



# IOWA REACHES OUT

FEBRUARY 2020

## DELEGATE REPORT

Welcome to Panel 60! Our Area is beginning this first year of our three-year term with the Conference Theme, Dreaming Big with 20/20 Vision.

Beth R. of District 7 has stepped into the role of Website Coordinator, and Luanne T. of District 2 has filled our Newsletter Coordinator position. Thank you to all of our new Coordinators and Officers for Dreaming Big and saying YES to service!

Our Area began dreaming big at our TEAM event in 2016 with a workshop on abundance. This theme was reiterated several times at our Area Assemblies throughout the last term. The Spiritual Principles of Al-Anon's Self Support (found in version two of our Service Manual on page 102) – Abundance, Anonymity, Gratitude, Responsibility, Trust and Unity – were reflected in the productivity and unity at our January AWSC meeting. Some of our accomplishments included revising our budget to support our trusted servants, assigning and meeting with AWSC-selected committees, filling our vacant Coordinator positions, and reviewing Alateen forms in a beginning step towards updating our Area Policy and Procedure Guidelines. See the minutes on our Area Website to get the full picture. I am looking forward to a productive term for our Area. Towards that end I am in contact with districts without representation and look forward to securing stronger links between these districts and our area structure.

SAVE the DATE! The **2020 Area Serenity Weekend** will be held **September 25-27** at Twin Lakes Camp in Manson, IA. A planning meeting for the weekend will be held on March 7<sup>th</sup> from 1-3 pm at the Marshalltown Public Library. ALL MEMBERS are WELCOME to help with the planning! This is OUR weekend and YOUR ideas are what make it the fantastic experience that it is.

The *United States North Central Regional Delegates Meeting (USNCRDM)* will be held March 20-22 in Indianapolis, IN. This gathering is intended to acquaint the incoming Delegates with what to expect at the World Service Conference in April. I am looking forward to

traveling with six other officers and past delegates, as well as Jean L., our Regional Trustee.

The **AA International Convention** will be held in Detroit, MI on July 2-5. The theme is *"Love and Tolerance is our Code"*. Advanced registration for the Convention is available through April 15 for \$115.00. Registration after April 15 will be \$140.00. Al-Anon hosts a large variety of meetings and workshops. The big meetings, hosted by AA, are an experience of a lifetime with more than 50,000 people coming together in recovery and unity under one roof.



I am so grateful for the privilege of representing Iowa at the World Service Conference which will be held in Virginia Beach, April 20-24. Cards of support may be sent to the Sheraton Oceanfront Hotel, 3501 Atlantic Avenue, Virginia Beach, VA 23451. Jean L., Debbie G. and I would warmly welcome your thoughts and encouragement.

I am looking forward to growing with all of you during the next three years.

Dreaming Big with 20/20 vision!

Katy P.  
Iowa Delegate – Panel 60



## UPCOMING EVENTS

March 7	Area Serenity Weekend planning meeting, Marshalltown Library, 1 - 3 pm
March 8	AWSC meeting, Hampton Inn, Marshalltown, 9 am - 1 pm
March 20 - 22	Regional Delegates Meeting - Indianapolis
April 17-19	Area Alateen Serenity Weekend, Camp Wesleywoods, Indiana
April 20-24	World Service Conference. Jean L., Debbie G. and Katy P. will attend. Send encouragement cards to Sheraton Oceanfront Hotel, 3501 Atlantic Avenue, Virginia Beach, VA 23451
May 1	Iowa Reaches Out Deadline
June 5 - 6	Spring Assembly -- Buena Vista College, Storm Lake, IA

## ALTERNATE DELEGATE

Hello Friends,

In January, we had our first Panel 60 AWSC meeting. We were assigned our Committees for the term. We had a chance to meet with our committees and get everyone's thoughts looking towards our tasks and goals for the next three years. It feels good to be done with the first meeting and first meeting jitters. I look forward to the March meeting.

I attended my first committee meeting for the Spring Assembly which will be at Buena Vista University in Storm Lake, June 5-7. It was great to meet the committee members, and I look forward to serving with them for this Assembly. The theme for the Assembly is: *A Vision for You*. Our luncheon speaker will be Lynette K, Trustee from Baltic, SD. The Alateen speaker will be decided after the Annual Alateen camp. The Sunday morning Spiritual Speaker will be Connie H from Arnolds Park. I am confident that all will do a great job sharing their experience, strength and hope! Assembly flyers are available on the Iowa Area Website [www.iowa-al-anon.org](http://www.iowa-al-anon.org). The registration deadline is May 20.

