need to share space as much as possible due to a smaller display area. The AI-Anon meeting room is tight and sits next to the pool. It may get warm, so dress in layers for your comfort.

##### **Fall Assembly 2018**

**Davenport, IA**

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

##### ***Working and Growing Together***

AFG Speakers

Luncheon - Sarah S., St. Charles, MO

Sunday spiritual speaker - Nancy H.,

Davenport, IA

Alateen – TBD

Online registration will not be available.

We expect new flyers at the June Assembly that include the AI-Anon schedule. Once our workshop titles are finalized an agenda will be available on the Area AI-Anon website.

### **Spring Assembly 2019**

**Grinnell, IA**

**June 7, 8 & 9, 2019**

District 8 is hosting. Lisa G will chair the event – her co-chair will be selected in late March. The meetings will be held in Cedar Rapids. I am looking forward to attending the initial walk thru scheduled for June. There is one AI-Anon meeting in Grinnell. They are affiliated with District 7 but their GR, Katelynn, has offered the group's assistance to the Assembly committee. I am always grateful to find members who are willing to participate and give of their time!

### **2018 IOWA AREA INVENTORY**

The Iowa Area takes an inventory at the June Assembly during the second year of each term. This allows our Area to maintain our unity, address topics of concern, and expand in areas of positive performance. It is an opportunity to assess the member's relationship to the Assembly and the Assembly's relationship to the member.

The 2018 Area Inventory Committee, comprised of Geri G., Lisa G., Katy P., Lori R., and Missy Y., hopes that by forwarding this questionnaire early, members will have time to thoughtfully consider their responses. There will also be time to complete the inventory at the Assembly. Responses will be compiled and the results will be shared at the October Assembly.

District Representatives were asked to share this with Group Representatives and other members that may be interested in responding. Copies are available as an attachment to the Newsletter and also on the Area website under the Events tab next to the June Assembly. Completed responses may be brought to the June Assembly in Clear Lake or emailed to [iaalternatedelegate@gmail.com](mailto:iaalternatedelegate@gmail.com).

### **The FORUM**

At the end of the Newsletter in chart form, I've included Iowa's first quarter *Forum* information, which compares Iowa with the overall trends for the US, Canada, Puerto Rico, and Bermuda. Statistics do not include electronic copies. The WSO is working towards bringing that data to us, and I will share it when available.

The report is based on the actual number of copies sent out each month. Group subscriptions vary because some groups receive multiple copies. The 'Other' column is based on all subscriptions sent to individuals, Districts, AI-Anon Information Service Centers, and Literature Distribution Centers. Again, the numbers vary as some individuals or 'others' may receive multiple copies. At last report, Iowa had 167 groups registered. 32% of our groups are subscribing to *The Forum*, with some groups receiving additional copies. Member subscriptions took a jump in March – maybe Lois' birthday on the 4<sup>th</sup> or the AI-Anon survey had us thinking more about staying connected with AI-Anon in as many ways as possible.

I've been a long time personal subscriber to *The Forum*, and the groups that I attend also subscribe. My familiarity puts me at a disadvantage to knowing what deters a group from subscribing to this 'meeting in our pocket'. *The Forum* includes timely content, suggested meeting topics and is also a power packed piece of literature for the newcomer to take home or as a public outreach tool for the community. The magazine costs \$11 annually or \$0.92 per month (print version) so I consider cost a minimal barrier.

For individuals, some may borrow their group's copy; and others may choose to purchase an electronic version. Members may not be aware that the annual electronic subscription rate is still only \$11/year (\$0.92 each), or a single issue may be purchased for \$1.49 through links available on the WSO website. All first-time subscribers are eligible to try an electronic version FREE for 14 days.

I have asked the District Representatives to consult with the Group Representatives on barriers and deterrents to subscribing to *The Forum*. A feedback sheet will be available at the June Assembly. We will also be drawing for a *Forum* subscription! I would love to double our participation rate by the end of our term and see a 75% subscription rate in Iowa.

