

“Iowa Reaches Out” August-October 2018

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

Delegate

It has been a tremendous summer packed full of AI-Anon!!

Our Spring Assembly was AWESOME!! It was cozy, full of surprises (tornado sirens), and we had some great workshops! Thanks to Jean L. for the hard work she put into the Sunday morning workshop, Spiritual Finances at the Group Level. Jean and I presented the workshop on Sunday morning, but it was Jean's creativity that really made the workshop meaningful.

I realize many of you did not make it to the International Convention, “Celebrating One Day at a Time,” so I wanted to give you a short recap of events.

- I was able to go to the Day of Connecting. Two workshops stood out for me: “Are They the Best Kept Secret in AI-Anon? Living the Twelve Concepts of Service” and “Our Challenge: Standing on Our Legacies-Being a Welcoming and Inviting Fellowship, but not a Diluted One”.
- Then there was the Conference! There were at least 12 Iowans there! A few of the workshops I attended were “Twelve Steps in Twelve Minutes,” “Many Faces Of AI-Anon,” “Intimacy In Alcoholic Relationships,” and “Embracing Conflict.”
- Participating in the Love Parade gave me pure joy; it was SO much fun and no one can say Iowa is not memorable.
- Listening to people from all over the world share their experiences, strength and hope during workshops was humbling.
- The speakers from New Zealand, South Africa, Denmark, and the Netherlands reminded me that Alcoholism is an equal opportunity disease that can be found anywhere in the world.

I get very emotional thinking about the experiences I have had this year. I am mystified at Lois W.'s and many others ability to have the vision to create our program so that anyone affected by this disease can find happiness regardless of their circumstances. I sit in my weekly meeting and wonder, how many others around the world are also sitting in their meeting at the same time as me. I am even more deeply committed to doing whatever service work necessary or giving what ever financial assistance I can to ensure anyone any where will be able to reach out for the hand of AI-Anon.

The next International Convention is 2023 in Albuquerque, New Mexico. Your ability to attend this Conference is only limited by your own imagination. You **CAN** experience this moving event. It takes some planning. If you start saving only \$4 per week for 5 years you will have \$1,040; enough to go to the International. I hope you can make this change in your budget so that I can see you in Albuquerque!

That is a good segue into the next topic. The soon-to-be-published Chairman of the Board letter will have a finance update. It will include year-to-date information on our income and expenses. The 2018 budget had us ending the year with a gain of almost \$3,000. That is mighty close to breaking even. Please remind everyone how important the Quarterly Appeal letters are.

I mentioned during my World Service Conference presentation at the June Assembly, that October 5, 2018, marks the 30th anniversary of Lois W.'s passing. I had memorial envelopes available for GRs, DRs, or members to use to send a memorial to WSO honoring Lois. Groups can obtain free memorial envelopes from WSO or our Literature Depots. The group could also just send a memorial donation with a card everyone signs relating how AI-Anon has impacted your life.



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

October 12-14, 2018
Fall Assembly
Davenport, IA

November 1, 2018
Newsletter deadline

January 19, 2019
Area Service Workshop
Iowa Valley Community College
Marshalltown, IA

January 20, 2019
AWSC meeting
Hampton Inn
Marshalltown, IA

March 10, 2019
AWSC meeting
Hampton Inn
Marshalltown, IA

Individuals can also make a memorial contribution in Lois' name.

Usually the Iowa Delegate brings a monetary donation in place of love gifts to their last World Service Conference. Love Gifts are a gift each Delegate brings from their Area to share w/ other Delegates to take back to their respective Areas. In lieu of making a cash donation at the 2019 WSC, I would like to see Iowa make a

donation to WSO in Lois' memory by the end of 2018.

Other business to report... There has been a change in the timeline for At-Large Committee Resumes. The due date for the resume is now January 1st vs. August 15th. Anyone interested in a position, finding out what is involved, or in submitting a resume should email me.

The World Service Office in Virginia Beach is looking for someone with five years continuous Al-Anon membership with Webmaster expertise to fill the "Webmaster" position. This position is part of the Digital Strategy Team and an integral part of our Public Outreach efforts. The best candidates come from the efforts of members like you who know a fellow member, if not yourself, who has the expertise for this position.

