

IOWA REACHES OUT

FEBRUARY 2021

DELEGATE REPORT

I love Al-Anon in Iowa! Inspired by the 2021 Conference theme, *Moving Forward with Unity, Courage and Perseverance*, it is my goal to visit as many meetings as I can in each of our 15 districts before I attend the Conference in April. I encourage groups that are meeting electronically to review how easy it would be for a newcomer to attend your meeting. I found it challenging to find the password for a few of the meetings. Fortunately, I was undeterred and went on to find fantastic meetings on our literature and the Concepts! Thank you, Districts 4, 11, and 13, for your outstanding welcome!

In preparation for the Conference, I submitted our 2020 Area Highlights, which will be shared with other Conference members. Our remarkable successes in a challenging year are noteworthy. In 2020 we ensured our trusted servants were adequately reimbursed for their service, we dug (still digging) with great depth into the IA Policy and Procedures (Thank you P & P team!!), we learned how to incorporate technology into our business operations and events, we added a new DR (D9), all of our service positions

were filled, our AMIAS recertification was completed ahead of time (Thank you Lorraine and AMIAS!), we increased attendance at our Assemblies topping 100 people, and closed the year with the Al-Anon tenets of Gratitude and Joy.

I am looking forward to seeing how we can incorporate the positive aspects of including technology into our Area operations as we move forward to meeting in person in 2021. I know we will hear more about hybrid events at the 2021 WSC, and I look forward to sharing those insights with you.

Virtual World Service Conference

April 12-16, 2021

Moving Forward with Unity, Courage, and Perseverance

Chosen Agenda Items (CAIs) - Each Area is invited to submit Chosen Agenda Items to the Conference Leadership Team (CLT) before Conference. CAIs are intended to invite discussion around topics that affect Al-Anon groups and members worldwide. Are there any topics that you would like me to suggest? Please share your ideas with me by March 15.

Love Gifts

Traditionally the Delegate brings small tokens to Conference to express love from the Area/State they represent. The Delegate then brings back these mementos from other Areas and shares them with members at Assembly. These expressions can be whimsical, spiritual, or representative of the Area that creates them. **Happy crafters, would you participate in the 2021 WSC by creating love gifts that I could share with each of the Delegates on behalf of Iowa?** Items should be small and easy to mail. They may be sent to me at my home by April 1, so I can send them out in time



UPCOMING EVENTS

February 20	Iowa Policy & Procedure Review, Virtual
March 20	USNCR Delegates Meeting, Virtual
March 21	Iowa AWSC Meeting, Virtual
April 12-16	World Service Conference, Virtual
May 1	Iowa Reaches Out Newsletter Deadline
June 4 - 6	Spring Assembly, BV University, Storm Lake, IA
August 1	Iowa Reaches Out Newsletter Deadline
August 7	Service Workshop/ Serenity Weekend Planning Meeting
August 8	Iowa AWSC Meeting, Hampton Inn, Marshalltown

to reach members during Conference. I've included some examples.

If crafting isn't your forte, submitting a monetary love gift on behalf of your group or district to the World Service Office would ensure that our World Service Office continues to be fiscally solvent. At the same time, literature sales remain below average due to the pandemic – more about this at the March AWSC.



The extraordinary circumstances of 2020 prompted the WSO to publish a revised budget, which is not typically done. The WSO had a record-breaking year for contributions, thanks to the generosity of our members. A resounding round of applause to each member or service entity for their contributions! The numbers below illustrate that the actual budget is quite different from the original. The WSO did a remarkable job cutting expenses by suspending travel, reducing staff, and freezing wage increases. Your contributions are needed and appreciated!

I am looking forward to attending Conference with two other lowans - Jean L., from Dubuque, our current North Central Regional Trustee; and Debbie G., originally from Des Moines, a past Iowa Delegate and current Chairperson of the Executive Committee. We welcome your thoughts and prayers during Conference! Your notes, texts, and gestures buoyed my spirit during the unexpected shift to a virtual Conference last year. My deep sense of appreciation for each of you and the role that I have as Area Delegate continues to grow. Cards may be sent to our home addresses, which your District Representative can share with you (or reach out to me directly at iowadelegate@gmail.com).

