



IOWA REACHES OUT

MAY 2020

DELEGATE REPORT

Hello Iowa Al-Anon Members,

I am amazed and intensely grateful I had the opportunity to attend the 2020 Virtual World Service Conference. I send my thanks and gratitude to each of you for your thoughts, prayers, texts, and treats. I felt your love; please know that it helped me to stay connected to my Higher Power as I joined the largest group conscience in the world.



Preparing for Conference begins well ahead of the actual event by reviewing documents such as budget and audit information. Delegates were invited to offer comments and questions for clarity, which the WSO responded to ahead of Conference. Our bipartite Conference consisted of a Hybrid portion which included reviewing and responding to Chosen Agenda Items (CAIs); as well as Thought and Task Force presentations, which are built on the Knowledge-Based Decision-Making Process used to reach an informed group conscience (Service Manual, pg 70-72). I was able to make the 24-hour response deadline for each item brought forward. I spent up to 6-8 hours a day reviewing information, reflecting on my experience personally and in our Area, and researching our literature to formulate my thoughts.

The second part of the Conference was virtual. The World Service Conference attendees met online for four hours a day over two days (approximately 92 people including the Delegates, Board of Trustees, Executive Committee members, WSO Staff, and an ECRPM member). I confess that I left Day 1 feeling very lonely and alone. I missed having people to walk the unknown journey with. So, I did what I've been taught. I went to a virtual meeting. I was honest. I cried. I called my sponsor and I reached out to another fellow Delegate. I found my Higher Power in those actions and Day 2 was amazing! Our program teaches me that I feel a part of our program when I am involved, so I took strength from your prayers and asked two questions and made one comment. Looking back, it sounds so easy, but I was terrified.

IOWA ASSEMBLY

The Higher Power has been planning in love to help Al-Anon integrate this new virtual reality into our program of recovery. The Iowa AWSC is creating a Virtual Assembly that will be informative, thought-provoking, and engaging. We are ALL part of a historical time in Al-Anon history. I invite all members, and especially our GRs and Alternate GRs, to join our Virtual Assembly on June 6th at 1 pm. Please let me know if we can help you remove any barriers to joining us for this virtual assembly. Your presence is extremely important to the success of our Assembly. Please see the Iowa Area Website for the link to register for the Iowa Area Assembly and to review our informational Welcome presentation. Registration is free. A link to attend the Assembly will be sent to all registrants.

We have the distinct pleasure of having the Chairperson of the Board, Lynette K., as our speaker and a workshop leader. I look forward to bringing you information from the World Service Conference. Timely digital changes have been in play at our WSO (again, our Higher Power planning ahead in love)

UPCOMING EVENTS	
June 6	Virtual Spring Assembly -- Zoom All Members are invited to participate in our Virtual Assembly! Experience an Iowa Assembly for FREE and without traveling! If you have a computer, tablet, or smartphone you can join the video conference OR you can call in and join us via audio. Click HERE to register!
August 1	Iowa Reaches Out Newsletter Deadline
August 9	Area AWSC Meeting - Marshalltown
September 25-27	Area Serenity Weekend - Twin Lakes, Manson, IA
September 25-27	Alateen Serenity Weekend - Camp Wesley Woods
October 9-11	Fall Assembly - Coralville
October 31	Road Trip, You and Your Board Connect! - Cleveland, OH

and I look forward to sharing these with you, as well as the highlights from my week. Our Assembly will also include the business of Iowa Al-Anon. We have several items for the GRs to vote on so it will be very important for you to join us!

I will limit my presentation because of our virtual setting. To give you the full picture, I would like to visit our districts and bring the Thought/Task Forces and Chosen Agenda Items to you in an interactive setting. This will be planned in accordance with the opening of the state. This meets an additional goal that I have of encouraging our districts without DRs to reconnect with the Area. I look forward to meeting each of you!!!

