



# “Iowa Reaches Out” February-April 2019

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

## Delegate

The Alateen Coordinator position has been filled! Lorraine R. has accepted the Alateen Coordinator position for Panel 57. Lorraine is a Past Delegate, is from District 7, and lives in Des Moines, IA. Lorraine brings a lot of enthusiasm and a love for Alateen. I am excited to work with Lorraine for the rest of this term. I would like to thank Katy P. for stepping in (twice) and doing such a wonderful job as the interim Alateen Coordinator.

The 2018 World Service Conference (WSC) will be Saturday, April 13 through Wednesday, April 17, 2019. Delegates are scheduled to arrive on Friday, April 12 and depart on Thursday, April 18. The Conference will be held at the Sheraton Virginia Beach Oceanfront Hotel, 3501 Atlantic Ave., Virginia Beach, VA 23451. The Conference theme is “Action is Attraction – There is No Growth in the Comfort Zone”. This will be my last year at conference.

Chosen Agenda Items (CAI) have been an important tradition of the Conference for many years. The purpose of the CAIs is to give Conference members an opportunity to select ideas and issues of concern that affect Al-Anon groups and members worldwide. *Is there a something you always wanted to know but were afraid to ask?* Topic considerations would be

- 1) Does the topic merit an in-depth discussion that could benefit Al-Anon groups and members worldwide? and
- 2) Is the topic related in some way to the 2019 Conference theme (Action is Attraction – There is No Growth in the Comfort Zone)?

**As Delegate, I am your voice at the WSC.** Please contact me if you have any ideas for me to pass on to the Conference Committee.

The North Central Regional Delegates Meeting (RDM) will be held March 15 – 17, 2019 in Madison, WI. There will be nine of us going. The purpose of the RDM is to prepare two new Delegates from the region for the WSC. I am excited to meet the new Delegates and become a friendly face for them as they attend their first WSC.

The Membership Survey PowerPoint was presented at the 2018 Fall Assembly. This can be found on the Al-anon.org site. What ways can our Area consider using this PowerPoint to reach out to professionals in our Area?

- Could the Area become more involved in state conventions held for nursing, school counselors, counselors, and medical professionals.
- Could a district use this as a presentation to reach out to professionals?
- Would a district consider using this information during a panel discussion with professionals?

Please let me know what your district decides to do with this information.

Five districts do not have District Representatives. In August, I had requested additional mileage expense so I could visit these Districts. I was able to have a meeting in District 5 and attended two meetings in District 12. I shared my World Service Conference Report and about other things happening in the program. I found members very interested in what was going on.

Thank you to those who gave a memorial in Lois’ name last year. October 5, 2018 marked the 30th anniversary of Lois Wilson’s passing. It will be AWESOME to see Iowa’s impact in meeting (or exceeding) the 2018 budget!

The 2019 Serenity weekend will be September 20 through 22 at the Twin



### 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 13-17, 2019

World Service Conference  
Virginia Beach, VA

### April 26-28, 2019

Alateen Serenity Weekend  
Camp Wesley Woods, Indianola

### May 1, 2019

Iowa Reaches Out deadline

### June 7-9, 2019

Spring Assembly  
Grinnell College, Grinnell, IA

### June 9, 2019

Last date to declare intent to stand for Area officer position

### July 31, 2019

Deadline to submit resumes for officer or coordinator position

### August 1, 2019

Iowa Reaches Out deadline

### August 4, 2019

AWSC meeting  
Hampton Inn  
Marshalltown, IA

### October 11-13, 2019

Fall Assembly  
Carroll, IA

**This is an election assembly!**

Lakes Bible Camp, Manson, Iowa. There will be a planning meeting Saturday, March 9<sup>th</sup> (Saturday before the March AWSC meeting) at the Marshalltown Library in Conference Room A from 12:45 to 3:30 pm. A flyer is attached. There is a lot of planning to go into this event. I hope at least one person from each District can attend. It is a lot of fun and many brains make for a good weekend!