Events of Interest. Events hosted through the service structure (World Service to Area to District to Group) can be found on our District and Area websites. Al-Anon Family Groups' Facebook page has also begun to post events sponsored through the service structure. A good practice that has served me well is to bring events to my meeting that I am made aware of through my District Representative or that I find on websites hosted through our structure. Using this understanding as a guidepost ensures a reduction in conflict and allows us to focus on what unifies us as a fellowship 70 years in the making.

Newcomer Packet/Welcome email We are all anticipating the electronic newcomer packet (K-10). It will be available for \$2.99 per individual purchase on Amazon, Apple, Google, and Barnes & Noble. The electronic packet is expected to roll out in the next few months, along with an update to the print version. Meanwhile, please share with newcomers that a welcome email is available by typing al-anon.org/welcome into their browser and type in their email address. Within a few minutes, a comprehensive email with information for new members will be sent. I encourage you to try this yourself!

New Meetings:

In November, the Winterset AFG Tuesday Meeting registered with the WSO. Welcome to this new group! Your meeting is a tribute to the tenacity that we have had during this last year.

lowans have formed a new permanent virtual meeting on Friday mornings at 9:30 am, focusing on the Three Legacies. The meeting ID is 83828244959; the Passcode is 392764. This meeting is available by searching the WSO website and including the day/time information in the perimeter fields. Permanent electronic meetings are not under the Area jurisdiction. You won't find this on the Area or any District website, but I thought it bore mentioning as a trib-

ute to this time in our virtual recovery. There will be more information about the inclusion of the electronic meetings in the service structure at the 2021 WSC.

The new **Al-Anon Family Groups mobile app**, free to all members, has 17 Al-Anon and seven Alateen meetings registered. I love the ease of clicking only once and finding myself at an Al-Anon meeting. I'm one of those that seems always to be searching for the password (or searching it up

FINANCES	YTD Actuals	Revised Budget	Original Budget
Revenue			
Literature Sales- net	\$1,724,261	\$1,750,000	\$2,900,000
Contributions	\$2,883,804	\$2,445,000	\$2,000,000
Other income	\$304,381	\$525,100	\$743,160
Total Revenue	\$4,912,446	\$4,720,100	\$5,643,160
Total Expenses	\$4,537,838	\$5,069,900	\$5,773,026
Net Increase (Decrease)	\$374,608	(\$349,800)	(\$129,866)

for my young Alateen!). The app allows us to interact with 'members-only' on a safe and secure platform. It bears sharing again that electronic meetings have been available to members for many years and will continue to be available in the future. To date, there are a total of 582 electronic meetings, 209 of those registered in 2020. According to the Fact Sheet for Electronic Meetings (S-60), these were initially intended as a supplement to physical meetings but now appear to be here to stay. 2020 has moved us forward into the digital world in a way we had previously resisted. I remember when we had to push our members to sign up for email announcements, and now we are in touch all day, every day. Electronic Al-Anon Meeting Guidelines (G-39) are available at al-anon.org under the members/member resources/guidelines tabs, should you be interested in starting one.

With gratitude and joy,

Katy P.
Panel 60, IA Delegate

Area Treasurer Report

Hello Everyone!

It was so good to see many of you at the last AWSC meeting a few weeks ago. It was a wonderful way to begin our 2021 service journey together. Thanks to all who attended to make it a great day. Those not able to participate were missed.

Thanks also for all the 2020 Area donations - all are much appreciated! When donating and remembering the 7th Tradition, please make checks payable to Iowa AFG and include your group name and number in the memo section. That is so helpful on my end. Some donations continue to be mailed to Jean L. and Lori R. I have been trying to notify these groups individually (or the DR's) regarding this. Please note that all donations should be mailed to me at 2668 Millstone Dr., Dubuque, IA 52002.

As Always -- Growing in Service ---

Linda A.
Area Treasurer

ALTERNATE DELEGATE REPORT

Hello,

Well, with winter well underway, I am dreaming of spring! I will be attending the virtual Regional Delegates meeting in March, hosted by Indiana. I am looking forward to seeing many new and old faces.