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 the Board of Trustees, the Executive Committee, and members to interact with each other. Areas can submit a request to be considered to host "Road Trip 2019! You and Your Board Connect". Next year's event will be held Saturday, October 19th.

Two PSAs (public service announcements) are being redistributed for airtime. Contact Lisa G., our Area Public Outreach Coordinator, to find out how to reach out to TV and radio stations. Then you will be prepared when new PSAs are distributed later this year!

During my WSC presentation I said, "I would like to visit all of the Districts at least once to share my Conference presentation." Well, I am one District down (14 more to go!). Saturday, July 14th I went to Service Workshop put on by District 2. There were members there from District 2, 3 and 4. We played Get in the Car, Service Bingo, Al-Anopoly, and I shared about the WSC. I hope everyone had as good a time as I did.

So who is next? I am in discussions about sharing in Districts 5, 6, 10, and 12. What about your District? When can I come to visit you?

Lastly, our 2018 Area Serenity Weekend will be September 21-23 @ Camp Wesley

Woods, Indianola, IA. (note the change of venue). The theme this year will be:

MISSION: POSSIBLE

There is a flyer on the website. If you (and the friends you bring) accept the Mission you will discover in the joy of serenity!

Trust in His timing, Wait for His answer and Believe in Miracles
Beth K.

Lovemycats2004@gmail.com

Alternate Delegate

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

A final shout out to District 3 for their tremendous job hosting our Assembly at Clear Lake. It takes a village to put on an Assembly especially when tornados and lightning strike. Deb B., Loreli R., and Becky V. are true examples of gratitude in action. They, along with their talented district, wowed us with their hospitality, love gifts, and howling dog skit. Another big thanks to Mary H., Sabrina L., and Gary B., for their willingness to share their stories of recovery with us. The final registration total was 294, which included 75 Al-Anon and 8 Alateen members.

Fall Assembly 2018

Davenport, IA

October 12, 13 & 14, 2018

Working and Growing Together

Pre-registration deadline is October 1st.

Mail in only.

AFG Speakers

Luncheon - Sarah S., St. Charles, MO

Sunday spiritual speaker - Nancy H.,

Davenport, IA

Alateen – TBD

Michele, Nancy and I attended a walk through of the River Center in June. This beautiful facility is in an historic area of the city and has a river walking path nearby. The venue consists of two large buildings connected by a skywalk. The Al-Anon meetings will be held on the Adler Theater side of the River Center and may be reached by skywalk; however, our

meetings will be on the ground level close to the luncheon and banquet rooms.

Elevators and stairs are close to our headquarters and accessibility is optimal. We will be walking more this Assembly, so plan ahead as you prepare for the weekend.

Several of us enjoyed getting to know Sarah, our luncheon speaker, at the Al-Anon International. She is a true gem and I know you will all enjoy her. Nancy, our Spiritual Speaker, has been hard at work with Michele making preparations for our visit. Thank you both for all of your work and to the members of your district that are all pitching in. We are looking forward to another great Assembly!

Spring Assembly 2019

Grinnell, IA

June 7, 8 & 9, 2019

The Grinnell campus is going to be a wonderful way to welcome Spring! I joined Lisa G., Tricia K., and Katelynn for a walk thru in June. We have a beautiful gathering space for our business meetings in the Joe Rosenfeld Center and will move upstairs to smaller rooms for our breakout sessions. We will be sleeping dorm style – Singles (\$25 per person/per night) and Double (\$21 per person/per night). The meal package will include a Sunday breakfast and all meals will be available cafeteria style. After the meals we will be walking a short distance across campus to listen to our speakers. The path is accessible and presuming the weather is perfect, we will all enjoy a little more movement throughout the weekend. The flyer notes that parking is limited, so this is a great chance to 'get in the car' with your district buddies and carpool.

The **Fall 2019 Assembly** will be held in Carroll October 11, 12, & 13.

The FORUM

Where in the World is your *Forum*??