With Gratitude,  
Beth K.  
Delegate

### Alternate Delegate

Greetings all as we enter our final year as Panel 57! The past two years have been chock full of information, connections, growing relationships, and recovery. I'm looking forward to what this final year presents. Helpful information for our next Assembly is available below. The biggest takeaway is that in June we will be on a college campus, which will require greater walking. Parking is limited and taking meals onsite will be key to time and parking management. I'm hoping for a beautiful June weekend and look forward to the fresh air that utilizing different buildings will allow us.

### **SPRING ASSEMBLY 2019** **Grinnell, IA June 7, 8 & 9, 2019** **Keys to the Kingdom** **Registration Deadline is May 31, 2019**

AFG Speakers  
Luncheon - Rachelle C., MN N Delegate, Panel 56, Zimmerman, MN  
Sunday spiritual speaker - Lorraine R., Past Delegate, Des Moines, IA  
Alateen - TBD

[Flyers and our agenda](#) 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. We are sure to have some fun with these folks at the helm. Items to note as you plan ahead - the campus will require some walking. Golf carts will be available to assist travel between buildings. 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. 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.

Take advantage of the state-of-the-art cafeteria and optional Sunday breakfast! 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** **Serenity Seekers & Wisdom Walkers** **Registration Deadline is October 1, 2019**

AFG Speakers  
Luncheon - Vali F., Executive Director WSO  
Sunday Spiritual Speaker - Connie H., Ft. Dodge, IA  
Alateen - TBD  
This will be our final Assembly of our term. We typically invite a member of the WSO to share at our election Assembly. This year our new Executive Director, Vali F., will share her personal story and lead a workshop. It will be a very exciting Assembly! Thank you to Connie H. from Fort Dodge for agreeing to be our Sunday morning spiritual speaker. We are looking to your sharing! Mary E. and Judy V. are keeping us connected with the local AA committee. I look forward to visiting with the committee and attending a walk thru of the facility on February 17, 2019.

### **SPRING ASSEMBLY 2020** **Storm Lake, IA June 5-7, 2020**

On to a new term! This Assembly will be held at Buena Vista College in Storm Lake, IA. This will be the second Assembly in a row that District 14 will host. Thank you, Mary E., for navigating these Assemblies!

### **The FORUM**

Thank you again to those that submitted writings at the Fall Assembly. They have been sent to the WSO. Keep writing! Keep submitting your photos! Iowa pops up in the FORUM nearly every month.

Since its full color inception last year, the content of our magazine is also growing in richness and diversity. Submissions from men, inmates, grandparents, WSO staff...we are all Al-Anon members focused on living in recovery! Locally,

Virginia B. has a picture on the back of the January Forum and Donna M. has an article on page 15. Vali F., the Executive Director of the WSO and our luncheon speaker at the Fall 2019 Assembly, writes about striving for balance in all her affairs on pages 8/9 in the December issue. I could really relate to her story! The timeliness of our magazine allows us to connect with our current WSO staff and also addresses today's topics in a way that books aren't able to.

Remember when each group received a complimentary copy of the FORUM? Did your group use it for fresh meeting topics? Did you give it to the newcomer as a lifeline until their next meeting? Were you able to use it as a public outreach tool and leave it at the dentist's office or in the airport for some weary traveler to pick up? For \$11 per year, your group can continue to receive this wonderful magazine. Purchase it online through the WSO <https://al-anon.org/for-members/members-resources/literature/magazines/> or by mailing in one of the forms at the back of the magazine.

Our group subscriptions have remained consistent over the year, however, the number of subscriptions that individuals, districts, service centers, institutions, etc., have ordered has increased by 40. Way to go, Iowa!! The last year of the term is when I finally feel like I know what I'm doing in my service position. It's a good time to remind our Group Representatives that a fun piece of their position is to act as the group's Forum representative. The description is outlined on page 61 of the Service Manual. District Representatives and district Forum chairpersons, would you please mention this aspect of the GR function at your next district meeting and throughout the year? I know we would all love to see the Groups participate fully by supporting our magazine.

I am so thankful for the opportunity to serve as the Alternate Delegate and Forum Coordinator for our Area!