VIRTUAL MEETINGS

A heartfelt thanks to Beth R. for keeping our Area website up to date and a huge thanks to the District website chairpersons and District Representatives for relaying meeting changes so that Al-Anon is available to our members and our newcomers. Sue P., Associate Director of Group Services at the WSO, shared these tidbits from the WSO during Conference. DR's please invite your districts/groups/members to include these vital links/resources from al-anon.org that can help them welcome newcomers to their temporary electronic meetings:

- Sample chapters of CAL: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)
- Free downloadable options: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)
- Slogans page: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)
- Members Blog: al-anon.org/for-members/members-resources/member-blog which is also available for use for

ALTERNATE DELEGATE

Hello,

I have been thinking about all the changes that have been taking place in the world; one thing remains solid for me – Al-Anon. Although most groups are closed for face to face meetings right now, Al-Anon still goes on. Many groups are meeting via Zoom or other similar platforms. It is different, but still, it is Al-Anon. We are still able to practice the Steps, Traditions, and Concepts of this wonderful program while social distancing. We can stay in touch with our fellow members through it all and for that I am grateful!

Just as Lois and Ann made history in Al-Anon we will also. A decision was made to cancel the in-person Assembly in Storm Lake June 5-7. However, with all the tools available to us, on Saturday, June 6, 2020, we will have our first-ever, virtual Iowa Area Assembly. What a great opportunity for all of us to be able to say we were part of this! Your Area Officers have been meeting regularly to make this happen. We will have our Speaker, Lynette K from Baltic SD. She will also be

any Al-Anon meeting.

- The Forum magazine excerpts: "The Forum" Magazine Stories
- The 2020 Al-Anon Faces Alcoholism magazine: [al-anon.org/for-members/members-resources/literature/...](http://al-anon.org/for-members/members-resources/literature/)

>>>> MOVING FORWARD >>>>

There are many golden opportunities on the horizon to gather in fellowship and recovery. I am planning to attend all of these and invite you to consider the same. These events are still formulating, but planners will appreciate adding the dates to their calendars.

ROAD TRIP, YOU AND YOUR BOARD CONNECT!

Saturday, October 31st Cleveland, OH

Plan a weekend Road Trip to Cleveland, OH! This is an opportunity to meet and interact with the WSO Board of Trustees and Executive Committee followed by a special WSC Closing Dinner in honor of outgoing Delegate, Trustee, and Executive Committee members that couldn't close their final Conference due to challenging circumstances.

WSC 2021 & AL-ANON'S 70TH ANNIVERSARY – a combined adventure

- World Service Conference will be held Monday, April 12, through Friday, April 16, 2021.
- Al-Anon will celebrate its 70th Anniversary with a banquet to be held on Saturday, April 17, 2021 from 7:00 - 10:00 pm at the Westchester Marriott in Tarrytown, New York for our celebration.

Al-Anon International 2023!

Celebrate Al-Anon's Seventh International from June 29- July 2, 2023, in beautiful Albuquerque, New Mexico. !Albuquerque in 2023!

presenting a workshop for us. We will have the privilege to hear our Delegate, Katy, share her experience of attending the first Virtual World Service Conference. A business meeting will also be held. More details to be communicated to all.

As of now, the fall 2020 Assembly is still scheduled for an in-person Assembly. We are privileged to have Sue P., Associate Director- Group Services, WSO as our speaker. She has also graciously agreed to do a workshop while she is with us in Coralville at the Radisson Hotel. Oct 9-11, 2020.

The Forum

As of the beginning of May, Iowa had 444 subscriptions to The Forum. I want to challenge IOWA to get that number up to 500. Don't we all know someone who could use a monthly pickup? Encourage them to subscribe or give it as a gift. There are two easy ways to order, a paper order form from the back of any Forum, or you can order online at al-anon.org –click on the Al-Anon store, then find the tab for the Forum.

Missy Y
Area Alternate Delegate

AREA CHAIR

Hello from my home to yours... where we find ourselves these days. As many of you have heard, we will be having a virtual Assembly on Saturday, June 6, starting at 1:00 p.m. via Zoom.

We will have a workshop - speaker (Lynette K from South Dakota, current Trustee) - Delegate virtual conference report - and the Business Meeting. We will be taking breaks throughout the afternoon.

Note - EVERYONE is invited to attend the virtual Assembly! What a great way to experience an Assembly without having to travel.

