

In District 8, we postponed our Spring Fling due to the COVID-19 outbreak. We have decided to do a virtual speaker meeting on Thursday, June 25<sup>th</sup> at 7:00 p.m. See our website for a flyer with the details. <http://www.cedarrapidsareaal-anon.org/upcomingevents.html> Speaker TBD.

All of our in-person meetings were cancelled; therefore, we took action! District 8 has 11 out of 12 meetings meeting via Zoom conferencing. Alateen is also meeting via Zoom. Check out our website for meeting information if you would like to join us. We have seen some old friends who moved away join us. It has been very exciting and we are getting good feedback from our members who need their meetings.

As the restrictions are lifted in Iowa, some of our facilities have opened and the groups are taking a group conscience to determine if they meet in person with the social distancing restrictions, continue to meet via Zoom or if they offer both during their meeting times. As meetings are updated, you can find District 8's meeting information at the following link: <http://www.cedarrapidsareaal-anon.org/meetings.html>

We are looking forward to a virtual Spring Assembly. Best wishes to everyone to stay healthy!

Carolyn S.  
DR District 8

**SAVE THE DATE**  
**AL-ANON DISTRICT 8**  
**VIRTUAL SPEAKER MEETING!**



**Thursday, June 25, 2020**  
**7:00 p.m.**  
**via Zoom**

**Speaker: TBD**

**JOIN ZOOM MEETING**

**[HTTPS://US02WEB.ZOOM.US/J/84644856149?PWD=QLPNVM5JNKDRQW  
XUSDY0WXBTVTBHZZ09](https://us02web.zoom.us/j/84644856149?pwd=QLPNVM5JNKDRQW<br/>XUSDY0WXBTVTBHZZ09)**

**MEETING ID: 846 4485 6149**  
**PASSWORD: AFG2020**

**OR**

**DIAL IN:**  
**+1 312 626 6799**  
**+1 929 205 6099**  
**MEETING ID: 846 4485 6149**  
**PASSWORD: 614723**