My *Forum* is near a cave in South Dakota, on a bench in North Dakota, in a highway rest area in Montana, and hopefully not in a geyser in Wyoming. Where in the world are you travelling this summer, and would you leave your *Forum* along the way? Alcoholism doesn't take a vacation just because the family does. DRs and District Forum representatives, please remind your GRs to ask their members where they left their *Forums* this summer. I'll have a map at the October Assembly to

gather information on the number of places we left *The Forum*.

Subscription Information

The July Iowa subscription information is available at the end of the newsletter. Statistics do not include electronic copies. 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, Al-Anon Information Service Centers, and Literature Distribution Centers. Again, the numbers vary as some individuals or 'others' may receive multiple copies. I've left the January Iowa numbers in as a baseline. Our group subscription has increased by 1 this month and our individual or 'other' subscriptions jumped by 15. I continue to invite the Group Representatives to ask their group to subscribe to *The Forum*. At \$11 annually, this is a wonderful addition to the group's reading material and covers a broad spectrum of topics.

FORUM news from the WSO

The WSO held several writing workshops at the Al-Anon International Convention. I stopped in at one of them and found it to be similar to the workshops we have held in Iowa. Sharings are needed on the three Legacies (Steps, Traditions and Concepts), Alateen, and AMIAS group sponsor experience; and submissions are also requested for newcomers that focus on the basics such as what it was like before Al-Anon, what led you to your first meeting, and what program idea kept you coming back.

Please send in your favorite Forum articles for 2017 and 2018 for THE FORUM BOOK (working title). 740 titles have been received from recent years but very few from this year and last.

Enjoying service,
Katy P.

Area Chair

Greetings from the Northwest corner of Iowa!

What an amazing July – attending the Al-Anon International in Baltimore, Maryland, with over 4,000 of my Worldwide friends, which included many Iowa Al-Anon friends! As Chair, I would like to have a sharing at the Fall Assembly in Davenport

Iowa Al-Anon Literature Depots:

939 Office Park Rd. Suite
113

West Des Moines, IA
50265

515-277-5059

www.al.anondesmoines.org

2801 Jackson St
Sioux City, IA 51104
712-255-6724

afg.aiclit@yahoo.com

Web Sites:

Iowa Area

www.iowa-al-anon.org

Al-Anon World Service Office

www.al-anon.alateen.org

[\[anon.alateen.org/members\]\(http://anon.alateen.org/members\)](http://www.al-</p></div><div data-bbox=)

– so hopefully more to come! I hope that more from Iowa will be able to attend the next International in Albuquerque, New Mexico, in 2023! In five years (1,825 days) at 50 cents a day, you would save \$912.50, which is MORE than enough to get you to Albuquerque – START SAVING TODAY!! There will be no regrets!

Mark your calendars for January 19, 2019, for our Service Workshop at Iowa Valley Community College in Marshalltown. Flyers will be available after the August AWSC. It will run from noon to approximately 6:00 p.m., so many people can come just for the day. Although, if you want to experience more of Service, plan on staying overnight and attending the January AWSC meeting the next morning at 9:00 a.m. on January 20 at the Hampton Inn in Marshalltown. It is sure to be a FUN and INFORMATIVE workshop on January 19, 2019 – Get in the Car!

Grateful for Service,
Virginia B., Area Chair

Area Secretary

Hello Everyone!

Sorry that I missed seeing everyone at Assembly! Thank you Lori R. for helping out with the minutes.

The Fall Assembly is right around the corner so please ensure that all of your Group Representative and Alternate information is correct, updated, and submitted to Becky V., Group Records Coordinator, 30 days prior to Assembly (September 12th). Becky then provides me with a list to ensure that I have all the corrections/updates as needed. If this information is correct, your group will be able to vote on specific items during the business meeting. If there is any confusion on this, please be sure to contact either Becky or me. Note -- having your information updated will resolve a lot of questions at the registration desk. Also don't forget to update Alateen information as needed.

Remember also that 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. Registration times are 7-8 p.m. on Friday and 8-9 a.m. on Saturday.

Speaking of voting, with the term being half over (wow – can you believe it!), if you have an interest in the Secretary position, please feel free to contact me to discuss. It has been fun and a wonderful service position for me.

Again, if anyone has questions, please contact me.