Please contact your Group Representative or District Representative if you would like to attend. And watch the Iowa Al-Anon website for more information.

Looking forward to experiencing a FIRST EVER VIRTUAL ASSEMBLY,

Virginia, *Area Chair*

SECRETARY

Hello everyone!
I can say, life has been an adventure since January. I'm sure many of you feel the same way and no one is sure what to expect tomorrow!

Our AWSC meeting minutes for 2020 are on the Area Website if anyone wants to read or review them. I must say our Area is adapting quickly to the way we communicate today. I am looking forward to the Spring Assembly via Zoom in June and hope to see many of you there. As your Area Secretary, this will be another adventure I'm actually looking forward to. I



enjoy learning new things in life and this will definitely be something "new"!!

Take care, everyone, stay safe, and always be kind!

Life is good,
Becky V, *Area Secretary*



TREASURER

Hello Everyone!
Wow, what a crazy world we live in today with quarantining -- Zoom meetings -- social distancing. We are all in this together - right?! Remember that we never have to do anything alone and remember to reach out to others.

Please watch your (or your group's) mail for the appeal letter coming in May -- you may have already received it. There will be an envelope enclosed for you to return your Area donation. Please make checks payable to Iowa AFG and include your group name and number in the memo section. Any donation you can make is much appreciated. Note: some groups are still sending donations to Jean L. and Lori R. Please take note: all donations should be mailed to me at 2668 Millstone Dr., Dubuque, IA 52002. I will provide an updated list for all district donations at the August AWSC meeting.

Check out the back of the appeal letter for information regarding the virtual Assembly.

I personally will really miss seeing everyone's smiling face in June, but I'm certainly looking forward to seeing you on Zoom in June!

As Always -- Growing in Service ---
Linda A. - *Area Treasurer*

COORDINATOR REPORTS

ALATEEN COORDINATOR

Hi,

Thank you AMIAS for holding steady in these changing times. Our teens continue to thrive because of your dedication.

LET'S TALK ABOUT ZOOM MEETINGS

What a wonderful Higher Power we have that during this pandemic our need was seen, and Iowa has Al-Anon and Alateen ZOOM meetings! The Alateen ZOOM meetings can be found on each District's website (if the District has Alateen

ZOOM meetings) or on the Area website iowa-al-anon.org. Do remember only Alateens can attend the Alateen meetings. Each Alateen meeting that uses ZOOM meets at the same time and day that the regular meeting met and has an Al-Anon sponsor or sponsors at the meeting.

ALATEEN TALK

The Winter 2019 Alateen Talk has articles from teens from all over the world BUT on page 6 under YOUNGER MEMBERS SHARE Iowa had sharings from Ava H, Addison S., Johanna M., and Cody M. Another teen, Gabe P., also from Iowa, wrote the article on the back page.

ALATEEN SERENITY WEEKEND THEME: PATHS TO SERENITY

YES, we are still having the Alateen Serenity Weekend in 2020! The flyer and permission sheet can be found on the iowa-al-anon.org website. The NEW DATE is September 25-27, 2020, at Camp Wesley Woods. The registration deadline is August 31, 2020.

Next Year's Alateen Serenity Weekend will be back in April.

UPDATING ALATEEN AMIAS (Al-Anon Members Involved in Alateen Service) BACKGROUND CHECK

There was concern that we haven't rechecked our AMIAS' backgrounds as other Areas have done; so, during the March AWSC (Area World Service Committee) decided to have all the AMIAS who have served Iowa Alateen for over five (5) years redo the State Of Iowa Criminal History Record Check. This form was originally completed when the Al-Anon member became a registered AMIAS in Iowa. While I was sending out the State of Iowa Criminal History Record Check forms, Virginia B., our Area Chairperson was informed of a system called SING (Iowa Single Contact Repository) which would include the Iowa Criminal History Record Check and the Iowa Sex Offender Registry. Another service offered by the Iowa Department of Human Services called the Iowa Child Abuse and Dependent Adult Abuse Registries would require sending out and receiving back a separate form. The cost to the Area to process all the forms would remain the same \$15 for each applicant as the Iowa

Child Abuse and Dependent Adult Abuse Registries would be free. The AWSC is in the process of voting on changes to our Area Policy And Procedure Guidelines to see if we will incorporate these registries.

