



“Iowa Reaches Out”

November 2018-January 2019

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

Delegate

Fall is ending and winter is approaching. Many don't look forward to winter, but it can be a metaphor for my program. Winter brings a season of hibernation. During winter, life slows down a bit to give me time to reflect and prepare for new growth as spring approaches.

This year in particular, use your hibernation period to reflect on your growth in AI-Anon and consider growing in service. Members have expressed a sense of restlessness. Service can be the answer. It is not too early to start considering a position in service. Next year we will be voting for new group, district and area positions. Please give thoughtful consideration on entering a new phase of your recovery. Attending



the Service Workshop, *Welcome to the Jungle*, would give you information and tools you need to consider the position you might

stand for.

Fall Assembly...I want to thank the Officers, in particular Katy P., for stepping in for me during the Fall Assembly in Davenport. Unfortunately, I suffer from occasional migraines. One decided to develop Saturday morning of Assembly. The program has taught me I do not have to be a martyr and push through an illness. I can ask for help, take care of myself, and let my Higher Power take over, which He did!

Open Area Position....Regina K. has resigned as the Alateen Coordinator. Please join me in thanking Regina for the great job she did and for all of her hard work, dedication, and love she has for our Alateens. I also want to thank Katy P. for volunteering to be the interim Alateen Coordinator. I am hopeful someone will

volunteer to fill this position on a more permanent basis. *Please consider this opportunity and contact me if you are interested.*

The 2019 World Service Conference (WSC) will be Friday, April 12th through Thursday, April 18, 2019 in Virginia Beach. The theme is “Action is Attraction – There is No Growth in the Comfort Zone”. It will be my last Conference! Chosen Agenda Items (CAIs) are discussed at the WSC. CAIs give Conference members an opportunity to discuss ideas and issues or concerns affecting AI-Anon and Alateen groups and members worldwide. *Please contact me if you have an item you would like discussed.*

IMPORTANT INFORMATION

The last Chairman of the Board (CoB) letter reported important changes. Items in quotes and italicized are taken directly from the CoB letter.

“Our AI-Anon groups are spiritual entities, yet we find we are not immune to the same difficulties that affect the world around us. Over the past several years, our fellowship has reported an increase within their groups of the same behaviors demonstrated outside our meeting rooms; stalking, bullying, financial coercion and presentation of outside issues.”

These issues have been brought up in a variety of ways; the WSO staff (including the Executive Director), through the Delegates' discussions at the 2018 WSC and increases in member use of the WSO online meeting.

There was a great deal of discussion amongst Conference Staff and, subsequently, the BoT during their July meeting. After an in depth discussion, review, and taking the recommendation of Staff, “the BoT identified the need to take proactive action to encourage AI-Anon Family Groups to discuss safety...and to



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

January 20, 2019
AWSC meeting
Hampton Inn
Marshalltown, IA

March 9, 2019
Area Serenity Weekend
Planning Meeting
Marshalltown Public Library

March 10, 2019
AWSC meeting
Hampton Inn
Marshalltown, IA

March 15-17
Regional Delegates' Meeting
Madison, WI

April 26-28, 2019
Alateen Serenity Weekend
Camp Wesley Woods, Indianola

June 7-9, 2019
Spring Assembly
Grinnell College, Grinnell, IA

support Areas who have created robust Do Not Refer policies, particularly in matters where safety and affiliation with outside entities are involved.

One motion, which passed, was “that the Board of Trustees directs the World

Service Office to send a statement alerting all registered groups on the importance of discussing and creating safety guidelines.”

All groups will be getting this statement. In today's world it is good to have conversations about safety; what does it look like and what to do if one or more feel unsafe. I attended a meeting early on in my program where a number of members did not feel safe. There was a lot of discussion, reasoning things out, and study of Traditions one and two before we were able to minimize concerns.

Another motion, which passed, was “that the Board of Trustees direct the WSO Staff to utilize the Policy Committee criteria presented at the 2012 World Service Conference to ensure that an Area has established a fair and balanced “Do Not Refer” and “Re-Refer” policy. These criteria allow the WSO to support Area “Do Not Refer” group conscience decisions and remove group meetings from the WSO meeting list. Groups not being referred by the WSO remain active and registered.”

