



# IOWA REACHES OUT

NOVEMBER 2020

## DELEGATE REPORT

Al-Anon friends, I love the ease with which virtual Assemblies provide so many of us a quick and easy means to participate in Area Al-Anon business. It was wonderful to be with you all! Full reports are available on our website at [iowa-al-anon.org](http://iowa-al-anon.org). There are many updates to my report from the Area Assembly in October, so please be sure to read further.

Please mark your calendar for an afternoon focused on Gratitude and Joy on Saturday, December 5<sup>th</sup>, from 1-4 pm. Find yourself a cozy spot, a cup of tea, and bask in the warmth of your friends as we listen to speakers share recovery. Following our speakers, we will break into small groups and share on the healing power of finding gratitude and joy in our lives. Click [here](#) to view the flyer on the Area web-

site. Please [click here](#) to register by November 15<sup>th</sup>.

The winners of the **virtual Town Hall** have been announced! Iowa wasn't one of the lucky winners, but it does seem each Area will do its best to invite members worldwide.

- Indiana is hosting on November 14<sup>th</sup>
- California North on December 12<sup>th</sup>
- Florida North on January 9<sup>th</sup>
- South Dakota on February 6<sup>th</sup>.

**Indiana has extended its invitation to up to 500 members beginning at 1 pm on Saturday, 11/14.** <https://us02web.zoom.us/j/89916453167> Meeting ID: 899 1645 3167 No Passcode.

DELEGATE REPORT, continued on next page

**AN AFTERNOON OF FELLOWSHIP**

# Gratitude & JOY

Please register by November 15<sup>th</sup>, 2020 by clicking [here](#).

<b>Saturday,</b> 12/5/20	<b>Speakers</b> 1PM	<b>Breakout Sessions</b> 2:15 & 3:15
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### UPCOMING EVENTS

	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
May 1	Iowa Reaches Out Newsletter Deadline
June 4 - 6	Spring Assembly, BV University, Storm Lake,

## DELEGATE REPORT, CONT.

1. Topics include Personal Sharing by Presenters, Finances and the WSO, Electronic/Hybrid Meetings & Mobile App, and Requirements for Serving on the Board.
2. Presenters are Vali F., Executive Director Lynette K., Chair of the Board Debbie G., Chair of Executive Committee

The presentations will be 45 minutes long, with approximately a 15-minute question and answer period. The flyer is on the last page of the newsletter and is on the Iowa Al-Anon website. Mark your calendar to join.

**Finance** Thank you, members, and groups alike, for your generous response to the WSO's special financial appeal. The good news is that the June contributions were \$335,732 (194% above budget expectations). The year-to-date contributions are \$615,206 (65% above budget). Year to date, literature sales are trending below budget at \$541,392 (29% decrease). June's electronic sales climbed to \$19,613, surpassing May sales of \$8,506. I love having access to electronic books. EBooks will come in handy as meetings move back to a physical location but limit book sharing.

Expenses are down \$99,967 (45.10%) overall due primarily to travel elimination for the IAGSM, WSC, and monthly executive committee meetings. The WSO is cutting spending wherever possible, including travel, employee furloughs, and limited hiring.

There is still a projected deficit of \$420,000 through the end of December 2020. Our program teaches us to take care of our immediate needs first, ensuring

our group can meet its priorities and that our District and Area operations are fiscally sound. The WSO commends this process and asks that they be remembered with additional donations as finances allow. Donations to the WSO can be sent to AFG, Inc., 1600 Corporate Parkway Landing, Virginia Beach, VA 23454, or through the website at [www.al-anon.org/contributions](http://www.al-anon.org/contributions).

**PUBLIC OUTREACH** The WSO released two critical pieces of information regarding public outreach at the end of October. See the Public Outreach report for details! A special thanks to Michele K., our Public Outreach Coordinator, for stepping into the District Representative role for District 9!



I hope you've had an opportunity to download the Al-Anon Family Groups mobile app from Google Play or the App Store. November is also known as Gratitude month, so I'm using the journal feature to write daily gratitude entries. Using the app gives me a fun, new way to remember this special time we are living in. I've found I can even add pictures or documents to round out my memories.