In case you need some talking points: Why is *The Forum* the best magazine? Because it is written by us, for us – For U & Me – as one District 7 member said. Our magazine exists in real time, with many of our own member's personal

reflections appearing in it each month. It echoes what our members are thinking and sharing in their groups; has current information about upcoming events like the Al-Anon International; and includes topics such as intimacy, our Legacies, and writings from the Alateen perspective. I know you have many other positives to share about it with your District. We'll spend time at the October Assembly in a *Forum* workshop, which may help you expand your interest in receiving, sharing about, and writing to *The Forum*.

Recovering in 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! The long awaited spring has arrived in Northwest Iowa! With spring comes the Spring Assembly in Clear Lake! I am excited to hear our speaker, Mary H., from Minnesota. Mary will also be doing a workshop on Saturday morning! I have started working on the business meeting agenda; if you have any topics you need addressed, please let me know. Be sure to stick around on Sunday morning for a workshop by our Treasurer Jean L. and Delegate Beth K. My home group is looking forward to start using the

new Groups At Work – did your group receive a personal copy? How about that new Service Manual – be sure to check it out! At the March AWSC meeting we worked on a new agenda for the AWSC meetings – it was great to see such enthusiasm and participation as we move forward! Everyone is invited to AWSC meetings – so if you are ever in Marshalltown when we have an AWSC meeting, please join us!  
Hope to see you all in June!

Grateful for Service,  
Virginia B.  
Area Chair

**Area Secretary**

Hello Everyone!

I hope everyone is doing well and finally enjoying Spring. I will not be attending the June Assembly and will miss seeing everyone. Lori R has graciously offered to help out at the registration table and will be taking the minutes for the Business Meeting. Thank you, Lori, for doing this so I can enjoy my family events that weekend!

Remember to let Becky V., Group Records Coordinator, know of any GR or Alt GR changes in a timely manner for voting purposes.

See everyone at the August AWSC.

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

**Area Treasurer**

Hello Everyone,

So glad spring has finally come!!! Soon we will be gathering in Clear Lake, and I am looking forward to it.

At the Spring Assembly I will be happy to take your donations at the Al-Anon registration table Friday from 7-8 pm and Saturday from 8-9 am. Please come visit me! I will have my list of group donations if you would have questions about your group donations.

By the time you read this, your group should have received your Area appeal letter. The appeal letter is sent out twice a year and is mailed to the current mailing address (CMA) listed for your meeting with Group Records. It does not go to the

group treasurer unless that person is also the group's CMA. If you have not received the letter, please check your group's CMA. If you have questions please feel free to contact me at [iowaafgtreasurer@gmail.com](mailto:iowaafgtreasurer@gmail.com).

Finally, I would like to thank all of those groups who regularly support our Area. Without your help we could not do what we do. Thank You!

Learning as I Go,  
Jean L., Area Treasurer

**Coordinator Reports**

**Alateen**

Thank you to all AMIAS and teens who attended Alateen Serenity Weekend! It was good and fulfilling time spent together. We had 41 people altogether, with twelve AMIAS and 29 Alateens from Districts 3, 7, 8, 11, and 13. Alateens were very happy to meet each other again. There were eight Alateens who attended the weekend for the first time. All teens and sponsors got water bottles with a personal nametag on them so that bottles did not get confused. The weather all weekend was very welcoming, warm, and sunny, with the exception of strong wind. We had to have the campfire meeting inside the lodge at the fireplace because of the fire restriction that day, but it worked out very well and we had a good intimate meeting. Alateens did a lot of good sharing, and I am sure they were able to learn a lot from each other's

sharings.



Alateens also had a hayride on Saturday with a tour around the camp facility

with zoo, horses, and a unique hand-carved log cabin. Only three teens brought a piece of clothing for tie-dye, so it was decided to move this activity to the next year. At the sponsors' meeting after the weekend,



the idea was brought up to provide a piece of clothing the next year.

Specially, I wanted to thank Ann H. for being our certified nurse of the weekend and LeAnn T. who came to support the event from Iowa City, even though there is no active group at this moment due to lack of attendance of teens. We also had a productive conversation on continuing to do public outreach in Iowa City and invite Alateens to speak at the open AA and Al-Anon events and adjust outreach to schools in the Iowa City community.