How it Affects Iowa and What You Should Do...

1. The Area reviewed the need for a Do Not Refer Policy in 2014 and 2015. Members believed a Do Not Refer guideline was not needed. Therefore, the BOT action will not affect the Iowa Area at this time since these guidelines are not in place.
2. We need to ask ourselves: What types of issues are my group facing? Is anyone feeling unsafe in his or her group? Has anyone attended a group they would not return to or would not refer a new comer to?
3. Please discuss these motions and questions in your groups and at your District meetings.
4. Please ask yourselves if our Area needs a Do Not Refer Policy and have the DRs bring this discussion forward to the AWSC.
5. Groups **must** contact me if they have not received the statement from the World Service Office alerting you on the importance of discussing and creating safety guidelines.
6. Forward all feedback or comments about the motions, safety issues, a

Do Not Refer Policy, etc. so I could share at the WSC or within Delegate communication.

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

www.al-anon.alateen.org/member

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Finance Update July 2018

- There is an operating deficit of \$59,612 as of the end of June.
- We expect to have a strong year for literature sales, with new literature being introduced in July.
- Contributions are tracking as expected. **Continue to remind everyone the importance of the Quarterly Appeal Letter.**
- With a very successful International Convention, the outlook is positive for the last half of the year.

Speaking of Finance and Contributions.....Iowa's World Service Conference Gift... Usually the Iowa Delegate brings a monetary donation in place of love gifts to their last WSC. I would like each group to make a donation to WSO in Lois' memory. October 5, 2018 marks the 30th anniversary of Lois Wilson's passing. Individuals can also make contributions. I suggested using the memorial

contribution envelope, but contributions can be made as normal; just note it as a memorial gift in honor of Lois! It would be AWESOME to see Iowa's impact in meeting (or exceeding) the income budget set by the WSC!

Policy Committee Update July 2018

There has been a lot of review and discussion regarding current policy such as “Digest of Al-Anon/Alateen Policies” and electronic/virtual meetings. Please keep up to date by reading the CoB letters.

Open Service Positions... There are a number of committees, which have a need for at-large members. Anyone interested should contact me.

2018 Area Serenity Weekend was September 21-23 @ Camp Wesley Woods, Indianola, IA. The theme was Mission Possible. We had 44 registrations with 39 in attendance. This was a small group, but the venue lent itself to a very intimate weekend. A BIG “Thank You” to our Planning Committee, Speakers, all who Chaired and helped with Registration, T-Shirts/Sweatshirts, Decorations/Name tags, Workshops/Meetings, Welcomed a Newcomer, and to those participating. Because of your giving and sharing our weekend was filled with Fun, Recovery, Unity, and LOVE.

The 2019 Area Serenity weekend will be held at Twin Lakes Christian Camp September 20-22, 2019. The Planning meeting will be held in Marshalltown in March 2019; more details to come.

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

Lovemycats2004@gmail.com

Alternate Delegate

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 – Gabe P., Des Moines, IA

Thank you Michele K. and District 9 for your warm welcome and hospitality at the

Assembly! Your organization made the weekend a huge success from start to finish. A huge thank you to our heart centered speakers. Sarah gave us the reminder that Service equals love in action. Our young Alateen shared what life is like growing up in a recovering home and Nancy closed the weekend on a very spiritual note. What a joy it is to grow together in recovery.

SPRING ASSEMBLY 2019

Grinnell, IA

June 7, 8 & 9, 2019

Keys to the Kingdom

Registration Deadline is May 31, 2019

AFG Speakers

Luncheon – AFG - Rachele C., MN N

Delegate Panel 56, Zimmerman, MN

Sunday spiritual speaker – AFG - Lorraine R., Past Delegate, Des Moines, IA

Alateen – TBD

Flyers are available for the Spring Assembly in Grinnell. Thank you again to Lisa G., Tricia K., and Katelynn T. for stepping forward to chair the Al-Anon portion of our Assembly. Items to note as you plan ahead – the campus will require some walking. A link to the campus map is included here:

<https://www.grinnell.edu/sites/default/files/documents/campusmap.4.12.pdf> Please

let me know if you have any questions or concerns about navigating the campus. Our business meeting, workshops, and meals will be in the Rosenfeld Center; our housing will be in Lazier, Kershaw, and Rose Hall; and the speakers will be in Cowles Hall.

