

IOWA REACHES OUT

AUGUST 2020

DELEGATE REPORT

Warm greetings from the heart of summer. Virtual meetings continue to be the mainstay in my district (7) and I continue to need them as much as ever. I hope that this update finds you in good health.

The Al-Anon Family Groups Mobile App is now available for free through the App Store and Google Play under the name Al-Anon Family Groups. To find out more about it, or take a virtual tour, [click here](#). Through the app you can attend Al-Anon meetings, subscribe to premium content, and receive announcements from the World Service Office and much, much more!!

I was thrilled to be able to attend the launch of the app on August 12th and pop in on the inaugural speaker meeting on August 14th. The mobile app provides a blank slate filled in with member submissions through our journal entries, posts, and chats, and, like our literature, features content written by us, for us, which is another way we incorporate the 7th Tradition into our recovery and our world.

There are two more opportunities to be a part of the launching of the app's initial electronic meetings. Join the WSO through the mobile app on Monday, August 17th at 11 am CST and on Wednesday, August 19th at 6 pm CST to be a part of history in the making.

The Conference Leadership Team announced that they will be honoring the outgoing members of the 2020 World Service Conference (WSC) with a virtual event on November 7th, 2020. This 4-½ hour event will feature 3-minute talks by each of the Panel 58 Delegates and two Spiritual Speakers. More information will be shared as it is finalized.

The 2020 World Service Conference Summary is now available as a pdf. [Click here](#) to view it. Reviewing the text and re-reading the comments in the discussion section deepened my gratitude for the work of the World Service Office and the office of the Delegate. I invite you to share in the Conference through the rich detail provided in the Summary. You will find that it is segmented into parts: Pre-Conference, Virtual, Discussion, Out of Conference Presentations/Reports, and Sharing Ourselves. Please let me know if you have any questions regarding the Summary.

My June Assembly report included many of the details from the Electronic Workgroup Meeting which is presented in the Discussion segment beginning on page 25, but as the Conference Summary reveals, there are many more items to discuss:

Chosen Agenda Item:

1. How is Al-Anon going to reach new members

UPCOMING EVENTS

October 9-10	Fall Assembly - Virtual
November 1	Iowa Reaches Out Newsletter Deadline
2021	
January 10	Iowa AWSC Meeting, Hampton Inn, Marshalltown, IA
February 1	Iowa Reaches Out Newsletter Deadline
March 12-14	USNCR Delegates Meeting, Indianapolis, IN
March 20	Service Workshop/ Serenity Weekend Planning Meeting
March 21	Iowa AWSC Meeting, Hampton Inn, Marshalltown, IA
April 12-16	World Service Conference, New York
April 17	Al-Anon 70th Anniversary, Tarrytown, NY

in the 21st Century and the millennial generation?

2. Our Envisioned Future sees Al-Anon being a global organization with barrier-free access to the program, how do you see this manifesting?

Task Force: Reaching and Unifying Rural And Large Geographic Populations

Thought Force: Fear of Change

Thought Force: Identifying Ways to Look at Service in Relation to Roles, Terms, and Possible Roadblocks

I would gladly accept an invitation to share on any of these topics with you and your members at your district's service workshop or event. I appreciated participating in District 8's celebration in June. I thought it would be odd to share on a virtual platform, but it went off without a hitch thanks to Carolyn's organization.

The WSO continues to send limited mail through postal means to the Current Mailing Address (CMA) contact listed for each group. In the past, returned mail had a larger financial impact than it does today due to the volume sent out. In May, the WSO updated their No Mail status policy to include a group only if the mail is returned with no forwarding address. Prior limitations included groups that had

returned mail and a CMA that was more than 25 miles from the group's meeting address. It was thought that a CMA that lived 25 miles away was probably inactive at that group and had likely been replaced by a CMA that lived closer, however, in our more rural counties this isn't always the case.

Your abundant donations gifted the WSO with \$509,058 in June alone, creating the real possibility that member contributions will exceed literature sales as the top source of revenue for the first time since 1954. A deficit of \$420,000 is still projected due to diminished literature sales. Members can help by purchasing literature (Iowa has two literature depots!). Electronic literature and monetary donations can be accessed through links on the WSO website at al-anon.org.

