

# IOWA REACHES OUT

MAY 2021

## DELEGATE REPORT

Friends, I can't thank you enough for your thoughtfulness in reaching out to me during Conference. Every prayer was felt, every message appreciated! I am so incredibly grateful for the opportunity to serve as your Delegate. What excites me is the thought of who will find themselves in this seat in 2023! Dream big, friends!

Please consider this a taste of the extensive Conference information that I received on behalf of Iowa at the 2021 World Service Conference. I am bringing a wide range of information to our Assembly in June, including the love gifts that I received from other Delegates. I hope you will attend in person and take home a token from Conference. A special thank you to those that created love gifts for me to send out to all the Delegates. I received so many compliments on them!

Before I get into the news, I want to give Beth K., our immediate past Delegate, a special shout-out. Beth was selected to serve a one-year term on the Public Outreach Committee at the WSO. She has a special passion for Public Outreach and will be a fantastic addition to their team. Please join me in thanking her for her willingness to serve in this capacity!

## Motions

### Electronic Meetings

- 1) The Conference voted to recognize electronic meetings as Al-Anon Family Groups. Electronic groups will have the opportunity to elect members for all service positions, most importantly that of the Group Representative.
- 2) The process of forming an Electronic Area is underway with the end goal of voting it into the AFG structure at the 2022 World Service Conference. To support an electronic Area, the Conference voted to amend the Service Manual to remove geographic designations of Areas, Districts, and Groups. The new Electronic Area will be contiguous to all Areas. This allows electronic groups to consider joining another Area and Areas to consider allowing electronic groups to join

them. See your current Service Manual 2018-2021 v2 page 158 under Miscellaneous: Renaming an Area, Changing a group/District to a new Area.

What does this mean for Iowa? Our part will be to begin exploring how Iowa AFG might incorporate electronic meetings into our structure. The Knowledge Based Decision Making process (KBDM – found under WSO Committees in the current Service Manual) will help us make an informed group conscience. A detailed presentation will occur in June, followed by a Town Hall in July. Your DR will bring your ideas to the Area World Service Committee (AWSC) meeting in August and more discussion at the October Assembly. I'm excited about the conversations this invites us to have!

### Literature and Policy Text

- Alateen Preamble – Updated the text to be more welcoming and inclusive to Alateen members.
- Just for Tonight bookmark - Conceptual approval was given to create a Just for Tonight bookmark for Alateen.
- The One Day at a Time daily reader and the Dilemma of the Alcoholic Marriage will be given

## UPCOMING EVENTS

May 16, 2 pm	AMAIS Meeting, Zoom
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, Marshalltown
August 8, 9 am	Iowa AWSC Meeting, Hampton Inn, Marshalltown
September 17 - 19	Alateen Serenity Weekend, Wesley Woods, Indianola
October 8 - 10	Fall Assembly, Embassy Suites on the River, Des Moines
October 23	Road Trip! You and your Board Connect Cleveland, OH
November 1	Iowa Reaches Out Newsletter Deadline
November 5 - 7	Serenity Weekend, Twin Lakes, Manson, IA

new introductions to honor their history in our literature and place them in historical context.

- Housekeeping changes will be made by WSO staff to the Digest of the Al-Anon/Alateen Policies portion of the service manual. These will be minor changes, such as removing titles of books no longer in print and updating grammatical errors.
- Language will be incorporated from the Bequests section of the manual to the Contributions section.

### Bridging the Gaps

- Trilingual interpretation will continue at Conference, allowing all members equal access to Conference information.
- A 5-year longitudinal study will begin in 2022. This survey will follow a group of members to glean information that validates Al-Anon as a primary source of help and recovery from people affected by alcoholism.

Additional approved motions: Audit Report, Finance Committee Report, Annual Report, Election of Regional Committee on Trustee Chairpersons, Alternates, and the drawing of the names for Out-of-Region Delegates will now occur outside of and prior to Conference.

Beyond all of the motions and business, the Delegates, Staff, and Trustees forged relationships. We laughed at our virtual faux pas and shed tears during the speakers. Debbie G., the current Chairperson of the Executive Committee and past Iowa Delegate, launched the Conference with a thoughtful, personal sharing, interwoven with pieces of the history of Al-Anon that she has been a part of as a past Trustee; a history that culminated in the motions passed during the week. I felt Iowa proud!