On Saturday April 28, 18 AMIAS from Districts 3, 7, 8, 10, 11, 12, and 13 were certified at the AMIAS training. Training went well with a good conversation and sharing some experiences between the sponsors after the presentation. Thank you all for participating!

**Important reminder that July 1, 2018, is the deadline for AMIAS recertification. Those who do not get recertified before this date will be deactivated as AMIAS in the WSO database.**

We had two teens at the Serenity Weekend graduating this year from Alateen, which means it was the last Alateen Serenity Weekend for them. Please welcome our younger members of the family and help them to feel comfortable and grow in their recovery at the Al-Anon meetings. Alateens are a part of Al-Anon – let's encourage them to keep coming back!

Thank you all for your service!!!  
Regina K.

### Archives

Hi, Everyone!

I'm looking forward to seeing everyone in June in Clear Lake. Archives has been quiet, which is normal...so I have little to report. I am hoping to sit down with Jean L. and Linda A. some day soon so I can bring things to the August AWSC.

In Gratitude,  
Lori R.

### Group Records

Hello to everyone!

I am happy to report there is not much going on with our Area Group Records at

this time. I have randomly been getting some group updates and that has been nice!

I would like to remind all the GRs to review their group information. If you have any changes, be sure to get that information to your DR as soon as possible. I will be sending out the most current update of what is listed in our Area Group Records to the DRs the first part of May. Let's make our June assembly registration a piece of cake! I look forward to seeing everyone there.

Thanks to you all for making this position fun for me! It is always great to add new groups to Iowa!

Life is good,  
Becky V.

### Literature

Hello,  
I was excited to see the completed pamphlet, *Understanding & Hope for Parents & Grandparents* (P-94). This new pamphlet is currently available for purchase to the LDC (Literature Distribution Center) community and will be available on AFG Connects to the Fellowship sometime in May.

**2019 CAL Catalog (S-15) and CAL Order Form (S-16):** In order to include all of the newest literature in them, these free service tools will be available beginning this summer.

***Intimacy in Alcoholic Relationships—A collection of Al-Anon personal stories (B-33):*** This highly anticipated new book is expected to be introduced in Baltimore at the 2018 Al-Anon International Convention in July. The order form will be available to the LDC Community on AFG Connects in June prior to the Convention and to the LC Community on AFG Connects in July post-convention.

**New Daily Reader (working title):** WSO still needs sharings for this project. The Literature Committee hopes for this to be the first daily reader to include sharings on each of the Steps, Traditions, and Concepts of Service.



WSO always needs more sharings for "CAL Corner," a feature in *The Forum* that includes members' sharings on how a particular piece of literature has enhanced their recovery. Currently the need is for articles about *Discovering Choices* (B-30), *Lois Remembers* (B-7), *One Day at a Time in Al-Anon* (B-6), and *Paths to Recovery Workbook* (P-93). Please keep your sharing for this to about 350 words.

I will be sharing some new and exciting ideas and ways to share our literature at our Fellowship Communication Action Committee meeting in Clear Lake at the June Assembly. We will also be doing a short writing workshop. More to come in JUNE!



Don't forget to check out our websites ([www.al-anon.org](http://www.al-anon.org) and [www.iowa-al-anon.org](http://www.iowa-al-anon.org)) for a wealth of information including sample chapters, downloadable literature and much more.

Please continue to 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

Happy Spring! In preparing the Newsletter, I recognized the theme of joy and gratitude for spring's arrival pervading the reports. I'm on board with that!

I'd like to give a shout-out to Becky V., Group Records Coordinator for her on-going work in keeping those records up-to-date. Without her efforts (and DRs supplying her with updates), getting *Iowa Reaches Out* to all of you wouldn't be possible. Thank you, Becky!

Included with this issue of the Newsletter are a copy of the Area Inventory to be completed for the Spring Assembly and the Spring Assembly AI-Anon agenda. Those two .pdf attachments will be included with the Newsletter as email attachments and as additional pages in the few hard copies that are mailed out.