We are eating cafeteria style; Sunday breakfast is an additional option. Housing, meals, and registration costs are minimized at this facility; and parking is limited. Participating in the full meal plan will allow you to support the event fully and save you from parking and re-parking hassles – a win-win for all!

FALL ASSEMBLY 2019

Carroll, IA

October 11-13, 2019

AFG Speakers

Luncheon – Vali F., Executive Director

WSO

Sunday Spiritual Speaker – TBD

Alateen – TBD

I am really excited for this Assembly! This is the last Assembly of our term where we traditionally have a member from the WSO come and speak. This year, our

Executive Director, Vali F., will share her personal story. This is also an election Assembly where GRs will vote in new Officers and new Coordinator positions are filled. Outgoing GRs often plan to bring the incoming GR to give them an introduction to Assembly culture and procedure. You may already be able to pinpoint who your successor will be and are looking ahead to your next service position. The Assembly will be held in Carroll, IA, at the Carrolltown Hotel and Event Center. Thank you to Mary E. and Judy V. for agreeing to co-chair!

Spring Assembly 2020

Storm Lake, IA

June 5-7, 2020

More information to come...

AREA INVENTORY

The Area Inventory is available on the website under the Members tab at the bottom of the page.

The FORUM

We began 2018 with a challenge to increase the group FORUM subscription rate from 30% to 75%. While we have maintained our 30% margin for group copies throughout the year, I am pleased to announce that overall we have increased subscriptions by 30 copies. In an effort to bump our numbers, three members won a subscription to the FORUM at the Assembly; two of those are being sent directly to their group. Encouraging your group to subscribe is a quantifiable way to let the WSO know that we value the FORUM and to also let them know that the FORUM is reaching each group. Please continue to hold monthly drawings or give subscriptions away at your anniversaries! See the end of the newsletter for subscription data. We held a FORUM workshop Sunday morning at the Assembly where we discussed the origin of the FORUM, the important role the GR has as the group's Forum representative, the benefits of subscribing to the Forum both personally and as a group, and how you can use the Forum as a public outreach tool. We ended with a writing workshop where members completed writings or began ones that will be submitted at a later date. I have shared those that were completed with the WSO. Thank you for your enthusiasm and participation! I would love

to bring this workshop to your district in the next year!

FORUM news from the WSO

Submissions are needed on the three Legacies (Steps, Traditions and Concepts), from Alateen members, AMIAS group sponsor experience, and from the newcomer perspective with a 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.

Our latest FORUM reminded us that subscriptions make great gifts for the Holiday season. Consider gifting those you sponsor, your group, or even your library with this fun, informative magazine which is written by us, for us.

EnJoying service,
Katy P.

Area Chair

Welcome to November!!

The Fall Assembly in Davenport was a weekend full of service opportunities: a workshop on Concept 9 from our luncheon speaker Sarah S. from Missouri, a gathering of current AMIAS with an opportunity to share on our current Alateen program, and an afternoon business meeting full of survey results and reports from Area Officers, Coordinators, and District Representatives. If you would like a copy of Sarah's Concept 9 workshop, please email me with your request; and I will send you the workshop.

Have you sent in your registration for the January 19, 2019, Service Workshop? The service workshop is Welcome to the Jungle – all about 80's music! This is a great opportunity to join other Iowa Al-Anon members for an afternoon of learning in service. And what I heard at the Fall Assembly ... Service is putting love into action. For just \$5.00 you will enjoy workshops on 'Getting in the Car', GR Workshop, Literature and electronic Al-Anon info, Service Job Descriptions (Fall 2019 will be election Assembly – have you thought about your next service opportunity?), Service Manual and Iowa Policy & Procedures, and Tradition 7. Plan to attend – 11:30 registration, 12:00 noon Opening & Introductions, and time to head home by

6:00 p.m. You can find a flyer on the Iowa Website <http://iowa-al-anon.org/calendar/> Everyone is welcome to spend the night and come back on Sunday January 20, 2019, for the AWSC Meeting at the Hampton Inn in Marshalltown – 9:00 a.m. start. It is sure to be a FUN and INFORMATIVE day!