Enjoying service,  
Katy P.

### **Area Chair**

Greetings from Northwest Iowa! As I write this, Iowa has been experiencing some very cold temperatures - yesterday my

car said it was -28° and I heard the wind-chill was -50°! BRRRRR! And due to poor weather, we had a very small intimate group at the



January service workshop – we had some fun 80's costumes present, and the workshops were a success – great information was shared on Officer/Coordinator positions, surfing around the internet on the District/Area/WSO Al-Anon websites, some 'fun' competition looking up answers in the Service Manual and the Iowa Policy & Procedures manual – great fun was had by all that were able to attend.

On Sunday January 20, we had a quorum for the AWSC (Area World Service Committee) meeting. Once again a lot of information was shared including Newsletter, Alateen, and Action Committees; and the Spring Assembly agenda was completed – look for the minutes on the Iowa Area Website! If you have questions about any of the service positions and are wondering if that job might be right for you, please feel free to contact any of the Area Officers or Coordinators; or look in the Iowa Policy and Procedures Manual. That perfect service position may be right in front of you!

Looking forward to warmer weather (fingers-crossed) when we get together again for the AWSC meeting on March 10, 2019, at the Hampton Inn in Marshalltown, Iowa.

Continuing to learn and grow,  
Virginia B.  
Area Chair and Member

### Area Secretary

Hello Everyone!

It was great to see everyone at the Service Workshop and the AWSC. As we all know, the weather did not cooperate; but it still was a great day filled with skits and fun all about service!

The Spring Assembly is right around the corner. Be sure to have the correct GR information to Becky V. (Group Records) for voting purposes 30 days before the Assembly. Remember for the Fall Assembly it is absolutely necessary to

have your information correct for voting purposes. If anyone has questions, please feel free to contact Becky V. or me.

Stay warm!

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

### Area Treasurer

Hello Everyone,

It was great to see all those who could come to the Service Workshop. If you missed it, we missed you too!

I really appreciate all of the groups and individuals that send donations to support the work of Iowa AFG. Please know that it is your support that keeps our fellowship functioning at the Area level. In addition to making sure our trusted servants are reimbursed for our expenses, funds from the Area pay for Alateen background checks, webpage fees, support our Delegate to visit all around our Area to share information from the World Service Office, and much more. Many groups send regular donations along with the twice-yearly appeal letter I send to the current mailing address of each group for a chance for all individuals to contribute to the Area.

Have you given any consideration to what you would like to do next term? If you have been or are currently in your 3<sup>rd</sup> year of being a District Representative, you may wish to consider standing for the Area Treasurer position. If you are good with numbers and fairly organized, this position may be just right for you. If you have questions, I am more than happy to talk with you. Feel free to call or email me at [iowaafgtreasurer@gmail.com](mailto:iowaafgtreasurer@gmail.com).

Thanks for your help,  
Jean L., Iowa Area Treasurer

### Coordinator Reports

#### Alateen

Alateen Report

I want to introduce myself. My name is Lorraine R. from Des Moines, IA; and I am your new Alateen Coordinator for the last year of the term. A BIG thank you to Katy P. who filled in when our last Area Alateen Coordinator stepped down and to

the other Area officers for working as a committee to keep Alateen moving forward.

The WSO recently reviewed our Area Alateen Safety and Behavioral Requirements, and the Policy Committee is working to bring our guidelines up to snuff. We need to include with our designation of Area Alateen Coordinator the Area Alateen Processing Person so our guidelines will show that we have an Area Alateen Processing Person, i.e. Area Alateen Coordinator/AAPP, and to have legal counsel review our Area Alateen Safety and Behavioral Requirements. Exciting to see our Area taking care of our Alateens!