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

Area Treasurer

Hello Everyone,

I hope this newsletter finds you enjoying summer as much as I am. Thank you to all the groups and individuals who continue to support our Area financially. Today I would like to share with you a little of what I learned from attending Al-Anon's International Convention a few weeks ago in Baltimore. It was an AWESOME experience and would highly

recommend you attend one if you ever get a chance.

What does this have to do with the Iowa Treasurer's newsletter report? I want to share with you a few tidbits I learned when I attended a session titled "Money-You're Full of Prudence." It helped me to continue to think about my money and gifts abundantly; and, hopefully, you can use these ideas for your group money discussions to keep the focus on abundance instead of scarcity. I wrote down a couple of ideas I wanted to share.

The first idea was do I walk thru life as a beggar or a child of a loving Higher Power? I ask myself this question when I want to remind myself I have plenty. The next idea was that my Higher Power doesn't give us gifts to earn but for us to spend. This idea reminds me that I should not hoard my gifts but to share them to benefit others and me. Finally, someone also shared the "Just in Time" principle, which stated that if we do the work, resources show up just in time. This reminds me that I will always have enough, and I need to trust my Higher Power.

I hope this helps you as it has helped me and continue to live abundantly.

Learning More as I Go,
Jean L., Iowa Area Treasurer

Coordinator Reports

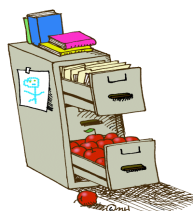
Alateen

No Report

Archives

Hi, Everyone!

I am winding down with the Archives inventory. Jean L. and Linda A. spent time with me going through a few boxes to see what we should keep and what we'd



recommend to not keep in the Iowa Archives. I have quite a bit of correspondence that I have placed in the each District's section of my binders. Some Districts have quite a bit of correspondence and some have none. I'm not sure where the missing letters are. I am hoping to have to

use only one four-drawer cabinet by the time I am finished.

There are some District items I am hoping to return to Districts. They are made up mostly of District flyers and things that do not pertain to the Area.

I hope that when I am finished there will be a few things for the next term's Archivist and that what is in the cabinet will be well organized.

In Gratitude,
Lori R.

Group Records

Hi everybody!

I must say I'm impressed with those that have taken the challenge to use the online forms for group registration and group changes! I know it is a scary thought to



think about and I was nervous about this method also; however, today I can

say I think it is a great idea!!

By using the online method your group information is immediately updated and/or added to the WSO data base!!!!. How cool is that?? Just think, in the week ahead you could have a newcomer because they found your group on line!! Please be brave and try it out. No need to worry, WSO always sends me a notice to let me know of any changes; and if you haven't noticed, it takes me a bit to get those changes done and sent to the Iowa Webpage.

We have had a few groups close over the last month or so, and I would be happy to add more groups than delete them. So with that being said, get your group information current and let the newcomers find YOUR group!

If you read my report from Assembly in Clear Lake I shared how WSO has more than 125,000 meeting searches by members & newcomers **PER MONTH**. That is a lot of searches!! If you have any questions regarding your group information, let me know; and always remember, we never have to do anything

alone so get out there and play on the online change forms!

Life is good,
Becky V.

Literature

Hello,

I hope you have all had a chance to see the pamphlet, ***Understanding & Hope for Parents & Grandparents (P-94)***. This new pamphlet is available for purchase in English, French, and Spanish for \$.75 each.

Fiftieth Anniversary Edition of One Day at a Time in Al-Anon (B6-50): In celebration of this classic book's 50 years, a souvenir edition with a special anniversary cover, ribbon and commemorative bookplate was available at the International Convention in English, French and Spanish for \$15.00 US each. The text of the book remains the same. There are books still available for purchase through the Literature Depots or WSO, while supplies last.

2019 CAL Catalog (S-15): The new Catalog is now available to download from the Al-Anon Online Store (al-anon.org/onlinestore). It will be included as an insert in the August issue of *The Forum*. The 2019 CAL Order Form (S-16) is also available for download and will soon be available in print.

Intimacy in Alcoholic Relationships—A collection of Al-Anon personal stories (B-33): This new book was introduced in English at the 2018 Al-Anon International Convention and is available to be ordered for \$11. The French and Spanish translations are expected to be ready in February 2019.