It is fantastic to gather and grow virtually! I look forward to sharing fellowship and recovery with each of you at the Gratitude and Joy event in December.

Until then,

Katy P.

IA Delegate, Panel 60

[iowadelegate@gmail.com](mailto:iowadelegate@gmail.com)

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## SECRETARY REPORT

Hello everyone!

It was great to see everyone at the Fall Assembly virtually. The minutes are posted on the Iowa Al-Anon website if you did not get a copy from your DR. There is a lot of great information in the minutes, so take time to read through them!

I look forward to seeing you virtually at many of the upcoming events. Again, look on the Iowa

Al-Anon website to see what is happening in Iowa. Remember, there is not much that can keep an Al-Anon member down for long!

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

Life is good,  
Becky V.

# ALTERNATE DELEGATE REPORT

Hello,

As we come into the Holiday season, I ask myself where the time went. Although we were faced with many challenges in 2020, we persevered. I am proud of Iowa Al-Anon!

2020 was the first year of a new term for Area Officers, Coordinators, DR's and GR's! As you walked through your service positions, I saw you finding solutions to the many problems that the pandemic has created for attending Al-Anon. We have now successfully held two Iowa Area Assemblies over Zoom. Many Districts have also hosted successful Al-Anon Zoom events.

Not knowing what challenges we will face in 2021, I am acting as if events, such as the Spring Assembly scheduled for June 4-6, 2021 at Buena Vista University in Storm Lake, will go on. The Al-Anon Co-chairs for this are Mary E., Fort Dodge, and Judy V., Carroll. The Alateen speaker will be chosen at a later date. Our Al-Anon Luncheon Speaker will be Jean L., North Central Regional Trustee, Dubuque, IA. The location of the 2021 Fall Assembly is yet to be determined.

## The Forum

Please use The Forum in your meetings and share it with your groups. It also makes a great gift.

Iowa had a total of 409 subscriptions to The Forum in September and October 2020.

There are two easy ways to order - a paper order form from the back of any Forum. 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 has posted a couple of job openings on AFG Connects, Group Services Specialist, and Magazine Editor. Ask yourself if this is something that you may want to check out. You would need to relocate to Virginia Beach, VA. Full job descriptions are available from WSO.

I hope you all have a safe and Happy Holiday season.

Grateful for Service,  
Missy Y  
Area Alternate Delegate

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# CHAIRPERSON'S REPORT

Hello Iowa,

I hope everyone enjoyed the last Assembly - we had some great speakers and workshops! Thank you to all you joined us and participated! In these COVID times, virtual meetings have really become a friend of mine - joining meetings all over the United States and Canada!

Be sure to join us (and register) for the Gratitude and Joy (virtual) event on December 5. Registration (free) deadline is November 15, 2020. You can find the flyer and registration link (within the flyer) on the Iowa website: <http://iowa-al-anon.org/calendar/>

The Iowa Area Service Workshop - What a Concept! Have you sent in your registration yet? It is Saturday, March 20, 2021. It will be a great day with service information for those new to service and those of us who are a little

more "seasoned." And if you send in your \$5.00 registration (yes, only \$5.00!) in advance, you will be put in a drawing to get your \$5.00 back. Log on to the Iowa Area Al-Anon website for the registration form: <http://iowa-al-anon.org/calendar/>

Make it an extra special trip and stay overnight with all your Al-Anon friends and stay for the AWSC meeting on Sunday, March 21, 2021, at the Hampton Inn in Marshalltown.

I hope this newsletter finds you safe and healthy!

Grateful for Service,  
Virginia B  
Area Chair and Member

# Area Treasurer Report

Hello Everyone!

Thanks to all that have donated via the recent Appeal letter or have personally donated to the Area, much appreciated!

The weeks are flying by! I hope all are well and staying safe.

A list of group donations to date has been sent all District Representatives. If you haven't reviewed it, please do so.

I sound like a broken record, but when donating, please make checks payable to Iowa

AFG and include your group name and number in the memo section. Note: some groups are still sending donations to Jean L. and Lori R. I have been trying to notify these groups (or the DR's) as much as possible if checks are sent to the wrong address. Please note that all donations should be mailed to me at 2668 Millstone Dr., Dubuque, IA 52002.