A reminder to GRs that individual members may subscribe to the Newsletter electronically (free) by sending their request to [iowareachesout@yahoo.com](mailto:iowareachesout@yahoo.com) via USPS (\$9/3 years) by sending that request with payment to Iowa Reaches Out  
9335 Greenspire Drive Unit 12  
West Des Moines, IA 50266

Together we are better!  
Mary S., Newsletter Coordinator

### **Public Outreach**

Spring is finally here and it is time to spring into action! The 2019 AI-Anon Faces Alcoholism (AFA) is ready for ordering. Here are some suggestions: Do you have a list of where the 2018 or past AFAs were placed? Do you have contacts



at these places that can let you know when it is time to refill the stock? Do you drop the AFA off

for the ER Social Workers to provide families? Do you drop the AFA off at local healthcare providers? Do you drop them off at the police stations? Do you drop them off at the counseling/therapy/recovery offices in your area? Do you drop them off at local churches? Friends and families of alcoholics are looking for answers and hope.

Together, we can.  
Yours in Service,  
Lisa G., PO Coordinator

### **Web Page**

Please announce and answer the new Trivia questions. Bring your responses or send them with your Group/District Representative. Each correct answer is eligible to win a prize. The next drawing will take place at the Spring 2018 Assembly.

Recently, in one of the documents that I received, the identity of one of our members was compromised. I would like to ask everyone, including myself, to carefully check the information sent to be



posted. Once an article is posted on the website, even after I remove it from the website, the search engines continue bringing it up indefinitely.

Please "sign up for Iowa AI-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.AI-Anon.org](http://www.AI-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.

We have been working hard on our public outreach. Several meetings have already taken place and we are looking into how to better reach out to those who still suffer.

We had our Annual Tri-State workshop on January 27<sup>th</sup>. Our Delegate, Beth K., did a workshop for us. It was well received. We had a potluck lunch, which was followed by a writing workshop where we were given lots of great ideas on writing for *The Forum* and the new daily reader.

Our Annual Spring Frolic got cancelled due to a snowstorm and has been rescheduled for May 19.

Serenity Day is set for June 2, 2018. Come and spend the day with us at peaceful Stone State Park amongst the birds and the butterflies and "Climb the Ladder of HOPE."

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

### **District Two**

It looks like spring has finally sprung!

District 2 has been busy getting things lined up for our Area Serenity Weekend Fundraiser which will be on June 29, 2018, at the Spencer AI-Anon Club House! Flyer to be out shortly!

We had our District meeting on March 27, 2018, with ten members present. Each group has been working on their own group budgets. We have a new Group in our District, which is in Spirit Lake on Thursday nights. This group has not yet registered with WSO; but as soon as they do, Area Groups records will be notified. Their membership is quite small right now, but it is exciting to think our District will be having another meeting in the neighborhood! Our District is hoping to work with surrounding Districts to hold a workshop in July and have our Delegate Beth K. in attendance (Attention Districts 3 & 14...are you ready to join us??)... More to come on this!

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

### **District Three**

Hello Everyone - spring has finally arrived. YEAH!! Now that the weather seems to have settled down, I plan to start visiting all of the meetings in the district. Let me know if you're interested in a road trip; I always have great snacks and good conversation. Some of my best recovery has happened on road trips with my AI-Anon friends.

The Spring Conference is just around the corner, June 8 -10 at Clear Lake. Things are falling into place, thanks to the hard work of the planning committee. Love gifts have been made, and members are stepping up to help with all the little details that make a conference a success. I can't wait to see everyone.

Future items on our district agenda (after the conference) – discuss Serenity Days for 2019, budget, and continued encouragement and support of our local meetings.

All is Well.  
In Humble Service.  
Audrey U. District 3

## District Four

HAPPY SPRING EVERYONE!!!! I'm sure I'm not the only one thinking it would never get here.

Our District is still a work in progress. The new group Cedar Falls Literature Study started in January is having great attendance. One group had to change rooms, and one group closed, so this meant redoing our meeting schedules and nobody enjoys that!

District 4 still goes to three treatment meetings on a regular basis. The 3<sup>rd</sup> Tuesday of the month we go to Pathways Family Group. Every Wednesday we go to Horizons Family Group. We have one faithful volunteer that attends every Wednesday. The Sunday Night Newcomers group is at Horizons. The attendance goes up and down. We are always looking for Al-Anon members to attend these Family Groups. It helps us as well as the newcomer. We supply Public Outreach materials, and the counselors supply meeting schedules in the families' home areas. I am looking forward to getting other Public Outreach projects started.