NEW DAILY READER (working title):

This book is intended to include inspiring thoughts on a wide variety of Al-Anon topics from the perspectives of a wide variety of Al-Anon members. Please continue to encourage members to submit sharings for this project, especially on the Steps, Traditions, and Concepts of Service.



Sharings needed for "CAL Corner":

More sharings are always needed about how CAL has helped members with their recovery. Please urge members to send sharings about *Discovering Choices* (B-30), which are due before the end of August. We'd also love to hear members' thoughts about *Hope & Understanding for Parents & Grandparents* (P-94) and *Intimacy in Alcoholic Relationships* (B-33). Please remember to keep your sharings to 350 words and to keep the focus on what this piece has meant to you rather than the content.

Thankful for Service,
Missy Y.

Newsletter

It's hard to believe it's Newsletter time again! Are you GRs and CMAs forwarding each Newsletter to your Group members by printing a copy to take to the meeting and/or forwarding the electronic copy via an email group? Sharing this information helps make the work of the AWSC more transparent to members. Isn't it great to read about what's happening at the World Service Office (WSO), events and ideas at the Area level, and all the good things



happening in other Districts across Iowa? Communicating these kinds of information contributes to our unity of purpose: recovery from the family disease of alcoholism.

Together we are better!
Mary S., Newsletter Coordinator

Public Outreach

If you ordered *Al-Anon Faces Alcoholism 2019* (AFA) Public Outreach magazine by July 11, you should have gotten or will be getting the new magazine! The new 2019 magazine issue of Al-Anon Public Outreach magazine ships in August. Members, Groups, Districts, and Al-Anon Information Services can carry our message of hope and help to families of alcoholics at the offices of professionals and in public places. It is a simple Public Outreach activity for a complicated family illness. WSO Website- Public Outreach tools you can use can be found at: WSO National website – www.al-anon.org and

at the Iowa Area website – www.iowa-al-anon.org

September 2018 is National Recovery Month.

What has your District planned? You might distribute



extra AFAs or focus on a particular project for Public Outreach.

Thank you for your service,
Lisa G., Area Public Outreach

Web Page

Thanks to Jean L. and Becky V., we now have new trivia questions for our Fall and Spring Assembly trivia page. Three new questions are now posted on the website. There is also a link to the old trivia questions and answers. Bring your responses to the Fall Assembly 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 Fall 2018 Assembly.

At the last Assembly, the Website Committee discussed the following changes to the website district meeting page which have been implemented:
Note1: The dates next to district numbers represent the last revision date.
Note2: For the most up to date Iowa meeting information, please go to Iowa Districts Meeting List.
Note3: For the most up to date WSO meeting information, please go to WSO Meeting List.

The website committee will be discussing the pros and cons of acquiring email accounts for the officers and coordinators so the website coordinator doesn't have to forward email messages. This will be a more efficient and timely improvement. All DRs were contacted and meeting cards have been updated as of July 15, 2018. The ones with an outdated meeting card now have a link to the meeting list on our Iowa website for the latest most up-to-date information.

Yours truly,
Hedi M.

DISTRICT REPORTS

District One

Hello from District 1.

Serenity Day was very rewarding. It was a little cold, but we got lots of peace and serenity all the same. We are currently getting ready for Autumn Awareness. This is our annual fundraiser for the District. This event has been scheduled for September 8th. There will be speakers, a delicious home cooked meal, and a literature give-away. We will wrap up the day with a pie extravaganza.

The Al-Anon members are very busy distributing the Al-Anon faces Alcoholism books to local businesses, churches, and treatment centers. We have had several meetings on Public Outreach to discuss the best way to reach out to those who still suffer.

We are still working very hard at getting Alateen going in Sioux City. The Alateen meeting is on Wednesday at 7:00 p.m. at Wesley United Methodist Church opposite our Women's Newcomers Meeting. We have had a couple of teens show up and not come back. Hope to get it off the ground soon.

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

District Two

District 2 held their fundraiser for the Area Serenity Weekend on June 29. We had a great time with fellowship, speakers, food and lots of goodies for the Silent Auction.