Have a great Thanksgiving - my favorite holiday!!

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

## COORDINATOR REPORTS

### Alateen Coordinator/AAPP Report

It is great to be back in touch after the virtual Area Fall Assembly.

Thank you to all who attended, especially the AMIAS. We were privileged to hear Dayne H., the Alateen speaker from Ames, IA, and Sue P., the WSO Associate Director - Group Services, share their experience, strength, and hope. Sue P. also did the early morning workshop on Al-Anon services.

#### *Mandatory Alateen Safety and Behavioral Requirements at the Fall Assembly.*

As the Alateen Coordinator/AAPP, I shared the Alateen Safety and Behavioral Requirements PowerPoint (with the help of Katy P, who kept the slides in order) to all in attendance. I was pleased that we had a chance to have the breakout session. I hope that the PowerPoint and the opportunity to "talk to each other and reason things out" will bring renewed interest in becoming an Al-Anon Member Involved in Alateen Service (AMIAS).

The PowerPoint has been sent to AMIAS, who were unable to attend. The email included questions to answer and return to me. If you failed to receive the PowerPoint and questions,

please contact me, as this is a mandatory requirement for all AMIAS.

*Alateen Virtual Meetings and In-Person Meetings*  
I want to thank the AMIAS for their dedication to continuing Alateen meetings virtually and in-person during this pandemic. It is your consistency that leads our Alateen members to trust that Alateen is essential.

#### *Iowa Area Al-Anon/Alateen Policy and Procedure Guidelines*

The Alateen committee continues to work on the Alateen portion of the guidelines and turn our work over to the Area Policy and Procedure Guidelines Committee. It is a rewarding task as the end result will hopefully make our Area's Policy and Procedure Guidelines easier to navigate. More will be revealed!  
Alateen Serenity Weekend 2021

#### *Alateen Serenity Weekend 2021*

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

Lorraine R.

# LITERATURE

Greetings to all of you.

Did you know that WSO has One Day at a Time in Al-Anon available in audiobook format? You can purchase it as [al-anon.org/b6](http://al-anon.org/b6). You can also buy Courage to Change, [al-anon.org/b16](http://al-anon.org/b16), and How Al-Anon Works, [al-anon.org/b32](http://al-anon.org/b32) in audiobook and eBook formats. Other publications available in eBook format are Alateen-Hope for Children of Alcoholics [al-anon.org/b3](http://al-anon.org/b3); Having Had a Spiritual Awakening, [al-anon.org/b25](http://al-anon.org/b25); Hope for Today, [al-anon.org/b27](http://al-anon.org/b27); and The Forum magazine [al-anon.org/eforum](http://al-anon.org/eforum).

The WSO Literature Committee has been working very hard and is more than halfway through reviewing sharings for our New Daily Reader (working title). They would still

appreciate sharings from our members for The Forum, and Al-Anon Faces Alcoholism.

Be sure to check out The Forum magazine. The topic "CAL Corner" in the November issue is How Al-Anon Works (B-25).

There is always a need for sharings for "CAL Corner": The topics needed are for Courage to Be Me (B-23); Opening Our Hearts, Transforming Our Losses (B-29); Intimacy in Alcoholic Relationships (B-33); Reaching for Personal Freedom (P-93); and Many Voices, One Journey (B-31). The writing guideline for "CAL Corner" is in the Guidelines & Procedures folder under the "Library" folders in the Literature Coordinator community of AFG Connects or at [al-anon.org/pdf/CALcornerSharingRevised%202018.pdf](http://al-anon.org/pdf/CALcornerSharingRevised%202018.pdf).

Yours in service,  
Mary E  
Literature Coordinator

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## WEBPAGE COORDINATOR

Hello from the Webpage,

Thank you to everyone that continues to send updates, flyers, and latest news. There are several flyers on the "Calendar" tab on your web site with upcoming events, both via virtual means and in-person. In these unprecedented times, challenge yourself to reach out and attend virtual events in our state.