Grateful for Service,
Virginia B., Area Chair

Area Secretary

Hello Everyone!

It was great to see everyone at the Assembly in October. Congrats to all on the great job of keeping your group records updated as needed with Becky V. There were very few updates that needed to be made which is amazing! The key is communication.

I would like to mention that all GRs need to be aware of the registration times at Assemblies. GR registration is always set up at the registration table from 7-8 p.m. on Friday nights and from 8-9 a.m. on Saturday mornings of the Assemblies. It is imperative that GRs (or your Alternate) need to register during these times to be able to vote during the business meeting. There seemed to be some miscommunication this past Assembly regarding registrations times. I appreciate your help on this to ensure the Assembly runs smoothly.

As we all know, elections are right around the corner at the Fall 2019 Assembly. How exciting!! Please contact me directly if you have any interest in the Secretary position. It has been a great learning experience for me as all of my previous positions have provided! My Higher Power always puts me right where my feet are!

Can't wait to see everyone in Marshalltown at the Service Workshop.

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

Area Treasurer

Hello Everyone,

I enjoyed seeing everyone at the Fall Assembly. Thanks to all who have been supporting the Area with your time, talent, as well as your financial support.

Please ask your Group Representative to see what your group has donated to the Area. This information has been given to the District Representatives. If you are in a district that does not have a representative, feel free to contact me directly at iowaafgtreasurer@gmail.com, and I will be happy to verify your group donations to the Area. I would like to remind all members that when sending group donations please include your district and your group ID number. Also I would discourage sending cash in the mail. If your group does not have a checking account, I would suggest sending a personal check and simply include a note that the donation is a group donation stating your group ID and district. If you send me a personal check without a group name and group number, I will assume this is a personal donation. I am grateful for each and every donation I receive. I just want to make sure that all donations are properly credited. Most groups do a great job with this. Thank you for your help in this matter.

Learning as I go,
Jean L., Iowa Area Treasurer

Coordinator Reports

Alateen

Thank you to the AMIAS who were able to come to the workshop on Saturday morning and to those that sent in comments. Your voice matters!

We are actively looking to fill the position of Alateen Coordinator for the remainder of the term. Until then, the Officers are working together to meet our younger members' needs. A big thank you to Regina for her enthusiasm and willingness to take on the position. While this position does have a myriad of responsibilities and requirements, the love and laughter can make the more difficult parts worth it. Please connect with any one of the Officers if you feel your Higher Power nudging you to stand for this very special position.

The Alateen Serenity Weekend will be held April 26-28th, 2019 at Camp Wesley Woods in Indianola. Flyers were distributed at the Assembly and are now available on the website. Alateens are

actively raising funds for the weekend which is the highlight of the year for them.

Current Alateen statistics and updates: We have 16 registered meetings with the WSO. Four are active but don't currently have Alateens attending, 7 are regularly attended, 1 is an institution meeting, and 4 are inactive which is equated to meetings that were active, but folded at some point and can easily be reactivated when the need arises. Those that aren't seeing regular membership continue to have AMIAS available in case a member does attend. All groups are keeping Alateen visible at potlucks and district events by having Alateen members share their stories. Please consider inviting Alateen members to speak at your district and group events! Remember, all Alateens are welcome at Al-Anon meetings.

We have 57 AMIAS (Al-Anon Members Involved with Alateen Service) and several applications pending. All applicants are vetted through a background check process. AMIAS that participate in Alateen service as substitutes or in a supporting role are a welcome and needed presence as it allows the regular sponsors to meet obligations that occasionally arise on regular meeting nights and offers Al-Anon members the opportunity to serve in a key role without having to be available every week. Please connect with your DR, your district Alateen chairperson or any of the Officers if you are interested in hearing more about the AMIAS role.

Together we can make it!
Katy P.

Archives

Hi, Everyone!

It was nice to see a lot of people at Assembly in Davenport. I handed out seven of the "Longtime Members Questionnaire" forms while I was there. I'm looking forward to getting them back all filled in with information. I gave them to people who had over 20 years in Al-Anon. I plan on sending the



form to each District Representative so they have them for their members to fill out.

Archives is quiet, winter is coming and that is my favorite time of year! I'm hoping to bring a box of items to be handed out at the Service Workshop or AWSC in January. See you all there!