#### **Iowa Al-Anon Literature Depots:**

939 Office Park Rd.  
Suite 113  
West Des Moines, IA  
50265

515-277-5059

[www.al.anondesmoines.org](http://www.al.anondesmoines.org)

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

[afg.aiclit@yahoo.com](mailto:afg.aiclit@yahoo.com)

#### **Web Sites:**

**Iowa Area**

[www.iowa-al-anon.org](http://www.iowa-al-anon.org)

**Al-Anon World Service  
Office**

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

[www.al-anon.alateen.org/member](http://www.al-anon.alateen.org/member)

←

ALATEEN TALK is now live and in color. Pages 4 and 5 of the FALL 2018 edition contain submissions from our Iowa Alateens. What a great idea to have Districts and Groups subscribe (\$2.50 for a single subscription OR \$7.50 for TEN!) and use the magazine as an outreach tool for our members. You can order by visiting

<https://al-anon.org/for-members/members-resources/literature/magazines/>.

In other exciting news, the Waterloo "Let Go and Let God" Alateen group is active again as of Jan. 2<sup>nd</sup>, AND I just submitted two new AMIAS to the WSO. It seems we are paying attention as Sue P., Associate Director-Group Service, reminds us in the November FORUM that we can give the help and hope we receive from Al-Anon to our children. Please continue to let your groups know about Alateen.

Alateen Serenity Weekend is April 26-28 at Camp Wesley Woods in Indianola. Updated flyers are on the website at <http://iowa-al-anon.org/alateen/> REGISTRATION DEADLINE IS MARCH 31!

Looking forward to serving you,  
Lorraine R.  
Area Alateen Coordinator

## Archives

Hi, Everyone!

I was able to send out two different forms for long-time members to fill out for our Archives. Talk to your District

Representative if this is something you would like to fill out and send to me. Don't forget to keep one for your District Archives. These forms are recommended for people with 25 years or more in Al-Anon. Please consider sharing your Al-Anon history with your Area & your District.

I did bring a few hundred old Forum magazines to the January AWSC. Not many of these were taken, so most were brought home with me. I'll try again in March. I have not received any of the Long-time member forms I handed out at October's Assembly. If you received on of these forms from me, please send it back after you have filled it out.

In Gratitude,  
Lori R.



## Group Records

Hello everyone!

Here is some information for you; and I have to say, these numbers surprised me!

1. Iowa has 162 meetings listed on the Area Group Records excel sheets.
2. Of the 162 meetings listed, 15 of them are registered under the same group number, so really there are only 147 **GROUPS** in Iowa.
3. There are 54 groups that **DO NOT** have a GR (this makes me feel sad) and it is not possible to have an alternate GR without having a GR!
4. WSO reported 62 groups sent in their annual group report, this number is not even half of our Iowa groups.
5. Currently there are 2 groups with no mail status with WSO and Iowa. These groups are not receiving information from WSO, the newsletter, or any appeal letters, etc.
6. Currently there is 1 group with a bounced email from WSO. I have not heard from Mary yet regarding of any emails coming back from the Iowa Newsletter.

I really liked the way WSO informed me of the annual group reports. I am very grateful to them sending for sending them out weekly! What is more exciting was the listings that said "no changes per annual report" because that means we are communicating and keeping our records darn CURRENT!!! Way to go everyone!

☺

After you get the chance to really review the above statistics, I hope we all can encourage our group members to become more involved in group service, starting with being a GR. I know all of my service work has helped me grow in all areas of my life and for that I am grateful.

Life is good,  
Becky V.



## Literature

Hello,

Here are the latest Literature updates.

***Intimacy in Alcoholic Relationships—Soon Available in French and Spanish:*** Our newest book will be available in all three languages by mid-February. Priority order forms have already been posted to the Literature Distribution Centers on AFG Connects.

***Just for Tonight Bookmark (M-81):*** This new bookmark, approved by the 2018 World Service Conference and based on a popular sharing in *The Forum*, will be available in all three languages by early April. The bookmark, like the *Just for Today* Bookmark (M-12), will be ten cents each.

### NEW DAILY READER (working title):

Sharings on the Steps, Traditions and Concepts of Service are still needed, as are ones that exemplify the wide variety of relationships and backgrounds of



members today. Please continue to put your thoughts down and share these writing with WSO.