Currently, the Spring Assembly is scheduled for June 4-6, 2021, at Buena Vista University, Storm Lake. The Al-Anon Co-chairs for this are Mary E., Fort Dodge, and Judy V., Carroll. District 2 Al-Anon members have volunteered to help District 14 with the Spring Assembly. Our Al-Anon Luncheon Speaker will be Jean L., North Central Regional Trustee, Dubuque, and the Alateen speaker will be announced soon.

The 2021 Fall Assembly will be in Des Moines.

The Iowa Area Inventory committee has started working on the Area Inventory to be distributed at the Spring Assembly. When completed, the committee will then compile the results, and we will share them at the October 2021 Assembly. The inventory is going to look a little different this year due to virtual meetings. It's an excellent opportunity to figure out what is working for us and what is not. Remember, this is your chance to have your voice heard!

The Forum

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

Iowa had 393 subscriptions to The Forum in December 2020 and 384 subscriptions in January 2021. Subscriptions seem to be slowly declining each month. Please consider a subscription.

There are two easy ways to order, a paper order form from the back of any Forum or order online at al-anon.org -click on the Al-Anon store, then find the tab for the Forum.

Grateful for Service,

Missy Y
Area Alternate Delegate

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.

CHAIRPERSON'S REPORT

WARM Greetings from Northwest Iowa!

We are into the second year of our current three-year term. This term got off with a BIG BANG, and we all have handled it well! The January AWSC meeting met virtually on January 10, 2021, and the March 21, 2021 AWSC meeting will also be virtual - know that all are welcome to attend ... if you've always wondered what went on at an AWSC meeting - please join us. Contact me, your District Representative, or any AWSC member for the Zoom log in.

I have not heard officially on the Spring Assembly in Storm Lake - I know all are working hard with Buena Vista University to make the Assembly a go in person! More to come!!

We are working with Iowa Valley Community College in Marshalltown to make the service day a go on Saturday, August 7, 2021.

At the January AWSC, there was plenty accom-

SECRETARY'S REPORT

Hello everyone!

Here we are in 2021. What kind of blessings and adventures are in store for us in 2021 in Al-Anon?

Please review the upcoming events from the AWSC minutes, and I hope your groups are growing or maintaining members! Public outreach is still possible during this pandemic, and I have seen it working in my area! It is heartwarming to be in a meeting with newcomers and sharing the way Al-Anon is working in all of our lives.

I hope everyone stays healthy and warm during these Iowa winter months. Spring is getting closer, one day at a time!

Take care, everyone, stay safe, and enjoy your TODAY!
Life is good,

Becky V.
Area Secretary

plished, including approval of the 2021 Budget. A preview of the edited Iowa Policy and Procedure Manual was distributed following the meeting - if you haven't seen the edited version - please contact your District Representative, myself, or any AWSC member. The Policy & Procedure Committee plans to get together on February 20, 2021, to put together the final edited version for approval at the March AWSC meeting. What great progress has been made!

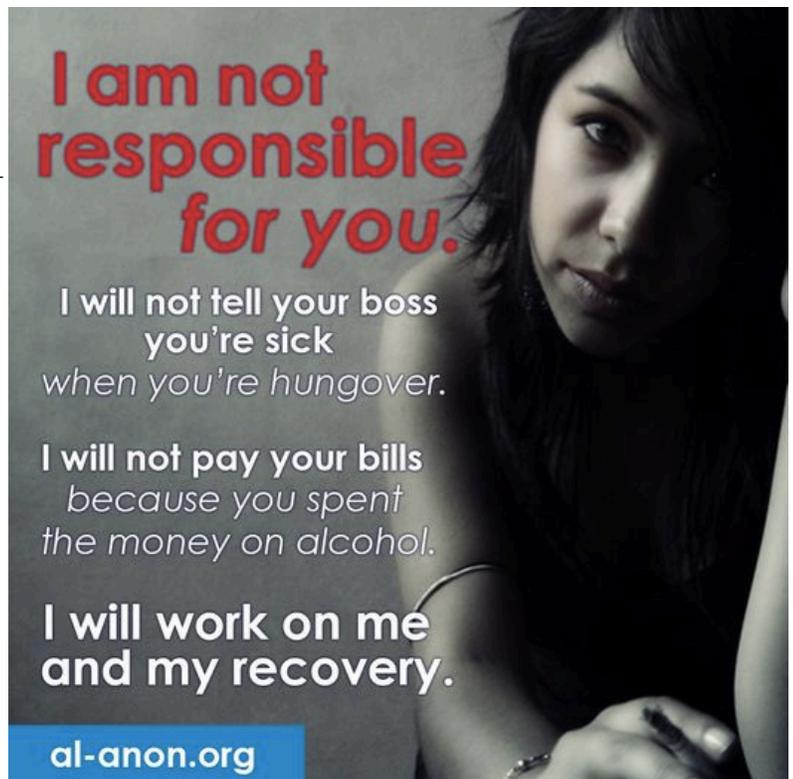
The Iowa Policy & Procedures will be brought to the June Spring Assembly for review/acknowledgment by the Assembly. You can get your copy of the current Iowa Policy & Procedures online at <http://iowa-al-anon.org/members/service-resources/>. We also set the agenda for the Spring Assembly in Storm Lake, Iowa, June 4-6, 2021.