Anchored in the heart of our Legacies is a loving Higher Power that continues to support and guide Al-Anon in Iowa. I appreciate the tenacity of our Area World Service Committee members as we continue to conduct our business virtually.

In deepening gratitude,
Katy P.
Panel 60, IA Delegate

ALTERNATE DELEGATE REPORT

Hello,

I was excited to be part of the first Virtual Iowa Area Assembly in June. We had good participation and it went well. I hope you were able to attend. We are making history in Al-Anon! Lynette K. did a great job as our speaker. I enjoyed listening to her share. Katy did a great job on her report, sharing a large amount of information in a small amount of time.

The Fall Assembly will not be held in Coralville in October. AA has canceled the contract with The Radisson due to the current pandemic. We will have more discussion at the August AWSC meeting about what our October Assembly will look like. I am confident that we will have a great Assembly just as our Higher Power guides us. Sue P., Director- Group Services will be joining us via Zoom as our Al-Anon Speaker. She will also be presenting a workshop. Our Alateen speaker for the Fall Assembly will be Dayne H. from Ames.

The Forum

COVID-19 has changed a lot of things over the past months. One thing in my life has not changed; I still receive The Forum magazine in my mailbox each month and it is like a meeting in my pocket and a little pick-up for the day! Please encourage member subscriptions. In June, I put out the challenge for Iowa to get our monthly number of subscriptions up to 500. Don't we all know someone who could use a monthly pick-up? Encourage them to subscribe or give it as a gift. There are two easy ways to order, a paper order form is found in 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.

Have a great rest of your summer. I miss you all!

Grateful for Service,
Missy Y
Area Alternate Delegate

CHAIRPERSON REPORT

Hello from Northwest Iowa!

In light of the pandemic, Al-Anon continues to thrive with the support and contributions from Areas, Districts, Groups, and individuals. Please continue to support and contribute.

Being patient with changes to our meeting schedules, our Area Serenity Weekend, AWSC and Area Assemblies reflects in our attitudes toward each other. In these uncertain and challenging times, I find opportunities to use Tradition 11 and apply principles above personalities. I personally have seen growth in using the Al-Anon program to maneuver through the changes we continue to experience.

Watch for Fall Assembly information – at the August 9, 2020 AWSC meeting we will be setting the weekend agenda for October 9-10, 2020. I have been in contact with Sue P. from the World Service Office (WSO) in Virginia Beach. Sue will be our speaker and will be presenting a virtual workshop. Sue is a great resource for our Alateen program. The Fall Assembly will be held virtually and will last one to two days. We had great attendance and participation at the virtual Spring Assembly; let's do it again! More information to come!

Thank you for your support and cooperation as we move through 2020!

In Service,
Virginia B (iowaafg@gmail.com)
Member and Chair

SECRETARY REPORT

Hello everyone!



I think attending virtual meetings has been working for me; however, I do miss seeing everyone in person!

Our Fall Assembly is right around the corner, October 10th, so just a reminder, be sure to be in contact with your GRs and DRs for keeping up to date on your meetings. Please be sure to send your current/updated Group Representative and Alternate information to Tracy H.G., our Area Group Records Coordinator, 30 days prior to the Assembly.

Tracy will send me an updated list before the Assembly so your group will be able to vote, if needed, at our 2nd virtual Assembly.

Take care, everyone, stay safe, and enjoy your TODAY!

Life is good,
Becky V.
Area Secretary

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

AREA TREASURER REPORT

Hello Everyone!

Thank you everyone for your recent group and personal donations! The Area much appreciates any and all donations made to support Al-Anon in Iowa.

Please note that some groups are still sending donations to the wrong address. Some groups have auto-generated checks that definitely need to be changed to the correct address. Please remind your groups that donations should be mailed to 2668 Millstone Dr., Dubuque, IA 52002 - payable to Iowa AFG. Please include your group number in the memo section for easier reference on my end.



I will be working on providing all AWSC members with a current budget dollar amount used to date. I will also be providing a report to each District with up to date current group and personal donations in the near future.

Take care and hope to see everyone soon. I sure miss all of your smiling faces.

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

COORDINATOR REPORTS

Alateen Coordinator/ AAPP Report

Alateen AMIAS, you R O C K !