We just had our Spring Anniversary the last weekend in April. A great time was had by all that attended. Our Luncheon on Saturday had great food, wonderful local speakers, and a fun raffle. At our Saturday evening session we had the pleasure of having our Past Delegate, Lorraine R., speak. Everyone enjoyed her as well as Helen W., her companion for the weekend.

On May 19<sup>th</sup> we have a BGTY Day at our Morning Glory group. A salad luncheon, group discussions, and a silent auction will take place with proceeds going to the District. We are very appreciative to them. I'm certain a good time will be had by all.

See you all at the Spring Assembly in Clear Lake.

Grateful to be in Service.  
Judy B.

## District Five

No report

## District Six

No report

## District Seven

Greetings from District 7! What a beautiful spring! I enjoy watching the grass turn green and the early spring flowers bloom.

Friday March 2 – Saturday March 3 we had some "March Gladness!" at the 2018 D7 Serenity Weekend. The event was held at Camp Wesley Woods in Indianola, Iowa. We had 25 members spend the night and 46 attend for the day on Saturday. It's always fun to see what people come up with for the Friday night No Talent Talent Show. Poems, singing, jokes all made us smile and share laughter. Saturday we have several groups host meetings in the theme of the Final Four, and we had a beautiful day to enjoy some time for fellowship.

The 2018 Birthday Celebration was held Saturday April 14 in Des Moines. The theme for the event was "Sharing Our Gifts." This year we asked members to



"share their gifts," and contribute to a silent auction. Such a variety of baskets and items were donated: serenity baskets, tools, and gardening, to name a few. Also, members brought cakes and treats to share for dessert. As usual, we also had a beautiful quilt that was raffled as well. Speakers for the event were wonderful! A little weather didn't hold back Mike D. from Sioux Falls, SD, or Ramona C. from Chicago, IL, from making the trip and sharing their experience, strength, and hope. Thanks to Brigid E. and Pam A. for chairing the event and to the wonderful committee that coordinating the event.

Our Public Outreach team continues to spread the word. Members attended the 41st Annual Governor's Conference on Substance Abuse on April 18 and 19 in Des Moines. Shout out to District 8 for working with us for this event!

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

Valerie B.

## District Eight

Yay! It's Spring! It is so wonderful to see the new growth all over the area. We

have new growth in District 8 also! We had a request for a new meeting in Anamosa, one of the small towns east of Cedar Rapids. We did some informational sessions at the Church that was willing to host our meeting; they currently have an active AA meeting there also. After a few of those information sessions to generate interest, we held the first meeting Tuesday April 24<sup>th</sup> at 8 p.m. to coincide with the AA meeting. We had a total of 6 people there, with one newcomer that had seen the sign and wanted to learn about Al-Anon! The second meeting they came back! It's very exciting to see people excited about this and to see the reason we are there! Reminds us all over again how truly blessed we are to have this program!

Time has gone so fast; it seems like a long time ago but it was only a couple months ago that we had our Spring Fling! It was a new format and very well received. I believe all who attended enjoyed it. We had some great Sponsorship panelists, truly wonderful Alateen speakers, and did a fun game with prizes. The attendance was much better on an evening vs. on a Saturday we found. Our Alateen group had twelve people attend Serenity Weekend, I believe. I can't wait to hear how it was. It looked like the weather was great for them.

We have filled many of the open service positions at the group and district levels, and I'm excited to be reaching out to more of the groups. We are still a work in progress but always learning and trying to have a little fun in the process!

Tricia K.  
DR, District 8

## District Nine

Greetings from District 9 ☺  
Spring has *finally* sprung in District 9! Our District's Spring Women's Spiritual Experience Weekend was held May 5<sup>th</sup> & 6<sup>th</sup> at St. Mary's Monastery in Rock Island. These peaceful weekends, surrounded by nature, remind us to keep the focus on our own spirituality. Planning is underway for a Fall SEW to be held September 22-23, 2018.