As always, watch the Iowa website for updated flyers and information! <http://iowa-al-anon.org>

I would like to thank everyone for their support and cooperation during these trying times. Hopefully, soon we will all be back together in person!

Grateful for Service,

Virginia B.
Area Chair



I am not responsible for you.

I will not tell your boss you're sick
when you're hungover.

I will not pay your bills
because you spent the money on alcohol.

I will work on me and my recovery.

al-anon.org

COORDINATOR REPORTS

Alateen Coordinator/ AAPP Report

Hello,

I have a lot of Alateen news to cover following the Area World Service Committee Meeting on January 10.

The first three items are from the WSO.

- **Living Today in Alateen. Living Today in Alateen** (B-26) will be celebrating its 10th anniversary. The WSO would like to receive sharings from **Al-Anon and Alateen's members** on how this book has helped you in your recovery. Send your sharings via email to groupservices@al-anon.org by **March 30, 2021**, so they can be considered for an upcoming edition of **THE FORUM**.
- **Alateen Mobile App.** As many of you may already know, the **Alateen CHAT** platform was discontinued December 31, 2020. The **Alateen Chat** meetings are now available in **real-time** using the Mobile App platform powered by ZOOM (these meetings are the same meetings that were previously on the Alateen Chat platform). The meetings are conducted with two AMIAS present. Any teen who has downloaded the Mobile App or, if under 13, is utilizing their parent's access to the Mobile App can join. Alateen meetings using the Mobile App have a "Stop" sign displayed in the waiting room, and the assigned Host must be present before the meeting room is opened.
Currently, there are **six Alateen Meetings** available on **the Mobile App**. No new Alateen Chat meetings are planned at this time. To **connect** to the **Alateen Chat meeting**, go to al-anon.org/Alateen Chat and hit enter, there you will see "More information on Alateen Chat Meetings and Safety," click on this to find the meeting times. You will then see two hyperlinks, one to download the app and the second with step by step instructions.
- **2021 Annual Area AMIAS Recertification.** The WSO, on January 13, 2021, opened the Alateen group files to the Area Alateen Processing Person (AAPP) to update the current AMIAS. If you are an AMIAS, please complete and return the AMIAS Recertification form that I am emailing or sending to you promptly. It will allow us to comply with the WSO so that Iowa Alateen can continue to use the Alateen name and have Alateen meetings. I appreciate your help!

PLEASE NOTE: MY INTERNET PROVIDER "CENTURYLINK" SHOWS UP AS MY NAME WHEN I SEND AN EMAIL.

ALATEEN SERENITY WEEKEND 2021

"Thank you" Alateen Committee, for your continued support in setting the time and place for the Alateen Serenity Weekend.

The Alateen Serenity Weekend will be held **September 17th - 19th, 2021, at Camp Wesley Woods**. We have worked with Camp Wesley Woods to change the date from our original April date so that more Alateens and AMIAS will be able to attend - hopefully without Covid-19 worries. A preliminary flyer is on the back page of this newsletter. Pricing for the weekend will be released soon.