JUNE ASSEMBLY

AMIAS, again thank you for your dedication – I look forward to seeing everyone virtually at June 6, 2020, Assembly. What an opportunity to attend an assembly – NO TRAVEL! Check with your District Representative or Group Representative for instructions on how to join in.

It will be a new experience, but I'm looking forward to seeing what we can accomplish.

OCTOBER ASSEMBLY

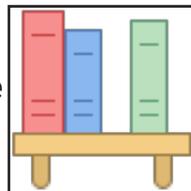
BUT, I hope to see all AMIAS, in person, at the October Assembly to be held at the Radisson Hotel in Coralville where I will be presenting The Area Alateen Safety and Behavioral Requirements to all attending Al-Anon members. Plus, Sue P., Associate Director - Group Services, who heads up the Alateen section at the WSO, will be the Al-Anon speaker.

AMIAS, it will be a great time to "talk to each other and reason things out!"

Lorraine R
Area Alateen Coordinator

LITERATURE CHAIR

Hello, Hope for Today (eB-27) is now available as an e-book. This e-book contains daily sharings from Al-Anon's adult children members. It is available in English, French, and Spanish and can be found at al-anon.org/b27.



There is still time to submit your sharings for the NEW DAILY READER (working title), the deadline is June 1, 2020. The list of 20 topics still needed, along with links to the writing guideline and the online sharing page, is: <https://al-anon.org/blog/last-chance-to-share-for-the-new-daily-reader/>. Next month, the Literature Committee will begin a year-long process of reviewing drafts of this daily reader.

Members are encouraged to read and write about their favorite CAL book (al-anon.org/blog/my-favorite-cal-book/) or pamphlet (al-anon.org/blog/what-is-your-favorite-cal-pamphlet-and-why/) on the Member Blog at al-anon.org/member-blog. Other topics to share about include the Steps, Traditions, and Concepts of Service.

In the Forum magazine feature, "CAL Corner" Members share how a certain piece of our literature has enhanced their recovery. May's focus is on The Al-Anon Family Groups-Classic

Edition (B-5), and June's will be on Hope & Understanding for Parents & Grandparents (B-33).

"CAL Corner", always needs sharings about how CAL has helped members with their recovery. Writings could be about Paths to Recovery (B-24) and the Paths to Recovery Workbook (p-93);... In All Our Affairs (B-15); How Al-Anon Works (B-32); or As We Understood (B-11).

Yours in service,
Mary E

GROUP RECORDS

Hi Everyone-
What a couple of months we have been having with this Covid-19!

I have been learning a lot about what it takes to be a Group Records Coordinator! There are so many parts to our Area group records! Group Records requires specific information on each group. One area I would like to emphasize is that all groups NEED to list the CMA (Current mailing address). If the CMA and GR are the same, that information needs to be recorded in that manner. Also remember, if no CMA is submitted, there is no one to send important information to when necessary.



Sending the group records information to the Web Page Coordinator, Treasurer, Secretary, Newsletter coordinator, and WSO requires some specific information and important updates; so, thank you for helping me keep these records correct and up to date. If there are updates or questions regarding your group's information, feel free to contact me via email at thgr2023@gmail.com

Tracy H.G.
Group Records



NEWSLETTER

It's mind-blowing how much our world can change in just a couple of months! As little is the way it was, I am so grateful for the stability of hearing the familiar words of our opening, steps, and traditions at our Zoom meetings.

I hope you'll take the time to read this entire newsletter, our AWSC members have been working hard to maintain the Al-Anon principles while continuing to serve our membership. In this issue they've included a lot of information on how that looks today.

The virtual June Assembly is a great opportunity for ALL members to experience an assembly without worrying about being away from home or the costs, I hope you'll try to join us!

Yours in service,
Luanne T, Newsletter Coordinator

PUBLIC OUTREACH

Happy spring! It is spring, right? Can I come out yet?

While most face-to-face public outreach opportunities have been canceled, alcoholism and its effects are manifesting. Isolation and financial stress are ticking time bombs in homes with a history of violence and alcoholism. As we know most of this is seen, heard, and felt by the children in the home. So, it is vitally important that we get Al-Anon and Alateen material into the hands of professionals.