Alateen Zoom Meetings

Thank you, to those that could, for keeping the Alateen meetings going via Zoom. This has been a challenging time for Alateen in many Areas. Iowa has four successful Zoom meetings, and I know that some Iowa districts tried to set up the Zoom meetings with little luck. I'm in conversation with Alateen Coordinators in the US and Canada. Here are some statistics on how other Areas are doing:

Area	# of Registered Groups	#Online
Arizona	17	4
CA South	63	11
Connecticut	15	7
Delaware	10	1
Indiana	16	4
IOWA	10	4
Maine	4	0
Maritime Provinces	4	0
Massachusetts	16	2
Nevada	8	2
	(includes 1 Chat meeting)	
N. Carolina/ Bermuda	18	11

SO, THANK YOU, AMIAS for offering our Alateens recovery during this pandemic.

Alateen Serenity Weekend 2020 Cancelled

The 2020 Alateen Serenity Weekend, rescheduled for September 25-27, 2020 was canceled due to financial issues complicated by the pandemic. Due to lack of participants, the Area would have lost \$1000 plus the deposit if we had moved forward with the event. We had committed to 36 people and fewer than that number would be able to attend. Camp Wesley Woods agreed to put our deposit of \$300 toward next year's Alateen Serenity Weekend and not hold us to our 2020 contract due to the pandemic.

Alateen Serenity Weekend 2021

The Alateen Serenity Weekend 2021 will be

held at Camp Wesley Woods in Indianola, IA, April 16-18, 2021. Flyers will be out in January.

Fall Assembly, October 9-10th

The Fall Assembly will be virtual. As Alateen Coordinator/AAPP, I will be presenting Iowa Alateen Safety and Behavioral Requirements to the Assembly, and our Al-Anon speaker will be Sue P., Associate Director -- Group Services, who is in charge of Alateen services at the WSO.

The Alateen Committee

WOW, I can't thank the Alateen Committee (Katy P., Beth K., Samantha M., and Kristine N.) enough. Since March we've been meeting via Zoom, on the phone, and through email to update the Alateen portion of the Iowa Area Al-Anon/Alateen Policy and Procedure Guidelines from March on. Our final product will be part of the greater Policy & Procedure Guidelines presentation at the January 2021 AWSC.

Iowa Area 2020 Alateen Recertification

Every year, every AMIAS in Iowa is contacted and certifies that:

1. They want to be an AMIAS for the current year.
2. Are attending Al-Anon.
3. Haven't been convicted of any felony, charged with child abuse, nor acted inappropriately or sexually, or have emotional problems that would harm an Alateen.

All AMIAS who wished to continue as AMIAS returned their signed form and I posted them to the WSO Online Group Records database. The WSO notified Iowa on July 1st that we had completed our recertification.

FIVE Year Renewal of State of Iowa Criminal History Record Check

All AMIAS with more than five (5) years of service to Alateen were sent another State of Iowa Criminal History Background Check form to complete and sign. All AMIAS interested in remaining AMIAS have completed and returned their forms and Virginia, B., our Area Chairperson, submitted them to the appropriate state agency. All forms were returned and we didn't lose anyone for cause!

Lorraine R.

GROUP RECORDS

Hi Everyone-



I sure do miss seeing everyone face to face, but safety first!

Please note that if you are interested in getting your online meeting on the lowa-Al-Anon.org site or even to see information on other meetings visit the webpage and follow the links.

There really hasn't been much going on the group records side of things right now. If there are updates or questions regarding your groups information, feel free to contact me via email at thgr2023@gmail.com.

Tracy H.G.
Group Records

NEWSLETTER COORDINATOR

Like so many of you, I've stayed active through virtual meetings for the last several months. While I love seeing group members on my computer screen, I know that is not an option for some of our members and I ache for them and others who need our fellowship and are having a hard time finding us right now.



Reading through the submissions for this newsletter, I was heartened. Our members, Groups, Districts, Area, and WSO are all pulling together to support each other and keep our fellowship thriving as we chart the unknown.

I hope you will join us for the virtual assembly in October. It's a great chance to get involved without leaving the comfort of your own home!

The deadline for the next newsletter is November 1st. If your group has something to share, get it to your DR. If you don't have one, send it directly to me.