ALATEEN SECTION - IOWA POLICY & PROCEDURES

Our attorney, Elizabeth R., has submitted her legal opinion regarding the Alateen portion of the Iowa Area Policy and Procedure Guidelines. The next step is preparing our section to email to the WSO for review

Lorraine

NEWSLETTER COORDINATOR

There are some great articles in this issue of Iowa Reaches Out. Hopefully, you'll find useful information for your district and group.

I'd also like to invite you to join us for a virtual review of the Iowa Policy and Procedures Handbook. The Handbook provides the framework for AWSC members in service positions in Iowa AFG. I serve on the current Policy and Procedures committee, and we undertook an extensive edit of the manual, separating it into three sections - Policy, Procedures, and Alateen Policy. Hopefully, you've had a chance to see the changes and submit comments and questions. On February 20th, we will review your comments before preparing the final document for approval at the March AWSC meeting.

In Service,
Luanne T.

PUBLIC OUTREACH

Happy New Year!

2020 was an interesting year in Public Outreach! For me, it took a pandemic to figure out how to use a smarter-than-I phone. A need to connect with others who have been affected by alcoholism led me to the World Service Office meetings tab, where I discovered Zoom, Whatsapp, FCC, Discord, and Messenger meetings. I've never learned how to use so many different apps in such a short amount of time! This got me thinking how important it is to have this information readily available for anyone, anywhere that reaches out for help.

I'd like to share some public outreach suggestions that I've received from other areas.

Click LIKE on WSO and Alateen social media and share if you're comfortable.

Without any in-person meetings, consider reading from our 'Meeting in a Pocket' magazine, aka The Forum.

Be sure to have your district meeting list up to date with electronic AND in-person meetings listed so you can attach them to copies of Al-Anon Faces Alcoholism.

Don't forget the Inmate Correspondence Service. Member anonymity is maintained at all times by using the World Service Office as the return address.

When a newcomer attends a virtual meeting (or in-person), tell them about going to al-anon.org/ welcome, enter their email address, and click '*I am not a Robot.*' They will receive a welcome email from the World Service Office with a subject line that says, 'Welcome, here is some valuable information for you.' The email contains links to member blogs, podcasts, In the Loop signup, CAL, Sponsorship, and anonymity, among other things. This also avoids copyright infringement from creating our documents - instead, we send them straight to the source.

We can also refer prospective new members to the Newcomers tab on the WSO website, where members can also listen to First Steps to Recovery podcasts.

Al-Anon and Alateen are not only on Facebook, Twitter, LinkedIn, and Instagram - the WSO has an official YouTube channel! Check it out and share.

The good old Postal Service still delivers letters, bookmarks, and other messages of help and hope to all the places that may be closed to the public.

At January's AWSC meeting, I heard what other districts are doing for public outreach. District 11 was able to put up 2 billboards using WSO's Road Map Design. Iowa City (District 13) advertises on city buses for free. District 8 has a business card magnet to give to professionals and prospective members. District 2 has a POP (Public Outreach Program) program for handing out plastic bags that include a How Al-Anon Works book, What Al-Anon Is/Is Not, and Public Outreach bookmarks in them. Good work, everyone! It is exciting to hear about what others are doing for Public Outreach in their area

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

Yours in Service,

Michelle K.
PO Coordinator



GROUP RECORDS

Hello Everyone,

Thank you for all you do to keep your group's information up to date. Up-to-date group information helps members and newcomers find a meeting when they need one!

Please remember to include the **group number**, **name of the group**, and **district** when you send the updated information. This information helps make the process easier and minimizes the possibility of group records missing essential changes.

One way to verify your group information is available and correct is to place yourself as a newcomer and try to find a meeting in your location via the Iowa Al-Anon site (iowa-al-anon.org). Did you find your group? Was everything there that needs to be? Will the newcomer or other Al-Anon member find you? Will they find hope and help available through an Al-Anon meeting?

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

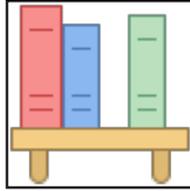
Hope to see everyone soon!