Does everyone have their 2020 Al-Anon Faces Alcoholism magazines? It is a wonderful outreach tool. I keep these in my vehicle with our district phone number listed on the back because they have up-to-date information on face to face versus virtual local meetings. Although we may not be able to personally deliver magazines, we can certainly mail them to the same places we previously did.

Exciting news – WSO has revamped its LinkedIn profile! Along with optimizing their profile so that more professionals can

find them, WSO is also posting new content that is more relevant to professionals. Service arms are welcome to add the profile link to outreach materials, including posters and business cards, or to their District or AIS websites.

Has everyone seen the new Public Outreach Bookmark (M-76)? If not, you need to check it out! It has a message of hope for families with contact information on the back. While it is harder to get these bookmarks into libraries, waiting rooms, and other public places – think of how much good they could do in the hands of police officers right now.

A few other outreach suggestions; sharing WSO's social media posts without disclosing membership, calling local radio and TV stations to see if they will play/air the PSAs, participate in the Inmate Correspondence Service through WSO (April 2020 Forum pg. 10). What is your district doing for public outreach?

If you have questions, need help, or want to share other ideas - let me know.

Love and Service,
Michelle K.
Public Outreach Coordinator



WEBPAGE COORDINATOR



As COVID-19 isolation has impacted our communities, it has also impacted the webpage! Sharing experience, strength, and hope is definitely an essential service and our dedicated, resourceful members across Iowa quickly moved to alternative formats for meetings.

Districts across the state are offering online video meetings through Zoom and GoToMeeting platforms, conference call-in lines, and in-person meetings that limit their numbers and practice social distancing. iowa-al-anon.org is your access to all the latest information in your District and across Iowa.

Complete this online Form to submit information about COVID-19 changes to your meeting or email updates to IowaAlanonWeb@gmail.com. The COVID-19 meeting changes are then linked to your individual District (by city and District number) HERE. Webpages at the Districts (Districts 1, 7, and 8) also are linked HERE with up-to-the-minute COVID-19 meeting updates. Meeting links are "active" on the webpage. Click the link and go directly into the virtual meeting. See the webpage meeting listing for passcodes needed. There is no cost to download the Zoom or GoToMeeting applications.

All Iowa Alateen members are welcome at the online Zoom Alateen meetings hosted from Altoona, Cedar Rapids, and Des Moines. Links to these Alateen meetings are also found on the

District 7 and District 8 webpages.

Technology is amazing but can also be frustrating and intimidating. Even if you consider yourself to be a luddite, please try attending one of the alternative format meetings. Hearing that familiar voice, or seeing those faces on your computer, laptop, tablet, or phone is worth it! Meeting attendance is essential self-care, especially during this time of isolation.

I'm looking forward to "seeing" you all at the virtual Spring Assembly. To meet the needs of a virtual platform, the Webpage is adapting. Coming soon: Assembly reports posted to the Iowa Area Assembly tab (located under the

"Members" menu). A placeholder section entitled Reports for Assembly has already been added to the webpage, so Group Representatives and attendees can look to see where the Reports will be posted and accessible to all.

The Iowa Area Website strives to be a resource to Iowa Al-Anon. Please email any information to be posted on our website to IowaAlanonWeb@gmail.com

Yours truly,
Beth R
Website Coordinator

DISTRICT REPORTS

DISTRICT



Currently, groups in our district are hosting 3 online meetings. There has been discussion about resuming live meetings.

So far the vote is to continue online. We, like all of you, are trying to figure out what to do about upcoming events.

Our district Serenity Weekend Fundraiser is slated for July 31. We will keep you posted.

In Service,
Kathy B. DR

DISTRICT



Greetings from District 3. Uff Da! What a strange and challenging time we are living in.

As you are already aware, the April Serenity Day was canceled due to the pandemic. I am eternally grateful and in awe of the amazing GRs in our district. We had to cancel our March District meeting which was scheduled just as the country was being shut down. The GRs stepped up and worked with their groups to figure out what to do next. We have a mixture of meetings - some are still meeting in person; some have suspended, and some are Zooming. As a district, we have decided to purchase a Pro Zoom plan for 6 months to try it out.