We continue to attend planning meetings for the 2018 Fall Conference. The final

flyer will be available at the Spring Conference, and we are excited to have the Al-Anon agenda listed on it. We are starting to get more Al-Anon volunteers to help with the planning. The progress may be slow but it is *still* progress.

District 9 is taking the show on the road!! We're thrilled to take our next quarterly district business meeting to DeWitt! The next meeting will be held on Wednesday June 6<sup>th</sup> at 6:30 p.m. DeWitt just celebrated their group's anniversary with a potluck and speaker meeting on Friday April 6<sup>th</sup>. It was a packed house with tons of delicious food. Unfortunately, our New Beginnings AFG in Clinton had to close due to lack of members. All other groups report healthy attendance. We continue to struggle to fill service positions in our District.

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 outpatient treatment center in Davenport. We distribute *Al-Anon Faces Alcoholism* booklets along with several other pamphlets at both outreach meetings and throughout our communities.

In Service,  
Michelle K., DR for District 9

### District Ten

No report

### District Eleven

Hello to all from Dubuque,

We had our Spring Workshop on March 28, 2018, at Westside. The topic for the workshop was Water the Seeds, Pull the Weeds from 6:00 PM until 8:00 PM. We had 25 members who had fun and enjoyed the evening. Sunday Night Missing Link AFG did a remarkable job on planning and hosting this event.

We had our third District Meeting on May 3, 2018, at 7:00 PM at Mercy Hospital room 1B.

Our new Book Depot Chairperson is Carol G. from Westside Wednesday Night AFG.

Our Fall Speaker Supper will be on September 8, 2018. Our AFG Speaker will be Val B. from Des Moines, and the

AA Speaker will be Jeff M. from Dubuque. I will have more on this in June and will also have flyers then.

Love and Peace, in Service,  
Geri G., District 11 DR

### District Twelve

No report

### District Thirteen

No report

### District Fourteen

Greetings from District 14. So glad to say winter is finally behind us.

On the 29<sup>th</sup> of April we held our District meeting in Fort Dodge. We had 14 in attendance. They shared how their groups are doing and asked many questions about the Area and WSO. The AFAs that were ordered were distributed to the groups and they are going to keep track of where they are placed so we can replenish them if needed. They also voted on ordering more this year and to continue using this magazine as our Public Outreach project.

Alateen is also the focus for Manning and Fort Dodge. There is such a need for an Alateen meeting, and I hope we can make this a reality for the teens that are living with this disease.

The Algona group had a potluck on April 25<sup>th</sup>, and they had a guest speaker. It was a great time with delicious food and fellowship.

As of this time, I am happy to report all of our groups have GRs. I also have two members who stepped up for the treasurer position at the District level.

It was voted to continue rotating the District meetings to different cities where we also have the opportunity to attend our GRs' Al-Anon meetings. The next District meeting will be in July.

Yours in Service,  
Mary E.

### District Fifteen

No report

Below please find the statistics on *The Forum* as described in Katy P.'s Alternate Delegate report found on page 2.

		<b>Group</b>		<b>Other</b>		<b>Total</b>	
	State/Province	Subscriptions	Copies	Subscriptions	Copies	Subscriptions	Copies
<b>January</b>	<b>IA</b>	<b>51</b>	<b>60</b>	<b>353</b>	<b>357</b>	<b>404</b>	<b>417</b>
<b>February</b>	<b>IA</b>	<b>53</b>	<b>62</b>	<b>350</b>	<b>354</b>	<b>403</b>	<b>416</b>
<b>March</b>	<b>IA</b>	<b>54</b>	<b>63</b>	<b>366</b>	<b>370</b>	<b>420</b>	<b>433</b>
<b>January</b>	<b>Grand Totals</b>	<b>2,554</b>	<b>3,068</b>	<b>17,085</b>	<b>17,989</b>	<b>19,639</b>	<b>21,057</b>
<b>February</b>	<b>Grand Totals</b>	<b>2,590</b>	<b>3,077</b>	<b>17,274</b>	<b>18,173</b>	<b>19,864</b>	<b>21,250</b>
<b>March</b>	<b>Grand Totals</b>	<b>2,605</b>	<b>3,075</b>	<b>17,220</b>	<b>18,109</b>	<b>19,825</b>	<b>21,184</b>