In Service,
Luanne T.
lowaReachesOut@yahoo.com

PUBLIC OUTREACH

Hello everyone. I wish I had more exciting news but unfortunately, a lot of in-person public outreach opportunities are still canceled across Iowa and the US.



How are your districts finding ways to distribute their Al-Anon Faces Alcoholism magazines or other public outreach literature? In our district, we have found that many facilities do not want any magazines lying around due to germs however, we've had more success when we mailed or put literature in the hands of professionals who can directly refer family members. This is where the new Public Outreach Bookmark (M-76) can shine! It is compact and has a small space on the back for website information and contact phone number.

Since 1989 every September the Substance Abuse and Mental Health Services Administration has sponsored National Recovery Month. This is a great way to get some information out there to bring awareness and reduce the stigma around seeking treatment. Together we can all recover from the family disease of alcoholism.

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 our PSA's (they are not being played in Iowa), or participate in the Inmate Correspondence Service through WSO (April 2020 Forum pg.10).

Before COVID-19, we would share public outreach ideas at our Spring and Fall Assembly. Since our Fall Assembly is virtual I would love to hear from members directly. If DRs or anyone reading this could have your local public outreach committee members contact me I would appreciate it!

As always, if you have questions or need help please let me know.

Yours in Service,
Michelle K.
PO Coordinator

DISTRICT REPORTS

DISTRICT



Hi from District 1,

We are staying safe and enjoying some face to face meetings again. Monday through Friday we have open meetings. Check online for dates and times or call Barb G. for more info 712-898-3757.

Our District meeting was face to face on July 16 and our office meeting was Aug 3. We social distanced and wore masks. In June we had Serenity Day at Stone Park and all went well. We have canceled our Autumn Awareness but hope to have it back next year.

Stay safe and pray for those still suffering from this disease.

Truly thankful and grateful,
Barb G District 1 DR

DISTRICT



Greetings from District 2,

As we continue to meet virtually, there has been some discussion, in at least one group, because of the growth in numbers, to possibly continue to meet virtually and have another face-to-face meeting as well.

Currently, all four of our groups are still meeting virtually.

We feel very fortunate to have gained new faces from outside the area and even the country.

Our Serenity fundraiser that was slated for the end of July was canceled. Of course, that was a big disappointment, since it such a well-attended FUN evening! We will look forward to next year.

Hopefully, soon we can all be together again! Until then, stay safe and well!

In Service,
Kathy B. DR-2

DISTRICT



Save the date: We are replacing our annual Be Good to Yourself Weekend with an online Be Good to Yourself afternoon on Saturday, November 7th, 2020. We look forward to an afternoon of interactive workshops and fellowship! We will email the

WSO a flier with an agenda later as planning progresses.

We recently created a local website. This will make it easier for us

to quickly update changes to the status of our local meetings. It also helps with public outreach. Now we can put a sticker on the Help and Hope outreach magazines with both the local hotline (319-291-3660) and the website address so newcomers have another local resource for finding meetings. We link to both the Iowa and WSO websites because of the tremendous wealth of information on those websites too. Check it out at: <https://al-anonneiowa.org>.

Yours in Service,
Kristine N.

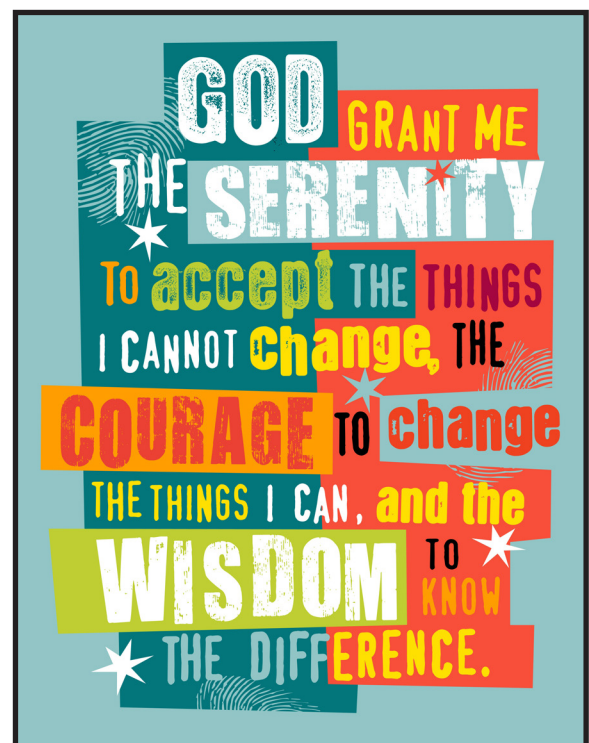
DISTRICT



We still have most of our meetings occurring via Zoom; however, there are few meetings in person and a couple hybrid one's meeting both via Zoom and in person. So very grateful to have the technology to continue meeting when and where it is not possible to meet in person!