Tracy H.G.

Group Records

AREA LITERATURE

Hello, I have good news for all of you looking forward to our new daily reader. I am excited to report the Literature Committee is almost done with the first draft. The work ahead will involve translating it into French and Spanish so that all three editions can be released simultaneously. Members' sharings for the book were over 1,600 in all. WSO would like to say a big thank you to all who submitted their stories. Those not included will be forwarded to the *Forum* Editorial Advisory Committee to be considered for our monthly magazine.



The Literature Committee is also producing an electronic version of the *Al-Anon Newcomer Packet* (K-10). There is no set release date, but the announcement will be made when it is available. It should be accessible through a variety of vendors just as our current eBooks are, such as *How Al-Anon Works* (eB-22), *Courage to Change* (eB-16), *Hope for Today* (eB-27), etc., and should work in the same way the eBooks do.

Members, another way to give information to your newcomers is for them to get online. WSO developed a URL last year that electronic meetings can provide to newcomers to sign up to receive an email

with newcomer information: al-anon.org/welcome. The newcomer will be prompted to enter a personal email address where the digital data will be immediately delivered.

If you have never read or written a sharing, please consider visiting our Members Blog at al-anon.org/member-blog. Each month they add new topics, including the Steps, Traditions, and Concepts of Service.

We also have an opportunity for members who would like to share how a specific piece of literature has enriched your recovery in our monthly magazine, the *Forum*, "Cal Corner." January's topic is on *Opening Our Hearts, Transforming Our Losses* (B-29). Other sharings for "CAL Corner" needed are on *Many Voices, One Journey* (B-31), *Alcoholism the Family Disease* (P-4), and *Hope & Understanding for Parents & Grandparents* (P-94). 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.

Yours in service,

Mary E

Literature Coordinator

Al-Anon Family Groups

The Official Mobile App of the Al-Anon Family Groups



Al-Anon's First Official Mobile App Released!

Download on the
App Store

GET IT ON
Google Play

 **Mobile Guide**

 **New Electronic Meeting
Registration Form**

DISTRICT REPORTS

DISTRICT



Greetings From District 3,

We continue to navigate the ever-changing COVID-19 pandemic. Most of our meetings continue to meet via Zoom. We have some in-person meetings in Mason City, Ames, and Marshalltown. We continue to

see newcomers, which is encouraging. Groups in the Mason City area have been doing some public outreach activities. The Boone meeting, which had just reopened last summer, has since closed. Hopefully, they may open again sometime soon.

Attendance and representation at the District meetings is strong, and meeting dates for 2021 have been set. The proposed budget for 2021 was discussed and approved at the January meeting. We learned some new terminology - Descriptive Budget vs. Restrictive Budget. Descriptive = suggested guidelines, and amounts may be adjusted as necessary. Restrictive = dollars are allocated, any extra expenses spent must be requested and approved by officers. We all agreed the 2021 Budget is a "Descriptive Budget (priorities & plans)." We also decided to continue the District Zoom account for one more year. It was great to meet and avoid driving in the winter weather.

In Humble Service,

Audrey U
District Representative

DISTRICT



Greetings from District 4.

We will host a virtual winter workshop on the three A's: Acceptance, Awareness, and Action on Saturday, February 13, 2021, from 1-4 pm. We will have speakers from all

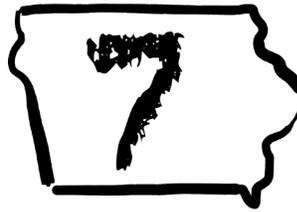
over the country and Canada and opportunities for attendees to share. Check out the flyer on the Calendar section of the Iowa Al-Anon website for more information.

For public outreach, we recently submitted a press release about the availability of local Al-Anon meetings to 17 newspapers in northeastern Iowa and hope some will run the information.

Yours in Service,

Kristine N.

DISTRICT



We will be holding our D7 Serenity Saturday event on March 6th from 11 am - 3 pm via Zoom. We will have three sessions centered on different pieces of conference approved literature. At this time, the only session that has been finalized will be on

Intimacy in Alcoholic Relationships. Please check out the flyer on either the Area or D7 websites.