The Fall 2020 Assembly will be in Coralville, IA at the Radisson Hotel, October 9-11. A walk thru has been done. Thank you

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## AREA CHAIR

Hello Everyone! It is definitely winter in Iowa! If you didn't make it to the January Service Workshop – you were missed! Thank you to everyone who participated and traveled through some 'Iowa winter' weather to make it. I really enjoyed the workshops presented – using Al-Anon Principles to Resolve Conflicts, Obtaining a Service Sponsor, Looking for Answers in the Iowa Policy & Procedures and Service Manual – what fun way to learn more about Policy and Procedures!

Our first AWSC (Area World Service Committee) of the 2020-2022 term met the day after the Service Workshop in Marshalltown (Sunday, January 12). It was a morning filled with learning, growing, and coming together to plan Area matters – with the purpose of informing, improving and unifying the groups of Iowa. Anyone is welcome to attend the AWSC meeting as a guest. Voting members include the five Area Officers, the seven Area Coordinators, current District Representatives (DRs), and Past Delegates. Our next AWSC meeting is Sunday, March 8 at the Hampton Inn, Marshalltown Iowa.

I am looking forward to working with everyone and serving the Iowa Area as your Chair. Please feel free to contact me if there is anything I can do for you.

Grateful for Service,  
*Virginia B.*

to Gail H and Theresa C for being our co-chairs. I hope to be able to attend a planning meeting soon and meet the other committee members.

## The Forum

Group Representatives please talk about and use the Forum in your meetings. As GR you are also the Forum Representative for the group. We are so lucky to have this magazine each month. Does your group have a subscription? It is a great recovery tool to use in meetings, leave at a professional office for others, or to keep in our cars for a quick minute of serenity. It only costs \$11 per year! There is a paper order form in the back of every Forum. Or you can order online at [Al-anon.org](http://Al-anon.org). Click on the Al-Anon store, then find the tab for the Forum.

WSO also needs submissions for the magazine each month. I encourage you to jot down your feelings about how you got through a situation, a step, or tradition. It does not have to be long. Give it a try, you never know what may get printed or when. I spoke to a member that had her story published in the Forum years after she had written and sent it in.

Grateful for Service,  
*Missy Y*

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## Member and Area Chair SECRETARY

Hello to you all! Congratulations to everyone that has stepped up to accept a new service position in Iowa Al-Anon! As we start our new three-year term, I, like many of you, had anxiety, fear, and uncertainty as to whether or not this was something I could accomplish. After attending the workshop and the AWSC meeting in January, I can say I am now excited and ready to enjoy this new position as your Area Secretary. Thank you Linda A. for the great job as our past secretary and giving me the help and encouragement to take on this new venture!

The AWSC minutes have been posted on the Area Website for all to read and share with your groups. I'm looking forward to our Spring Assembly in Storm Lake and meeting all the new GRs at the registration table as you sign in.

Here's to a great term ahead for all of us and just remember, with each day that goes by, we are getting that much closer to SPRING!!

Life is good,  
*Becky V.*



## TREASURER

Hello Everyone!

What a whirlwind the past few weeks have been learning about my new position as Treasurer for the Area! The mail person has definitely been busy with delivering recent donations.

I have changed the names and collected the signatures as needed on the bank account and have the bonding paperwork in place, which is required.



Please remember to send Area donations to: Area Treasurer, ATTN: Linda, 2668 Millstone Dr., Dubuque, IA 52002. Remember to include your group number in the memo section and the check payable to Iowa AFG. If you are sending a personal donation, please put "personal donation" in the memo section.

Take care and hope to see everyone soon at the AWSC meeting in March – hopefully Spring will be upon us by that time.

As Always -- Growing in Service ---  
Linda A – Area Treasurer

## COORDINATOR REPORTS

### ALATEEN COORDINATOR

What a great Area Service Workshop and Area World Service Committee meeting (AWSC) we had in January! As always, the skits and workshops were 'spot on'. District 8 did a Conflict Resolution workshop that can be used by Al-Anon Members Involved in Alateen Service (AMIAS) as personalities can sometimes get in the way of helping our teens. Then Sunday, at the AWSC, Virginia held a workshop where the DRs were shown what is needed to be filled out on the forms to become an AMIAS and explained that all forms are sent to me as Alateen Coordinator/AAPP. I then send the Criminal History Record Check to the Area Chairperson, Virginia.