In Service,
Lori R.

Group Records

Hi everybody!

Group Records had a lot of updates before assembly and in the last few weeks a number of changes have been made due to everyone turning in their annual group update forms to WSO. Great job GRs/CMAs!! It is a great feeling to know we are staying as current as possible with our groups.

The new procedure of going on line to make changes and/or updates has been a hit. This actually has been very beneficial to me as Group Records Coordinator.

When you attend your district meeting, remember to review addresses and phone numbers with your DRs as we all know



both of these items change all the time. WSO contacts me weekly with any updates, so please review your group information on the WSO and Iowa websites.

Keep up the great work and look forward to seeing all of you in Marshalltown in January 2019!!!!

Life is good,
Becky V.

Literature

Hello,

I hope you have all had the opportunity to read two of our latest pieces of literature. These are both great pieces of literature. Share them around your meeting tables, and share your feedback with me @ missyy@smunet.net. I will collect feedback and share with WSO.

1. **Understanding & Hope for Parents & Grandparents (P-94)**. This new pamphlet is available for purchase in English, French and Spanish for \$.75 each.
2. **Intimacy in Alcoholic Relationships—A collection of Al-Anon personal stories (B-33)**: This book is available to be ordered for \$11. The French and Spanish translations are expected to be ready in February 2019.

2019 CAL Catalog (S-15) & Order Form (S-16): The new Catalogs and Order Forms are available in print or as downloads (al-anon.org/onlinestore). The Catalog is now organized in the same order as the order form, so they can serve as companion pieces to each other.

Fiftieth Anniversary Edition of One Day at a Time in Al-Anon (B6-50) \$15.00. There are books still available for purchase. Get yours while supplies last.

Sharings needed for "CAL Corner":

The WSO always needs more sharings about how CAL has helped members with their recovery. Please encourage members to send sharings about: "To Parents of Alcoholics" (P-16), "Hope & Understanding for Parents & Grandparents" (P-94), *From Survival to Recovery* (B-21), "Al-Anon Sharings from Adult Children" (P-47), *Lois Remembers* (B-7) 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

Happy Fall! I read recently on social media, "The trees are about to show us how beautiful it can be to let go." What profound lessons I've learned from the beauty, power, and tranquility of nature!

It's hard to believe that we're almost two-thirds of the way through this term. By now, the newsletter almost formats itself!

(Just kidding!) Thanks to the efforts of all who contribute to the process; and because of the opportunity found in repetition, it does get easier with each edition.

If you are your group's CMA, are you passing each newsletter on to your group members? *Iowa Reaches Out* serves as a vital link between the Area and Groups and this flow of information helps create transparency in the business workings of our fellowship.

If you'd like your own subscription to the newsletter, sign up for a free email subscription or for a hard copy to be mailed to you at a cost of \$3 for the last year of this term. Simply email me at iowareachesout@yahoo.com to sign up for the email subscription or to request the sheet to sign up for a hard copy.

I received the following information from AFG Connects regarding the 2020 edition of *Al-Anon Faces Alcoholism*:

Dear Area Newsletter Editor,
The WSO is already working on the 2020 issue of the *Al-Anon Faces Alcoholism* magazine. A copy of the AFA Members Writer's Guide is attached to this message with our request to include it in a future issue of your Area Newsletter. (This Writer's Guide is attached to the email in which you receive the Newsletter and appears at the end of print copies mailed to groups.) The WSO accepts AFA sharings from members throughout the year.

The AFA Writer's Guide explains what is needed for an AFA sharing (50 to 300 words) to help inform families of alcoholics and anyone unfamiliar with Al-Anon or Alateen about our program. It is important to remember that AFA is intended to motivate families of alcoholics to start attending Al-Anon. Stories can include:

- Why or how difficult it was to go to your first meeting-what helped you take that first big step?
- What was your first meeting like and what did you hear that helped you to decide to keep coming back?
- How is Al-Anon helping your and making a difference in your life?

Stories can also be submitted online, www.al-anon.org/sharings.

Thanks for helping the WSO to inform the fellowship that their stories for AFA are needed and appreciated to carry our message of hope to families of alcoholics who have yet to attend their first Al-Anon meeting.