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. We are super hopeful that we will all meeting in person soon!

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

Samantha M.

Happy New Year!

DISTRICT



I'm baaack! I am happy to be the new/old Representative for District 9!

We are looking forward to a Rockin' 2021 in our district. We held our first district business meeting via Zoom on Wednesday, December

9. Each group in our district reported steady attendance and even a few newcomers at temporary virtual meetings along with our face to face meetings. Bettendorf has an in-person and zoom meeting available at the same meeting time. DeWitt meets in person but with a Zoom hybrid for those who cannot meet in person. Tuesday night CAL Book Study is entirely via Zoom, and Thursday night Steps Group is not meeting at this time due to Covid. There was no report from the Clinton group, but we believe they're still meeting face-to-face. Central Discussion has four in-person meetings and two (temporary) zoom meetings available. We had an audit of our books on December 21, and we're ready for our new district treasurer (Kris T.) to take over. We still have openings at our district level that we are hoping to fill.

Unfortunately, our Fall Women's Spiritual Experience Weekend was canceled due to covid closure. We have a spring SEW scheduled for May 1 & 2, 2021, at St. Mary's Monastery in Rock Island. We are hopeful that we'll be able to attend in person.

We cannot do our weekly institutional Al-Anon meeting at the Abby in Bettendorf due to Covid. However, we do attend an outpatient meeting every nine weeks at Rosecrance in Davenport. We hand out our Public Outreach Bookmark and "What Al-Anon Is/ Is Not" and have two 20-minute Al-Anon speakers. I'm very grateful to our members (they know who they are) who step up and are of Service on short notice to carry the message in our community.

Yours in Service,

Michelle K.

District 9 Representative

DISTRICT



Hello February!

District 11 had our January District meeting and look forward to spending more time with our Al-Anon friends. We are preparing for this year

by planning our Spring Workshop and our Fall Speaker Supper. I cannot wait to see how these activities turn out and hope you can join us.

Jamie V.

DISTRICT



Hello from the eastern shore of Iowa!

Our district's meetings continue to be via Zoom. Attendance varies from 4 to 20, but average out to about 10 people. Most meetings

have volunteers to lead each meeting and then open "popcorn-style" discussion. Several groups practice the 7th Tradition by having members mail checks to the group treasurer or donate directly to WSO online.

Our groups are interested in how others are distributing literature (newcomer packets and book purchases).

There are no meetings currently taking place for the Muscatine or Wilton groups. Iowa City has noon meetings every day of the week except Wednesday. There are evening meetings Sunday, Tuesday, Wednesday and Thursday. If you are interested in attending Zoom meetings of any District 13 groups,

you can obtain entrance information by calling the district phone line: 319-499-8344. Leave a message and a volunteer will return it.

In grateful service,

Jill G., DR

DISTRICT



Hello and Happy New Year from District 14. I am super happy to be putting 2020 behind us and am excited and looking forward to a new year in Al-Anon.

I am also very happy to report that we held our first District meeting in a way too long on January 24. Zoom just didn't seem to be an option for our meetings. We did change our meeting venue to the Recovery Hall in Carroll. GRs present reported they were keeping their membership steady, and two said they were seeing new members. We still have one group that has remained closed, and the rest are either face-to-face or face-to-face and zoom. The draft copy of the Iowa Area Al-Anon/Alateen Policy and Procedure Guidelines was discussed.

AMIAS Karen E. reported that Alateen is by zoom only. Their meeting venue is opening up shortly, and they are hoping that having a physical place to meet will be more appealing to teens. The group is going to have to start over by attracting members, and they have met to see how they want to proceed and get the word out to schools and professionals.

There was also quite a bit of discussion on the District 14 Spring Assembly in Storm Lake June 4-6. Now that we know the Assembly will NOT be virtual, we have a better idea of what will need to be done. Our next District meeting is scheduled for April 17, and we will be able to firm more up at that time.

I am making it my commitment to visit Al-Anon groups in District 14 this year and am very excited to meet the groups. I am also looking forward to the virtual review of the Area Policy and Procedure Service Manual in February and the next AWSC meeting in March.

Lovingly in Service,

Judy V.