Saturday, July 14th District 2 held a service workshop entitled "Service is Not Just a Position". Individual postcard invitations were sent to all the group GRs in our District along with Districts 1, 3, and 15. We were hoping that receiving a little something more than just a flyer would encourage participation. We were rewarded for our efforts by having our members show up along with members from District 3 & 4 joining us!!! Our workshop included a Links of Service workshop with a question and answer time along with two service-related games. We realized we were very competitive when it came to finding answers in our Service Manual!!!! A special "Thank You" to our Area Delegate,

Beth K.! It was very nice to have her join us and bring us updates to her Delegate's report.

New Hope Monday Night meeting will be holding their 7th Anniversary on August 6th which is this coming Monday! Hope everyone can join them in the celebration. Our last District meeting was held on June 25 with 9 in attendance. Our Groups are doing well. We have a new group that meets on Thursday nights in the Lakes Area! They have decided to register with WSO but are still trying to think of a name before they fill out the paperwork. Our next District meeting is Tuesday August 21, 2018, at Spencer Clubhouse @8:00pm.

Yours in Service,
Tracy H. G.

District Three

Hi Everyone,
This is a very brief report this month. Summer is flying by and it seems like just yesterday we were at the Spring Assembly. I grabbed a carload of friends from Ames and we attended District 2 'No Standing Still' service workshop on July 14th in Spencer. District 2 did a wonderful job, learned some new things, and had a great time. My only other news to report is my LAPTOP has died. Hence, the brief report. Will have a new one soon and be back to my wordy self.

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

District Four

Hello to Everyone from District 4.

I hope your summer is fantastic. We had a great time in Clear Lake at the Spring Assembly. Kudos to all for handling the bad weather we had.

District 4 still goes to three different Treatment Meetings on a regular basis. The 3rd Tuesday of the month we go to Pathways Family Group. Every Wednesday we go to Horizons Family Group. We have two faithful volunteers that attend this meeting. 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 area.

Most of our meetings are having great attendance. We are scheduled to have a table at the Waterloo Urban Market as well as the Cedar Falls Farmers Market through the months of August, September, and October. This Public Outreach is a new experience for our District.

Three of us from Waterloo went to Spencer on July 14 for a Workshop. Our Delegate Beth K. talked about the International Convention, and we played Games that had an Al-Anon Theme. We had a great lunch provided by the District, enjoyed root beer floats, and played more games. It was a very nice day. Thanks to District 2.

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

District Five

No report

District Six

No report

District Seven

Greetings from District 7! The kids are almost back to school and summer is winding down. District 7 had its usual July District meeting break, but service and recovery continued on. Our Alateens held a Fun in the Sun picnic in July, inviting all family members to share in fellowship. And our Back to Basics group celebrated its 4th anniversary. We are blessed to have a new group starting up in Casey, Iowa, as well. Members are beginning to plan our Fall Service Workshop held in November, as well as the Birthday Celebration next spring. Our Board of Trustees serving our literature depot has been hard at work exploring options to reduce our operating costs without sacrificing service. Work continues to correct and clarify our by-laws and policy manual. Thanks to all who pitch in and help to move our district forward!

Valerie B.

District Eight

Happy Summer from District 8!

We have been preparing for a busy 2018 fall season starting with the Area Serenity Weekend. Several members are planning to attend! We are working on our breakout session ideas. Our District 8 Annual Fall Festival Fundraiser will be held November 8th. Debbie H. from Des Moines is our Al-Anon speaker, and Chuck B. from Cedar Rapids will be our AA Speaker. The 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 our membership is embracing our new Al-Anon meeting and doing our best to get it established. District 8 Alateen continues to have strong attendance and great group of teens.

Our District 8 website continues to be a wonderful outreach and informational tool for our members. Our Website Chair has been doing a great job of updating it and giving it a fresh upbeat look! We have a couple groups having their open speaker meetings this fall with both Al-Anon and AA speakers. Friday Night Marion AFG-Sundaes & Speakers is September 28, and Prairiewoods Open Speaker night is October 24. Both are great events with wonderful fellowship and, of course, food! Our next District meeting is Monday, August 20th.