We are continuing to hold our district meetings via Zoom and there have been a couple of anniversary meetings with speakers that were held on Zoom as well. Due to COVID, the majority of other events have been canceled; however, our service center is still sending out literature orders.

Samantha M.



DISTRICT



In District 8, we canceled our Spring Fling due to the COVID-19 outbreak and in its place, we held a virtual speaker meeting via Zoom on June 25. Katy P., our Iowa delegate, was our speaker. We had 42 in attendance including one person from New York and another from Arizona. It was well received and Katy did an awesome job speaking from her heart.

District 8 has 10 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. The groups are keeping a pulse on their locations and re-opening plans, and are returning only if they feel safe to do so. You can find District 8's Zoom meetings here: <http://www.cedarrapidsareaal-anon.org/meetings.html>

We are planning for our Fall Festival on November 12th which appears will be held virtually this year as many churches in our area have not opened to outside groups. We plan to have an AA speaker, Al-Anon speaker, and Alateen speaker. We are discussing some type of donation fundraiser to be a part of the Fall Festival. More to come on that.

Hope you all continue to stay healthy!

Carolyn S.
DR District 8

DISTRICT

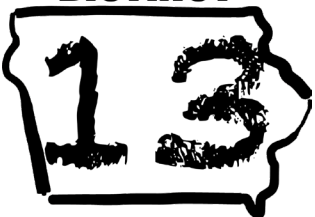


Hello to everyone from District 11. We held our July District meeting via Zoom to discuss how meetings are going. We have several meetings that have opened up to meeting in person and by using the phone or Zoom. We have worked hard to keep communications open while COVID

makes meeting in person difficult. Due to the concerns of COVID, we have changed our Annual Fall Speaker Supper from dinner and listening to two speakers to an appeal letter to support our Public Outreach.

Jamie V.

DISTRICT



Hello from District 13 (Iowa City, Muscatine)

I believe we have at least one Zoom meeting happening for each day of the week except Friday. GRs report that these meetings are going well. Attendance varies, but often

numbers are close to what they were during on-site meetings before March.

One group was offered space at their regular site, with the 10-person restriction. They decided to continue with Zoom so everyone could be included. Another group has been offered an outdoor meeting space at their regular meeting place. They are still discussing this option. Our groups would like to hear the experiences of other groups who have elected to meet outdoors.

Our phone line volunteers can provide callers information regarding current Zoom meetings. I can only think what a lifeline those meetings must be for the newcomer, but also of the personal contact they are missing out on. I join with everyone else in having faith that we will one day soon be able to offer a warm hand to hold, or a hug, to the newcomer.

Jill G., DR

DISTRICT



Greetings to everyone from District 14. Our District has 10 Al-Anon group meetings. One of these groups is a closed meeting that meets in a home. They are all over 70 and, for now, feel safe doing it this way. They hope to get back to their regular meeting place soon. Hope Rocks had 4 events

planned and on the calendar of which two had to be canceled. They will be deciding on the remaining two events soon. An AA Monday group invited Al-Anon members to their meetings; and if Al-Anon has enough there, they go off on their own and have their own meeting. We still have one group that meets face to face and offers Zoom also, for those that prefer that format for now. It's surprising how well Zoom works in that situation where they can all hear each other. For a few groups, it's a little slow going, member wise. But the GR's are making phone calls to those not attending and staying in touch. Carroll Freedom Seekers had an Alternate GR move up to GR and they are currently close to electing another Alternate.

All in all, I would say District 14 is going strong, especially when you consider the circumstances we find ourselves in.

Lovingly In Service
Judy V.

No updates received from Districts 3, 5, 6, 9, 10, 12, 15.

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