The meeting list found at <http://iowa-al-anon.org/meetings/?d=any&v=list> does not currently reflect the COVID-19 virtual meetings that continue throughout our state. An updated meeting list is in the works; however, the District Meeting page is your source for the most up-to-date virtual meeting links by district and city. <http://iowa-al-anon.org/district-schedules/>

Direct your members to the links on the District Scheduling page, or for even more localized information, visit the individual districts web sites.

There are now five Iowa Districts with web sites in Iowa.

Cedar Rapids  
[District 8 www.CedarRapidsAreaAl-Anon.org](http://www.CedarRapidsAreaAl-Anon.org)

Des Moines District 7  
[www.al-anondesmoines.org](http://www.al-anondesmoines.org)

Sioux City District 1  
[www.al-anonsiouxcity.org](http://www.al-anonsiouxcity.org)

And the newly created website for Northeast Iowa Districts 4 and 5  
[www.al-anonneiowa.org](http://www.al-anonneiowa.org)

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

Yours in Service,  
Beth R.  
Webpage Coordinator

# GROUP RECORDS

I hope everyone stays safe and Happy Holidays! Thank you to all of you that have kept your group's information up to date. This simplifies things for the officers, WSO and myself.

If there are updates or questions regarding your group's information, feel free to contact me via email at thggr2023@gmail.com

Hope to see everyone next year!

Tracy H.G.  
Group Records

# NEWSLETTER REPORT

Wow! There is so much information throughout this issue of Iowa Reaches Out. So much is happening in our Area and throughout Al-Anon!

Also, another plug for the new AFG app, I hope you will check it out. You can even attend meetings and chat with other members!

Luanne T.  
Newsletter Coordinator

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# PUBLIC OUTREACH

Hello everyone.

This year has been a challenging year for public outreach and just being in public. We've had many challenges and adjustments. As our Covid numbers have risen, the facilities that had begun to open up have shut back down again. Thankfully, a few places have switched to virtual, so we can still carry the messages to family members still suffering.

There is some breaking news for the 2021 Al-Anon Faces Alcoholism magazines. The Public Outreach Committee at the World Service Office decided to remove the date from future publications in September. Overall, they felt that displaying the year on the cover was a more significant detriment than a benefit. Including the year on the cover likely leads to people throwing it out or choosing not to hand it out because it dates the information inside, which we all know is timeless. There will continue to be a date as part of the copyright information on the inside covers.

Public Outreach with our Public Service Announcements is also changing. As you know, in the past when WSO launched a new PSA campaign, they sent Areas lists of which local TV and radio stations were sent copies, and we would fill in the gap with other TV and radio stations not on the list; contacting them to ask

if they would play the announcements. With WSO's previous vendor, we were limited to how many stations we could contact because of the cost involved with producing and physically mailing copies to each one. This year we have a new vendor contract for electronic distribution to all Nielsen tracked TV and radio stations in the US and Canada. Since this distribution is broader in scope, there is no need to make phone calls. Not only do they send the PSA's electronically, but they also follow up with calls and emails to encourage stations to play them.

Some stations have asked that we no longer send thank you notes as extra mail requires extra staff. Early results from this new vendor have shown a vast increase in airplays from 5,403 to 12,473 from the same period a year ago. With this information, WSO would like member involvement in the PSA Public Outreach Project to be limited to existing media relationships and other non-media outlets such as movie theaters, schools, and institutions.

I look forward to seeing you all in public again. As always, if you have questions or need help, please let me know.

Yours in Service,  
Michelle K.  
PO Coordinator

## DISTRICT REPORTS

### DISTRICT



Greetings from District 3 –

Most of our meetings are held virtually. A few are now meeting in person or hosting a hybrid meeting (in-person & Zoom). Alateen has continued to struggle with attendance.

They tried Zoom, but it has been 'canceled' for lack of attendance. Teens have been encouraged to join the Des Moines Zoom meetings. We believe that one part of the problem is parents are no longer attending in-person meetings. We continue to have newcomers reach out and join us; via Zoom and in person. The Marshalltown group opened their Alano building on October 13th to welcome and support a newcomer. Attendance continues to be low; however, the groups are strong and consistent. Communication and flexibility continue to be our focus.