I want to say THANK YOU to our area Delegate and Officers for all their hard work in helping us navigate this strange new world. This has challenged me and my program in ways I could never have imagined. Thank you to the other District Reps in sharing your experience and help in setting up alternative

meetings. This continues to be a steep learning curve. I am eternally grateful to be sharing this journey with such a great group of recovery friends.

I miss your hugs.
In Love and Service,
Audrey U, D3 Rep

DISTRICT



Three of our thirteen meetings are currently meeting virtually. Many of those who attend our online meetings have adjusted to the technology and are grateful for the opportunity to stay connected. We are starting to have newcomers

to Al-Anon log on to our meetings. At our upcoming district meeting, to be held virtually May 16, we will discuss how we will respond when we are allowed to meet again in our regular meeting spaces and how to welcome newcomers in a virtual environment.

Yours in Service,
Kristine N
District 4

There is only one corner of
the world you can be sure of
improving and that is
your own self.

One Day At a Time in Al-Anon,
May 23



DISTRICT



We held our District 7 Serenity Saturday on March 7th at Wakonda Christian Church. The theme was "Road Map to Serenity and we had 62 attendees. For the first time, this event was a single-day event versus an overnight option and based on the 42 surveys that were

completed, it was a huge success. We will be holding a single day event again in 2021.

Due to the Covid-19 pandemic, we had to cancel our D7 Birthday celebration; however, at the next in-person district meeting, we will still be raffling off the quilt that was made for the event.

While we are not able to meet in person, we have created zoom meetings for our members to interact with each other. We currently have 27 Zoom meetings going on throughout the week. We are very blessed to have the technology in place to allow these meetings!

Samantha M.
District 7 DR

DISTRICT



In District 8, we postponed our Spring Fling due to the COVID-19 outbreak. Perhaps later in the year, we will reschedule. The theme is "Self-Care - What a Novel Idea". We will be focusing on self-care using CAL! I will let you know when we reschedule.

All our in-person meetings were canceled; therefore, we took action! District 8 has 11 out of 12 groups 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 had some old friends who had moved away join us. It has been very exciting, and we are getting good feedback from our members who need their meetings.

**No updates received
from Districts 1, 5, 6, 9,
10, 12, & 13.**

If you'd like to submit an update for the next newsletter, email it to lowaReachesOut@yahoo.com

You can find District 8's Zoom meetings here: <http://www.cedarrapidsareaal-anon.org/meetings.html>

We are looking forward to a virtual Spring Assembly. Hope you all stay healthy!

Carolyn S.
DR District 8

DISTRICT



Hello from District 11! We have had continuous opportunities to grow in our program through phone meetings and some Zoom Meetings, as well. Our Thursday Beginner's Meeting was held in person through April 18th. We then moved to a Zoom meeting format.

That meeting will reopen to a face-to-face meeting as soon as possible. Our other meetings will remain call-in or temporarily closed until the members feel it is safe enough to meet in person.

We will be holding our next District Meeting through Zoom as well. I am looking forward to hosting this meeting and getting

to hear from all our Group Representatives and find out how our members are faring in this challenging time.

Yours in Service, Jamie V.

DISTRICT



Greetings from District 14, Covid-19 has been a challenge for our District as I'm sure with every district. Some groups have had an easier time adjusting to Zoom than others. But for the most part, it is working out well. A couple of our

smaller groups have not been meeting at all, but they have been keeping in touch with everyone. They will start up again once the pandemic allows them to.

The Alateen group in District 14, Alateen Freedom Seekers, had only one face-to-face meeting before the shutdown. They are using Zoom and it is going pretty well. They didn't get established before having to move to virtual meetings; but the sponsors plan on reaching out again, once things open up, in hopes of attracting more teens in need of a support system. We will get through this. Stay well.

Lovingly In Service,
Judy V.

PLEASE NOTE: Many members are using a variety of virtual platform to connect. In accordance with Tradition 6, Al-Anon is neither affiliated with, nor endorses these individual companies.