Yours in fellowship,
Claire R. WSO

It's never too soon to begin looking for that next service position. If you are even a little interested, you might begin to think and pray about standing for Newsletter Coordinator in one short year. I'd be happy to answer any questions you might have! It has been a privilege to be of service!



Together we are better!
Mary S., Newsletter Coordinator

Public Outreach

I hope you are leaving your 2018 Al-Anon Faces Alcoholism Public Outreach magazines everywhere you can! The 2019 Al-Anon Faces Alcoholism (AFA) 2nd printing 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

Three new trivia questions are now posted on the website. Bring your responses and each correct answer is eligible to win a prize. The

drawing takes place at the Fall 2018 Assembly.

On the district meeting page:

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 October 2018. The ones with an outdated meeting card now have a link to the meeting list on our Iowa website for the most up-to-date information.

The old Spanish menu item on the website has changed to "Announcements". We can use this page for any important information about Iowa or WSO news. I will discuss the content of this menu with the web page committee and decide how to monitor its validity.

Yours truly,
Hedi M.

DISTRICT REPORTS

District One

Hello from District 1.

Autumn Awareness was a huge success! The speakers were great and the food delicious.

The Al-Anon members are very busy distributing the "Al-Anon faces Alcoholism" books to local businesses, churches, and treatment centers. We have also been involved in several community events and have handed out lots of literature.

We are working very hard at getting Alateen going in Sioux City. Due to one of the community events we have gotten a direct line into the local schools (namely, a person who works in the school system) in hopes that this will generate some interest in the teens in this area.

The next thing on our agenda is our annual Christmas cookie exchange. Phil W. and Cathy B. have volunteered to chair this event to be held on December 1 from 1:00 pm- 3:00 pm. There will be lots of goodies to share and some great fellowship. This year we are changing it up and having a cookie contest. So get your goodies made and come join us. Who knows, you might be a winner!

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

District Two

HAPPY FALL! District 2 held their last meeting of the year on October 29, 2018. We scheduled our district meetings for 2019 to make certain they get into the Area calendar! We are currently busy planning our One Winter Night Event for February 23-24, 2019.



Please plan to attend it is going to be a great time fellowship, food and crafts! Look for the flyer on the Iowa Al-Anon website. In planning for 2019 we

decided to have a workshop in July again. We will keep you updated! We are also getting our Serenity Weekend Fundraiser set up. Our groups have been well attended with newcomers but report that it has been hard to keep them coming back. This might be a topic for a workshop in the future!! At this time Estherville Group on Thursday night has decided to close and our newest group in Spirit Lake, which is held on Thursday nights at the Spirit Lake Hospital at 6:30 p.m., is in the process of sending paperwork to get registered.

Yours in Service,
Tracy H. G.

District Three



Greetings from District 3, We had a great time at the Fall Assembly. A big "Thank You" to everyone who

contributed in any way; you made it look so easy. We held our last District Meeting for the year on Sunday October 21st and

had a great turnout. Our archivist has been going through totes full of memorabilia and brought items to discuss. We will be creating a simple, one page "District Archives" guideline for future reference. Literature has also been busy taking stock of our District literature. Now that I have a laptop again, we plan to have a budget to discuss in January, 2019. Alateen is doing well. The District 3 Alateen Chairperson is thinking about presenting a workshop for anyone interested in learning more about Alateen. A question was brought to district about Alateen attendance at events if they do not have an Alateen group or sponsor. Some teens have been regularly attending a local Al-Anon meeting since there are no Alateen meetings available locally. DR and Alateen Chairperson will contact the Area for further guidance on this. I recently visited one of our smaller meetings in Bradford, IA, for their annual Chili Supper. Good food and good people. DR asked groups that do not subscribe to "The Forum" magazine to talk to their groups about getting a subscription. Shared how one group does a monthly raffle for a subscription to the Forum. Reminded GRs they are the "Forum" representative for their group. Groups are doing well and holding elections for new 'yearly' officer positions. Thanks to our officers for their work!

Upcoming Events: SAVE THE DATE: Saturday, January 26th, 2019 – the New Hope Group in Ames will be celebrating 35 years of recovery. District 3 will also be hosting 2 Serenity Days with the focus on the 12 Concepts of Service. Mason City will host a workshop on Concepts 1 – 6 on Saturday, April 13th. Ames will host a workshop on Concepts 7 – 12 on Saturday, Oct 5th. Flyers will be available soon!