The Ames Intergroup hosted a virtual "Ice Cream Social" via Zoom on October 25th, and it went very well. The Intergroup sent to all the area officers and district representatives. Thanks to everyone for getting the word out.

We held our last 2020 district meeting on Sunday, October 25th. We continue to meet via Zoom. Deb B., our Alternate District Representative, chaired the meeting. Thank you, Deb. We were honored to have Katy P (Area Delegate) as our guest, and she did an excellent presentation on "Public Outreach." Thank you, Katy. Thank you to our GR's and officers who "make it all happen" – your dedication and service are appreciated – Julie, Kathy, LaShelle, Loreli, Jeffrey, Sue, Deb, Becky, Kevin, Sharon, Su, Heather, Marshalltown & Jody. Our next district meeting will be on January 31st, 2021.

It has been great to meet new officers and representatives this year. I'm grateful for the continued support of our Al-Anon Family. Via phone, in person (safely/at a distance), and meetings. I'm grateful for the amazing members who continue to find new solutions and adapt. As stated in One Day at A Time (ODAT), pg.38, "Somehow it makes my own burdens easier to live with when I hear the stories of others at Al-Anon meetings. Sharing experience, strength and hope acts like a medicine on the spirit, giving us a perspective on ourselves and our woes."

I look forward in hope for today, tomorrow, and 2021. You have taught me NOT to put my life on hold for tomorrow. We have today to cherish, live the best we can, and support each other.

In Humble Service and Warm Regards,  
Audrey U.  
DR District 3

### DISTRICT



Greetings from District 4.

Our new local website is receiving steady traffic. I have emailed the website address to local mental health professionals and clergy. We have also been able to do public outreach by providing

the Help and Hope outreach magazines to the local libraries and Pathways.

Our district meetings will continue to be virtual into at least early next year. Some of our local meetings are meeting in-person, others are online, and a couple are hybrid. We are grateful to have different options so people can find the help they need in a format that they feel comfortable with.

Yours in Service,  
Kristine N.

### DISTRICT



We will be holding our District Service Workshop on Saturday, November 7th at 9 am via Zoom. Katy P., Bonnie J., and Becky T. will be holding sessions on Public Outreach. Our November District meeting will follow the workshop at 11 am.

While most of our meetings are still virtual, a few are meeting in-person, and a couple are hybrid. One group is 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!

Our service center is still fulfilling literature orders, so please keep contacting us with your orders.

Samantha M.

## DISTRICT



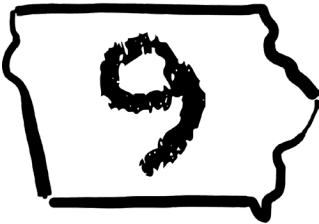
District 8 has a majority of its meetings still meeting via Zoom because schools and churches are not allowing outside groups to come into their facilities. Also, the Fellowship Club sustained roof damage due to the

derecho, but their upstairs floor should be opening soon. Alateen continues to meet via Zoom. Check out our website for meeting information if you would like to join us. The groups are keeping a pulse on re-opening plans at their location and are returning only if they feel safe to do so. You can find links to District 8's Zoom meetings at <http://www.cedarrapidsareal-anon.org/meetings.html>

Yours in Service,  
Carolyn S.  
DR District 8

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## DISTRICT



Happy Fall, Y'all!  
It's been a crazy time in District 9! We had a district meeting on Wednesday, October 28th, via Zoom. I am proud to announce that I (Michelle K.) was elected District Representative, Kris T. is our new Treasurer, and

Patti K. is our Chairperson. We are still looking for a Secretary, Alternate DR, and District Public Outreach Chair. I am excited to see what this term will bring.

Unfortunately, due to Covid, we had to cancel our Fall Women's Spiritual Experience Weekend scheduled for October 3rd & 4th. We still have a Spring SEW planned for May 1st & 2nd, 2021, at St. Mary's Monastery in Rock Island. We have our fingers crossed that we will be able to meet in person. District 9 has six groups with nine weekly meetings. Our Bettendorf group is having face-to-face meetings with 12-15 in attendance.