Yours in Service,
Tricia K., District 8 DR

District Nine

Greetings from District 9 ☺

The planning for our fall Women's Spiritual Experience Weekend is underway. It will be held on September 22nd & 23rd at Saint Mary's Monastery in Rock Island. These spiritual weekends focus on Steps 3 and 11 and remind us to keep our attention on our own spirituality. It is



always a relaxing, peaceful and serene weekend.

We continue to attend planning meetings for the 2018 Fall Conference. The final flyer has been printed and work is proceeding on the agenda. We had our first walk-through on June 15th. Planning is really picking up.

Our District holds business meetings quarterly with the next one scheduled for the last Wednesday in September at our DeWitt AFG. District 9 currently has 8 meetings and 5 (AFG) groups. All groups reported slightly smaller attendance mostly due to summer activities and vacations. Two of our Groups (Bettendorf and CAL Book Study) have regular speaker meetings. Anytime there is a 5th Monday or Tuesday in the month, they break from normal topic/readings to a speaker night. Our Thursday night Steps to Serenity AFG is still looking for a GR. We continue to struggle to fill service positions in our district.

Our District carries the message to others by participating in weekly Al-Anon meetings at a residential treatment facility (The Abbey) in Bettendorf. This is a 45-minute institutional meeting where we



share our experience, strength, and hope to family members of whose loved ones

are currently in treatment. For most people it is their first introduction to Al-Anon and the idea of family recovery. We distribute the Al-Anon Faces Alcoholism booklet along with several other pamphlets at this meeting and throughout our community.

Yours in Service,
Michelle K., District 9 Representative

DISTRICT TEN

No Report

District Eleven

Hello to all from Dubuque,

Public Outreach has renewed *The Forum* magazine for 13 places and dropped literature and schedules at the Source, the Theresa Shelter, Carnegie Stout Library, and a few more places. We now

donate 24 subscriptions a year. The new pamphlet for parents and grandparents is available, and we will order it with our next order.

We had our last District Meeting on July 5, 2018, at 7:00 PM at Mercy Hospital room 1B. We will be having Regina K. come for a meeting with AMIAS in August or September.

Our Fall Speaker Supper will be on September 8, 2018. Our AFG Speaker will be Val B. from Des Moines and AA Speaker will be Jeff M. from Dubuque. I will have flyers with me at August AWSC meeting.

Love and Peace, in Service,
Geri G.

District Twelve

No report

District Thirteen

Reporting from District 13!

We have reduced our District meeting's schedule to meet every six months due to lack of GR participation. We are experimenting with different formats to see if this helps to improve attendance.

Our last meeting was a short thirty minutes of business and then a thirty-minute speaker on Tradition 1 with pastries and coffee. It was better attended than previous meetings, so we will try again in October.

As for regularly scheduled meetings, these are going strong. We have added another meeting on Sunday morning called the Steps to Serenity meeting. The focus is on the Steps for the first part of the month and the Traditions on the latter portion of the month. District 13 has a total of 12 meetings; that's 1-2 meetings daily! Lots of recovery happening in our District!

Wendy R., DR

District Fourteen

Hello from District 14.

I am sorry to say we have a group in Fort Dodge which has disbanded due to low attendance. We are still hoping to move to a new location to see if we can get it going again.

Our last District meeting was hosted by Algona on the 28th of July. There were nine present. We had open discussion on how their groups are doing and what can we do to be sure we are welcoming the newcomer. There was lively discussion and some ideas on what groups are doing for the newcomers.

Our Public Outreach Project will be happening when we receive the AFA's. They will be distributed to the groups at our next District meeting. The GRs are excited about this Project and looking forward to the impact it may have drawing new members.

I submitted a District budget to be voted on and it was unanimously accepted. It was approved to have new meeting cards printed in 2019 after we do the updates. We closed with the Al-Anon Declaration. Our meeting was followed with a potluck supper and an AA speaker. It was a very enjoyable evening.

Our next District meeting will be toward the end of August the location to be determined.

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 3.

		Group		Other		Total	
	State/Province	Subscriptions	Copies	Subscriptions	Copies	Subscriptions	Copies
January	IA	51	60	353	357	404	417
June	IA	46	55	354	360	400	415
July	IA	47	57	369	375	416	432