Prayers for a peaceful and joyful holiday season for everyone. In Grateful Service, Audrey U.

District Four

Hello to Everyone from District 4.

It was great to see all of you at the Assembly in Davenport, what a great time. Davenport did a great job. We were very sorry our Area Delegate Beth was so sick and had to leave. Our Groups are

doing very well, 2 Groups without GRs but still surviving. Our last District Meeting was Sept. and our next one is Nov.17. We are going to 2 Treatment Family Group meetings and we are working on getting into Mental Health Family Groups. Our Newcomers Group is going well, we had 2 Alateen attend an Alateen meeting last Sunday, we are hopeful it grows from there. It has been several years since we had a group.

We had a Farmers Market table Aug., Sept., and Oct. this year. I hope we helped at least one person. We had tables at 2 Health fairs this month, we also spoke at 3 UNI classes. One of our members is very good at getting information out for Public Outreach. In Sept. for Recovery Month she sent information to several area newspapers. She has also contacted local mental health professionals and social workers; their feedback has been very encouraging.

Our BGTY Weekend will have been over by the time you read this. I hope we saw some of you there!

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

District Five

No report

District Six

No report

District Seven

November in District 7 means one thing – District Service Workshop time! This year the district selected the theme "The Game of Life" for the theme. We had workshops on Conflict Resolution, Intimacy – "The Real" Elephant in the Room, and Finances, followed by a potluck lunch and the November District meeting. It's hard to believe next year at the service workshop we will be electing new district officers and chairs! I am excited to see what everyone's HP has planned for his or her service journey!



Our Holiday Party is scheduled for early December. It's always a great time for fellowship and food. I am grateful to those who stepped up to service to plan the

event. All are invited to join us for the day!

Did you know that you can subscribe our District 7's Newsletter? It's free! Just go to our website (<https://al-anondesmoines.org>) and scroll down to "Sign up for our Constant Contact Mailing List." That will direct you to a link where you can enter your name and email address. Select Newsletter, and you will be emailed once a month with information from our monthly district meeting including: meeting minutes, district representative report, treasurer report, alternate treasurer (service center) report, board of trustees (service center) report, as well as reports from district chairs.

Valerie B.

District Eight

No Report

District Nine

Happy Fall, Y'all.

Our fall Women's Spiritual Experience Weekend was held on September 22nd & 23rd at Saint Mary's Monastery in Rock Island. The weather was gorgeous and a wonderful time was had by all. 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. Planning is underway for our Spring SEW which will be April 27th & 28th, 2019.

We survived the Fall Assembly! We are a smaller Al-Anon district, so I was very nervous about volunteers. I'm very thankful to all those who volunteered their time and gave me their support (and oxygen) when I was anxious. Thank you to Katy P. for your patience with my endless questions. I've learned a lot and am very grateful to have worked with AA in our district. The planning committee was filled with amazing people. My hope is to use these contacts going forward with regards to public outreach in our district.

We held our 3rd quarter district business meetings on September 19th at our DeWitt



AFG. District 9 currently has 8 meetings and 5 (AFG) groups. Two of our groups reported smaller attendance during the summer. The other 3 groups are larger, and their numbers stay pretty steady with @ 20 in attendance. Bettendorf AFG had a picnic this summer and a speaker meeting on October 29th. Central Discussion just celebrated their 51st anniversary with speaker meetings. CAL Book Study group is now reading the Forum every month and they celebrated their 6th year with a speaker meeting on October 16th. Two of our Groups (Bettendorf and CAL Book Study) hold regular speaker meetings. Anytime there is a 5th Monday or Tuesday in the month, they break from normal topic/readings to a speaker night. We are still looking for a GR for our Thursday night Steps to Serenity AFG. We continue to struggle with open service positions but we are getting stronger. Our next district business meeting will be Wednesday December 5th at Edwards Congregational Church.

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 whose loved ones are currently in treatment. For most people it is their first introduction to Al-Anon. 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,

We will have our District Meeting on November 10, 2018, at 9:00 AM at the Mini Conference. We will be planning the Spring Workshop, Fall Speaker Supper, and meeting dates and times for 2019. Hope to review Iowa policy for AMIAS with AMIAS before the end of the year.