They also have a Zoom meeting at the same time that is held independent of the face to face meeting. Tuesday night CAL Book Study Group is entirely virtual for now using Zoom. We generally have 8 - 13 people each week, and we just started reading How Al-Anon Works. The Clinton group typically has 4-6 members, and they are back to meeting face-to-face. Our DeWitt group has a hybrid meeting; 8 - 10 members meet face-to-face, and the GR has

Zoom on her phone for members who cannot meet in person. Our Davenport Central Discussion has four meetings that have resumed meeting face to face, with an independent Zoom meeting held on Wednesday's at the same time as the in-person meeting (10 am). Wednesday has about 4-7 in-person members; Saturdays have 10 - 12 with an overflow room for social distancing, and Friday has been slow to pick back up with 1 -3 members.

At this time, our Thursday night Steps Group is temporarily not meeting. Throughout this pandemic, we have had newcomers virtually and at face-to-face meetings, which show the need for various meeting options. Our next district business meeting will be held via Zoom on Wednesday, December 9th.

Unfortunately, with covid we no longer participate in weekly Al-Anon institutional meetings at the Abby in Bettendorf. We have been blessed to be asked to participate at Rosecrance, which is an outpatient rehab facility in Davenport. We have four speakers in two different time slots on Wednesday every nine weeks to carry the message to others. We also distribute Al-Anon Faces Alcoholism booklet and several other pamphlets at this outreach meeting and throughout our community where it is allowed.

In Service,  
Michelle K.  
District 9 Representative

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## DISTRICT



Welcome, November and Autumn!

District 11 has added a Zoom account, so we can still meet face-to-face while keeping ourselves healthy and safe. Even with the addition of Zoom, we still have several groups that are meeting in-person. District 11 is planning our District meeting on November 14th, along with several workshops. We are also looking forward to bringing Joy to the "Gratitude and Joy" Event on December 5th. We are truly trying to share our experience, strength, and hope in this crazy time. Although we did not get to experience a "typical" service year, we did all grow in service and are looking forward to next year.

Jamie V.



Hello From District 14

While we are still trying to navigate the effects from the pandemic, I want to give a shoutout to all the GR's in my District. They have managed to keep their group together with about the same number in attendance pre-Covid-19. All groups have gone back to face-to-face, but a few are also doing Zoom for those that still prefer virtual.

Alateen is now meeting in their regular meeting place, the United Methodist Church in Carroll, but also using Zoom. They are working the best they can, at this time, to attract new members.

I am excited to inform you that we will be holding our 1st District meeting since the shutdown on November 22 at the St. Paul Lutheran Church in Rockwell City. I am looking forward to finally being

able to hold another District meeting and make plans for the coming year.

District 14 is looking forward to hosting the Spring Assembly June 4-6 in Storm Lake (if not held virtually).

Lovingly In Service,  
Judy V. DR



*Indiana Area Cordially Invites You  
First World Service Office Town Hall!!  
(Virtual)  
Saturday, November 14, 2020*

**Town Hall**

**1:00pm - 1:45pm EST**

**WSO Presenters**

**Vali F., Executive Director**

**Lynette K., Chair of the Board**

**Debbie G., Chair of Executive Committee**

**Topics Presented**

**Personal Sharing by Presenters  
Finances & WSO**

**Electronic/Hybrid Meetings & Mobile App  
Requirements for Serving on the Board**

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- *There will be 15 minutes of questions and answer time following the presentations.*
- *Indiana Area members' questions will be first. Questions related to presented topics only.*
- *Please send questions by November 10th to: Miriam B. at [delegate@Indiana-al-anon.org](mailto:delegate@Indiana-al-anon.org)*

*Login begins at 12:30pm EST*

*Please include your name and Area when logging in.*

<https://us02web.zoom.us/j/89916453167>  
Meeting ID: 899 1645 3167  
No Passcode. There will be a waiting room.  
Max 500 attendees

One tap mobile  
+13126266799,,89916453167# US (Chicago)  
Dial by location  
+312 626 6799 US (Chicago)