### Sharings needed for "CAL Corner":

WSO always needs more sharings about how CAL has helped members with their recovery. Please write about *Opening Our Hearts*, *Transforming Our Losses* (B-29), *Intimacy in Alcoholic Relationships* (B-33), *...In All Our Affairs* (B-15), and *Alcoholism, a Merry-Go-Round Named Denial* (P-3) for its 50<sup>th</sup> anniversary. Please consider sharing how one of these pieces of literature have helped you in your recovery. Please remember to keep your sharing to 350 words or less for CAL Corner.

Thankful for Service,  
Missy Y.

## Newsletter

Is everyone keeping warm out there?!? January and February (so far) have been a challenge and a great reminder that there's very little I can control.

At the January AWSC meeting, I had the opportunity to share information about *Iowa Reaches Out*, our Area newsletter. Here are a few facts:

- The purpose of the *Iowa Reaches Out* newsletter is to share up-to-date information related to service activities within the Iowa area. **It is not intended to take the place of *The Forum*.** (Iowa Area Policy and Procedures, p. 12)
- *Iowa Reaches Out* is distributed to 203 email addresses and nine USPS addresses each quarter.
- Regular communication with the Group Records Coordinator helps to ensure that accurate email and mailing addresses for GRs and CMAs are available to the Newsletter Coordinator.

The AWSC is in the process of collecting responses to a ten-item survey regarding the newsletter. We hope this information will provide information to help us make *Iowa Reaches Out* useful, informative, and relevant to Iowa AFG members.



Together we are better!  
Mary S., Newsletter Coordinator

### Public Outreach

I hope you are leaving your 2019 Al-Anon Faces Alcoholism Public Outreach magazines everywhere you can! The 2019 Al-Anon Faces Alcoholism (AFA) 2nd printing should be arriving in April for those that ordered. 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

We needed to renew our subscription for the Iowa Al-Anon Website domain editor, domain name, and privacy registration through GoDaddy by April 2019. For the last 3 years we received a large discount of 50% plus possibly an additional 20% and paid about \$300. To renew the same package (called Ultimate), it would cost about \$650/3 yrs. After talking to the representative, he suggested we switch to a less expensive package (called Deluxe) at about \$450/3 years. These prices include 20% discount for renewal which they usually only offer to new users and not renewals.

My recommendation at the AWSC meeting was to downgrade to the Deluxe package. The only difference between Deluxe package and the previous package (Ultimate), is that we would pay for only 1 website instead of two. At the time we went with the Ultimate package, the price was low enough that didn't make any difference. We will keep every other feature of the previous package including backup/restore feature.

Switching to a new domain and environment was an undertaking which I was not prepared for. The WordPress editor is user friendly, powerful, and easy to teach. One option was that I renew the package for one year (approximately \$150) and let the next web coordinator and officers to take on the task if needed. Please note that paying for 3 years, would have locked the price down. At the AWSC meeting, it was decided that I renewed our website contract for 3 years as specified above.

Three new trivia questions are now posted on the website. Bring your responses to the Spring Assembly, and each correct answer is eligible to win a prize. The drawing takes place at the Spring 2019 Assembly.

All DRs must make sure that the meeting lists on the website are up to date. Please verify the revision dates. They must be updated yearly.

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. Any suggestions for the content of this page are welcome.

I received an email from Bob H. (WSO) as well as a message from AFG Connects to update some obsolete links on our Iowa website. These links to WSO sites were updated on January 1, 2019. The following pages were affected: public outreach, group records, newsletters, service resources.

There were several flyers handed out during the AWSC meeting. I encourage you to please forward these in .pdf format to me so they can be posted on the Iowa website.

Yours truly,  
Hedi. M.

### DISTRICT REPORTS

#### District One

Hello from District 1.

We are keeping busy in District One with Public Outreach. Our members are passing out Al-Anon Faces Alcoholism to local businesses, churches, and treatment centers, trying to reach those who still suffer.

Our Cookie Exchange got cancelled due to the weather. We rescheduled it for December 8. There were lots of goodies and good fellowship. Erika W. won first place for the best cookies. We all had a good time visiting and playing games.