Fall Mini Conference will be November 10, 2018, at Grand View United Methodist Church, 3342 John Wesley Drive, Dubuque, IA. The theme for the day is Keys to the Kingdom.

The schedule is:

9:00 AM-11:30 AM District Meeting
11:45 AM-1:30 PM Lunch and Speakers:
Adam V., Alateen and Barbara G., Al-Anon
1:45 PM-2:30 PM The 4M's by Sunday Night Missing Link AFG
2:45 PM-3:30 PM Back to Basic Steps by Hope for Alateen
3:45 PM-4:30 PM The 3 A's by Saturday Morning AFG
4:45 PM-5:30 PM The Slogans by Monday Morning AFG
5:30 PM Break until Banquet
6:00 pm Banquet, AA Speaker: Chris O, and Raffle Drawing

The Julien Group will be hosting the Spring Workshop March 19, 2019, at 6:00 PM. More will be coming. The Westside Wednesday AFG will be hosting the Fall Speaker Supper next year.

Love and Peace in Service,
Geri G.

District Twelve

No report

District Thirteen

No Report

District Fourteen

Hello from District 14,

We held our District meeting on October 28th, in Fort Dodge. There were 13 in attendance. The groups were up to the challenge of distributing the AFA's throughout their communities and will report back on how well they are being received and if we need to put in another order before the next shipment. We have placed them in the Fort Dodge prison and the Starz program which houses teenagers with addictions.

We had a discussion on our District Meetings, should we rotate to different towns as we have been doing or one location. It was voted that they would be held in Fort Dodge as it is more centrally located for the groups.

The groups agreed having our District Meeting schedule and our events posted on the 2019 AFG calendar was a great idea. I will be coming up with a schedule before the deadline.

Judy V. is the chair for the Fall Assembly in Carroll; she has already attended a planning meeting with the AA's. I will be able to attend the next one in November. I assured her we are not alone. We will have support from Katy P. and Michelle, who chaired the last Assembly and graciously offered to answer any questions we might have. I informed them that we need a Spiritual speaker from our District. Hopefully I will let the planning committee know soon who that will be.

Our Pocahontas group is hosting a Holiday Party with an Open Speaker meeting. Alex C. from Storm Lake will be the speaker. The date is November 15th 2018. It will be a 6:00 pm Potluck supper; they will be serving Beef and Vegetable Soup & Chili. Bring a side dish or desserts if you wish. They will have raffle drawings for turkeys and hams. The location is at Resurrection of Our Lord Catholic Church basement, 16 SW 2nd St, Pocahontas, IA. They are also accepting canned goods for the Pocahontas food pantry.

Yours in Service,
Mary E.

District Fifteen

No report



Below please find the statistics on *The Forum* as mentioned in Katy P.'s Alternate Delegate report found on page 3.

Forum Subscriptions Sales						
	Group		Other		Total	
IA	Subscriptions	Copies	Subscriptions	Copies	Subscriptions	Copies
January	51	60	353	357	404	417
February	53	62	350	354	403	416
March	54	63	366	370	420	433
April	51	60	360	365	411	425
May	47	56	358	363	405	419
June	46	55	354	360	400	415
July	47	57	369	375	416	432
August	49	59	375	379	424	438
September	51	61	384	386	435	447
October	49	59	390	392	439	451
Grand Totals including USA, Canada and Bermuda						
January	2,554	3,068	17,085	17,989	19,639	21,057
February	2,590	3,077	17,274	18,173	19,864	21,250
March	2,605	3,075	17,220	18,109	19,825	21,184
April	2,556	3,071	17,098	18,016	19,654	21,087
May	2,435	2,958	17,060	17,970	19,495	20,928
June	2,448	2,968	16,955	17,913	19,403	20,881
July	2,447	2,994	17,009	17,980	19,456	20,974
August	2,433	2,986	16,973	17,913	19,406	20,899
September	2,474	3,045	17,066	17,998	19,540	21,043
October	2,445	3,013	17,031	17,988	19,476	21,001

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, Literature Distribution Centers. Again, the numbers vary as some individuals or 'others' may receive multiple copies.