The Alateen Serenity Weekend is April 17-19. This year the Alateens will have Otterbein and Wesley Inn for sleeping accommodations. Each teen will receive an IOWA SERENITY WEEKEND T-shirt -- with tie dying a possibility. As our numbers were down last year, we are sharing the camp with a quilting group who will be in Timber Lodge. I checked out the menu and it is similar to last year. Let's increase our numbers. What can we do to give our eligible teens the gift of recovery afforded by the Alateen Serenity Weekend?

*Alateen Talk* celebrated 55 years in November 2019. Please see your DR (or contact me) for an order form so you can purchase copies for use at your meeting or as a Public Outreach tool. The current *Alateen Talk* features Russian teens talking about recovery as well as two sharings from Iowa teens. The cost is \$2.50 for one subscription or \$7.50 for ten.

AMIAS News Flash! The WSO has authorized the AMIAS Recertification forms (stating that you are an AMIAS in good standing). I will be sending the forms shortly. If you are an AMIAS, you will need you to fill out, and return the form to me so that WSO knows our Iowa Alateen groups have certified AMIAS for 2020.

AMIAS! PLEASE MARK YOUR CALENDARS for the October 9-11 Area Assembly to be held at the Radisson Hotel in Coraville/ Iowa City. I will be presenting The Area Alateen Safety and

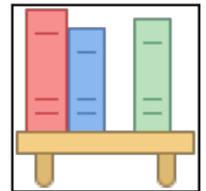
Behavioral Requirements to all attending members. It would be a great time for Alateen AMIAS to get together and discuss what works and what doesn't, as well as, review the Area Alateen Safety and Behavioral Requirements. I plan to have a space available for us. Please see what you can do to attend, if money is a problem, please check with your District to see if there is funding available for you to attend. Potlucks with speaker nights or an ice cream social are great opportunities for raising funds. October will be fast upon us.

AMIAS, you are the backbone of Iowa Alateen recovery, thank you for your service!

Lorraine R

### LITERATURE CHAIR

Hello, The Al-Anon member serving as a freelance writer/editor for our *New Daily Reader* (working title) has reviewed all sharings submitted so far and is currently selecting and editing ones to include in drafts for the Literature Committee to review. Based on those received, we still need sharings about the following topics: Abundance, Abuse, Concept Two, Concept Six, Concept Seven, Concept Eight, Concept Eleven, Conference Approved Literature, finances/money, General Warranties of the Conference, Respect, Responsibility, Sex, Shame, Spirituality, Tradition Six, Tradition Eight, Tradition Nine, Trust, and Unity. The Committee hopes that this book will include a variety of members' experiences and backgrounds that clearly demonstrate how Al-Anon can work for *anyone* affected by someone else's drinking. A writing guideline is available at [www.alanon.org/dailyreader](http://www.alanon.org/dailyreader). Please send your sharings by June 1 to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Daily Reader"; at [wso@al-anon.org](mailto:wso@al-anon.org) with "Daily Reader" in the subject line; or at [al-anon.org/dailyreader](http://al-anon.org/dailyreader).



**In case you missed it.** there was a Three-Part "Inside Al-Anon" Series on the CAL Process. The May Forum issue had an article discussing how CAL originates from idea to book or

pamphlet. In June, the topic was "discontinued CAL-how it gets that way and whether it can be used at meetings". The October issue covers the process for revising CAL.

There is always a need for sharings for "CAL Corner". Members are urged to write about *Intimacy in Alcoholic Relationships* (B-33), *As We Understood* (B-11), *Blueprint for Progress* (P-5 and P-91), and *The Al-Anon Family Groups-Classic Edition* (B-5).

**Translated 2020 CAL Catalogs** (FS-15, SS-15). The French and Spanish versions of this free service tool are now available. It is also available as a free download at [al-anon.org/cal-catalog](http://al-anon.org/cal-catalog).

Yours in service,  
Mary E

## GROUP RECORDS

Hi Everyone-

Thank you to the people that have been updating their Group Records! It has been an interesting month of learning. I am amazed at how many Groups are in Iowa! I think it would be fun to go and visit them! I have been in touch with WSO and they are a great help! Please contact me via email at [thggr2023@gmail.com](mailto:thggr2023@gmail.com) if there are updates on your groups! Since it is just the beginning of the term, I do not have that much to share but keep me updated on changes!!