Things are just getting started with the planning for our annual Spring Frolic. The date has been set for April 27, 2019. Planning for this event will be underway very soon.

Hope everyone had a safe and happy holiday season. Keep warm.

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

#### District Two

Brrr.... It's Cold outside! Hope this finds everyone staying safe and warm!! District 2 had to reschedule their meeting because of this blistering cold! We have

rescheduled it for February 12, 2019. We are getting



excited about our One Winter Night Event on February 23-24, 2019. Please submit your registrations by February 12<sup>th</sup>! The Flyer is on the Iowa Al-Anon webpage.

District 2 still has several things in the works such as a workshop in July and our



serenity fundraiser in May. We will keep you updated! Our groups have been rather small as of late with the snow and cold nights! Our newest group in Spirit Lake, which is held

on Thursday nights at the Spirit Lake Hospital at 6:30 p.m., is registered.

Yours in Service,  
Tracy H. G.

### District Three

Warm Greetings From District 3,

As I drove my daily commute from Ames to Des Moines this week, I was very grateful I live in the 'southern' part of District 3. The temp in Ames was -14 to Des Moines was -8. I can only hope we were slightly warmer than Mason City!!

We held our first district meeting for 2019 on January 27<sup>th</sup>. We were a small group due to snowy weather, but we got a lot done. Calendars were distributed to everyone who ordered. GRs gave group reports, and many of our groups are growing. The Ames Alateen group is solid, and attendance has been increasing. The Marshalltown Alateen group is still 'on hold.' Still no budget for the district; the DR (that would be me) did not get this done yet. Hope to have a proposed annual budget for the next district meeting on March 17<sup>th</sup>. We are focusing on the 12 Concepts of Service this year and hosting 2 Serenity Days. Mason City will host a Serenity Day on Saturday, April 13<sup>th</sup>. Ames will host a Serenity Day on Saturday, October 5<sup>th</sup>. We hope you can join us for one or BOTH events. Virginia B. will be the guest speaker - on April 13<sup>th</sup>. We are very excited to have her join us.

Upcoming District 3 Events:  
February 16<sup>th</sup>, 6 pm = Baked Goods Auction and Supper, Mason City Clubhouse

**April 13<sup>th</sup>, Noon - 4 = Serenity Day Concepts 1 - 6, Mason City**

Oct. 5<sup>th</sup> = Serenity Day Concepts 7 - 12, Ames, More Details To Come

In Grateful Service,  
Audrey U.

### District Four

Hello from District 4!

It was great to see everyone at our **Cold** January Workshop. It turned out very well anyway.

We have our Speaker in place for our Metro Anniversary in April. Planning starts this Sunday with AA and February 9<sup>th</sup> with Al-Anon after our District Meeting. I postponed our District Meeting because Mother Nature has a sense of Humor with the weather as well as my health!!

See you all in March.  
Grateful to be in Service,  
Judy B., District 4

### District Five

No report

### District Six

No report

### District Seven

In December, our district had its annual Holiday Party. We had a great turn out. We ate a potluck lunch, and enjoyed some games and fellowship. The white elephant exchange is always fun to see what people will steal from each other! And the actual white elephant figurine was a hit!

We have a lot of activity in the next few months. Our District 7 Serenity Weekend is scheduled for March 9-10 at Camp Wesley Woods in Indianola. The theme is "Let it Begin with Me." We switched the overnight to Saturday this year by district vote. The two wonderful event chairs have done a wonderful job preparing for the event, and I'm excited to see what they have up their sleeves!

The District 7 Birthday Celebration is scheduled for Saturday, April 27 at the

Mid-Iowa Boy Scout Center. This year's theme is "Gratitude is Key." Al-Anon speaker is Don B. from Wisconsin, and AA Speaker is Paula P. from Illinois. We will again be raffling off a handmade quilt, and we are also holding a silent auction for gift baskets donated by members. Registration is available on our website. We'd love to see you there!

Valerie B.

### District Eight

Good News, We survived the Polar Vortex!!

In District 8, we are thinking Spring! We are putting together our Spring Fling which is planned for Thursday April 4<sup>th</sup> from 6 p.m. - 8:30 p.m. Our flyer is on the website. Since we missed the January Service Workshop due to the snowstorm, we are borrowing part of the theme for our Spring Fling! We love the 80s! We have also decided our motto for this final year of our term is "Spark the Flame"! Our officers and GRs will be working on Sparking the Flame in our members,



identifying those that may fill our seats in the next term, and channeling our energy and excitement into them to encourage them to be a part of what we do! We will open with an ice breaker - Name that Tune with 80s music, have a Lightning Round/Panel "Get Into My Car" with our skit we didn't get to perform and the panel will talk about their positions, maybe play a little "Match Game" and take questions on what we do. Then we'll have a game of CAL or Not CAL and finally some words from our Alateen members and AMIAS. (always popular!)

We are also busy planning our Spring Assembly to be held in Grinnell! As part of our opening meeting we plan to feature a long time District 8 member, Ann D. who will tell some of her recovery story Friday evening.

Our last piece of business is deciding how to handle a new meeting that we started in Anamosa. As of now we do not have anyone specifically to take over the meeting after 1 year so we are deciding as a District how to proceed. That's what's happening here! Hope you all stay

warm and that the Groundhog is right, Spring is just around the corner!



Tricia K.  
DR District 8

### **District Nine**

Greetings from  
District 9 ☺

Plans are underway for District 9's Spring Women's Spiritual Experience Weekend. It will be held April 27<sup>th</sup> & 28<sup>th</sup> at Saint Mary's Monastery in Rock Island. The registration flyer is coming soon.

We held our 4<sup>th</sup> quarter district business meeting on December 5<sup>th</sup>. Our district currently has 5 groups with 8 weekly meetings. Bettendorf, DeWitt and Central Discussion in Davenport have the largest attendance. Their meetings range from 20 – 25 members. The other 2 groups CAL Book Study and Steps to Serenity are smaller groups and their attendance ranges from 4 – 10 members. We are hoping to fill all open service positions with elections this fall. There is also talk of a possible Serenity Saturday. All groups are steady.

Unfortunately, it looks like our Winter Wonders Fireplace meetings/potlucks did not happen this season but we had a good run.

On to good news; it appears we may be resurrecting a group in Clinton. A member, Nicole H., contacted me, we made some flyers, and there was enough participation to start a new group! The new group is called Hope for Today Clinton AFG, and they're located in a building where there is an AA meeting going on at the same time. Clinton seems to have many more awareness events around alcoholism/addiction. Hopefully this will lead to more Public Outreach in our district.

We continue to carry the message throughout our District by participating in weekly Al-Anon meetings at a residential treatment facility in Bettendorf. We have also recently been in contact with the new owners of CADS (Center for Alcohol and Drug Services), and we're hoping to be involved again with family members of those seeking treatment in their facility soon. We continue to distribute Al-Anon Faces Alcoholism booklet along with

several other pamphlets at both outreach meetings and throughout our communities.

Yours in Service,  
Michelle K.  
District 9 Representative

### **DISTRICT TEN**

No Report

### **District Eleven**

Hello to all from Dubuque,

We made some changes to Spring Workshop. The member scheduled to speak is unable to attend so there is a slight adjustment to the agenda.

The topic is: "Service Is Love in Action" and using When I Got BUSY I Got Better. Spring Workshop will be March 19, 2019, time will be 6:00 PM-8:00 PM, and doors open at 5:30 PM at Intergroup, 1670 Asbury Road, Dubuque. There will be 2 workshops: 1. Over Coming Fear Of Doing Service and 2. Finding Joy, Relief, Happiness, And Love In Doing Service.

The Julien Group will be hosting the Spring Workshop.



The Westside Wednesday AFG will be hosting the Fall Speaker Supper this year.

Winter is back and very active in Dubuque.

Love and Peace, in Service,  
Geri G.

### **District Twelve**

No report

### **District Thirteen**

No Report

### **District Fourteen**

No report

### **District Fifteen**

No report