Tracy HG  
Group Records

## NEWSLETTER

Wow, what a whirlwind! I was approved as the new Newsletter editor at the January AWSC meeting and immediately began receiving articles for this issue. What fun to get to be the first one to read about the exciting happenings in the Area and each district - and there is SOO much going on!

If you are a prior reader of the newsletter, you'll notice a new look. I got permission to refresh the newsletter design. Hopefully you'll find it easy to read and are able to make good black and white copies for your members if needed. As groups

If we go on putting one foot in front of the other and work the program. . . just when we reach the end of our patience, a doorway seems to open and we suddenly take a huge LEAP forward.

We see that none of the time that passed was wasted.

*Courage to Change, May 14*



within your district plan events, I'm excited to share them in this forum so other members can participate as they are able. I look forward to compiling your reports each month and "reaching out" to all our members.

Yours in service,  
Luanne T



## PUBLIC OUTREACH

Hello all,

It may be cold outside, but Public Outreach is heating up with new opportunities to bring help and hope to family and friends of alcoholics.

The new 2020 Al-Anon Faces Alcoholism Magazines are available now in English, Spanish and French. The price now standardized at 32¢ each. You can order in bundles of 25 (for \$8); there is no price break for larger quantities. You can also download and view the magazine from the WSO website. As usual there are articles from several doctors and mental health professionals along with Al-Anon & Alateen members sharing their experience, strength and hope.

I am excited to be serving as your Area Public Outreach Coordinator and I can't wait to hear about Public Outreach in each of your districts!

Yours in Service,  
Michelle K

## WEBPAGE COORDINATOR

The Website Committee had its first meeting at the AWSC Meeting on January 12 . Your committee members are Beth R, Area Web Page Coordinator, Linda A, Area Treasurer, Tracy HG, Group Records Coordinator, Maddie P, Past Delegate, and Jamie, District 11 DR.



I have asked for the Committee's input on setting up a secure area on our web page to allow members to access the reports for the Area 24 - 2020 Spring Conference in Storm Lake.

We will be discussing the need for security. We will also be brainstorming ways the Web Page can better serve groups that do not have a District Representative. I am learning how to add menu items to the website and getting help from Heidi. I would like to receive your flyers (in .pdf form) to be posted for the Area. Do you have District and Public Outreach information? Please email any information to be posted on our website to [IowaAlanonWeb@gmail.com](mailto:IowaAlanonWeb@gmail.com)

Yours truly,  
Beth R  
Website Coordinator

## DISTRICT REPORTS

### DISTRICT



Hello from District 1

I am excited to be the new DR for District 1 and grateful to have the opportunity to serve the district. We're keeping busy with Public Outreach. We have a multicultural fair on March 29th and we're passing out Al-Anon

Faces Alcoholism to local businesses, churches, and treatment centers trying to reach those who are still suffering. We have our district meeting on the third Thursday of every month. Planning has started for our annual Spring Frolic on May 2, and our Serenity Day is June 30 in Stone Park. Flyers will be out soon for both. Have a safe winter and stay warm.

Grateful in service,  
*Barb G*  
District 1 DR

Our District just had our first district meeting. With the new term changes, we are settling in, and preparing for upcoming activities. We are planning a District "Fun Day". Our Serenity Fundraiser planning is also in the works. We continue to see new members coming through the doors and grateful members welcoming them.

Respectfully,  
*Kathy B*  
District 2 Representative

### DISTRICT



Greetings from District 3,

Wow, what a great workshop in Marshalltown in January. So excited to meet new people and see old friends. As I thought about what to write for the first newsletter of this term - 2020, I decided to review my

notes from the workshop. That led me to reviewing the packet I received on "How to Be a District Representative." I have so much to learn. I have to admit, I often have good intentions of studying the "Al-Anon/Alateen Service Manual" and all the other wonderful information I receive from WSO (In-The-Loop, AFG Connects), and, of course, our Delegate, Area Officers, and Coordinators. . . and then I get busy with my life.

So, one of my goals this term is to set aside some time each week to focus on my service work. I plan to spend the hour before my home group meeting to focus on my service work.

What plans do you have for this year/term?

Our first district meeting is Sunday, January 26<sup>th</sup>. We have a full agenda and I am looking forward to working with everyone. SAVE THE DATE: Saturday, April 25<sup>th</sup> we will be hosting a Serenity Day in Mason City.

Happy Valentine's Day Everyone!

In Love and Service,  
*Audrey U*  
District 3 Representative

### DISTRICT



We are excited to have two out-of-state speakers lined up for the annual Metro Spring Anniversary, which will be Friday, April 24 and Saturday, April 25 at the UAW Hall in Waterloo. The evening Al-Anon speakers will be Elroy M from Colorado (April 24) and Sandy W from

Chicago (April 25) and there will also be evening AA speakers. As always, we'll have a great lineup of local Al-Anon speakers and a raffle at the Saturday luncheon.

Our first district meeting of the term was on January 25<sup>th</sup>. We decided to order a copy of the Using Al-Anon Principles to Resolve Conflicts Kit (K-70) for each group in our district and to spend some time at future meetings discussing how GRs can use the kit in their groups. At each meeting this year we are also going to spend some time discussing how we apply the traditions in our groups, going over two traditions each time. I am looking forward to working with our GRs and district officers and coordinators.

Yours in Service,  
*Kristine N*

### DISTRICT



NO REPORTS

### DISTRICT



We held our annual holiday party at the White House on Saturday, December 7<sup>th</sup> and it was a great success! We participated in a few games, a gift exchange, laughter, and started the holiday season with lots of good food. This event was extra special as it was planned by three of our Alateens, who did a wonderful job! This is just one

### DISTRICT



of the ways we are working on getting the teens more active in our district.

The District 7 Serenity Saturday will be March 7<sup>th</sup> at Wakonda Christian Church from 9 am to 5 pm. The theme is "Road Map to Serenity."

The District 7 Birthday Celebration will be held Saturday, April 25 at the Mid-Iowa Boy Scout Center in Des Moines. The theme is "Drop the Rock." Al-Anon speaker for the event will be Cordi M from Broken Arrow, Oklahoma; Alateen speaker will be Johanna M from Des Moines; and AA speaker will be Bill C from Des Moines. We will again have a special quilt to raffle off, as well as, a silent auction. Dinner tickets are \$25 for adults and \$10 for children until April 17<sup>th</sup>, when the prices increase \$5. Online registration opens in February. We hope to see you there!

*Samantha M*



In District 8, we are thinking Spring! We are putting together our Spring Fling, which is planned for Thursday, April 2<sup>nd</sup> from 6 pm - 8:30 pm. Our Save the Date flyer is on the state website. More to come when a theme is decided for it! Mark your calendars. We would love for you to

visit us! We held our first District meeting in January with the new team in place. It was well attended and everyone is excited to start their term and learn more. All District officer and chair positions have been filled, all groups have GRs and Alternate GRs with the exception of two groups still needing alternate GRs. I plan to visit each active group throughout the year. That's what's happening in District 8! Hope you all stay warm and that Spring arrives soon!

*Carolyn S*  
DR District 8

lunch included. The following weekend, Lori R will be speaking at our Gathering of Eagles on March 28<sup>th</sup> at the Masonic Temple in Dubuque.



NO REPORTS



Hello from District 14.

This is Judy V, new DR for this district. First off I want to thank Mary E for all of her service and leadership she has brought to our district, and for leaving me with everything up to

date; which is most appreciated. My only hope is to do as good of a job as Mary E did.

Our last District 14 meeting was held on November 17 in Fort Dodge. Eight attended.

It was discussed that the 2020 AFG calendars are now available to purchase. The Friday night Manning group has disbanded. There was also a discussion on reaching out to teens about Alateen, and that perhaps speaking at an open AA meeting on how alcoholism affects the entire family might be a good place to reach out. Our Spring Assembly will be held in Storm Lake and the Al-Anon group there is very small. We ended the meeting discussing elections for the upcoming term.

Our next district meeting will be in February with a change of venue. St. Paul Lutheran church in Rockwell City has graciously offered to let us meet there. I am hoping this will be a little more centrally located and make it a shorter distance for some to come to our meetings.

I feel honored and am excited to serve this term as District Representative for District 14.

Lovingly In Service,  
*Judy V*



NO REPORTS



Hello everyone,

I hope you have had a wonderful start to the year. District 11 has been getting ready for spring this last month. We will be having our second District Meeting on March 5<sup>th</sup>. Saturday Morning Group is preparing for our spring workshop.

It will be held on Saturday, March 21 at Mercy Hospital from 11am-2pm. We will be Springing into Slogans with time for



NO REPORT