### On the horizon...

- eK-10 – Welcome, Newcomers! will soon be here. It will be \$1.40 per copy on most eBook publishers and \$1.99 per copy from apple.
- Online store – is being upgraded with a mobile-friendly, user-friendly face. It's also trilingual! Expect occasional promotions and historical information on the web banners.
- Member Survey! Beginning in June, the WSO invites everyone to complete a short survey about your membership in Al-Anon. In addition to the longitudinal study, the membership survey helps the WSO inform professionals about who is affected by alcoholism and how Al-Anon benefits members affected by alcoholism.

### Trustee Connections and Selection

Our Mega Issue revolved around the Trustee selection process. This is especially pertinent to Iowa

as we are part of the North Central Region and will be voting on our Trustee nomination for our region at our Assembly in June. We have one application, which is included in this newsletter, submitted by Jean L. She is seeking a second three-year term beginning after the 2022 World Service Conference. At Conference Jean L., past Iowa officer and our current North Central Regional Trustee (Again, Iowa proud!) participated in a creative thinking process to help us identify ways to increase member understanding of the role of the Trustee and encourage more members to stand for this vital and valuable service position. Please be sure to review her resume before Assembly.

Through the years, Trustees and members have interacted in various service-focused events; the latest has been called TEAM, Together Empowering Al-Anon Members. There is a need to refresh the structure of these events to make the best use of time, talent, and finances. The Conference discussed what we hoped the dissolving TEAM events would evolve into. Overwhelmingly the Conference agreed that engaging with members of the WSO staff and Trustees builds enthusiasm for service and understanding of the roles these positions play in Al-Anon's well-being and that we would like to continue to strengthen those connections through some kind of event. I'm looking forward to seeing what develops out of the conversation.

Meanwhile, the WSO is inviting all members to spend a day interacting with the Board of Trustees in an event called Road Trip! You and your Board Connect, in Cleveland, OH, on October 23, 2021. Registration will be limited and opens in August of 2021.

In celebration of Al-Anon's 70<sup>th</sup> anniversary, the WSO launched registration for the virtual event on July 10<sup>th</sup>, 2021. The 'seats' went quickly; however, a recording will be available on the Mobile App and WSO website for replay. How can we find to celebrate Al-Anon's 70<sup>th</sup> anniversary in our groups, district, or Area, whether virtual or in-person?

### Area Assembly – See you in June!

Expect expanded discussion on the above items, plus information about your contributions, hot topics to talk about, and a whole lot more at the June Assembly. The Area is committed to sharing the business of Al-Anon with you. We are doing our best to integrate technology into our structure with an eye on the future of Iowa Al-Anon. I want to give a big shout-out to the entire AWSC as we continue to face our fears and move forward with unity, courage, and perseverance.

With appreciation, gratitude, and hugs,

Katy P.

Iowa Delegate/Panel 60

## ALTERNATE DELEGATE REPORT

Hello,

I am so excited about the Spring Assembly in Storm Lake June 4-6. I hope you will be able to join us! You can pre-register online through May 20<sup>th</sup> @ <https://area-24-2021-spring-conference.cheddarup.com>, and as always, you can register at the door for the Conference.

After attending the final walk-thru at BVU, I feel confident in the college and the precautions they have in place. They are following all recommended CDC guidelines. Currently, they will require masks to be worn at all times by attendees.

All meals will be buffet style; however, they will be served by BVU staff. Our dining area and Speaker Area are large enough to accommodate social distancing.

Anderson Hall, the Al-Anon meeting room, will house our Delegate's report, workshops, and business meeting, and is large enough for 250 people. Currently, BV is allowing 84 in the room. If our numbers go over that, we will be moved to a larger chapel that can hold 350 people. They are very conscious of the number and have asked us to do the same.

The Alateen room for Alateen meetings will follow the same distancing rules of one-third capacity.

I truly hope you can join us in person! I do encourage you to attend in person. However, if you cannot, we will be doing a trial of presenting our Area Delegate's report and the business meeting hybrid via Zoom. While registering with the physical conference

through AA is not required to attend via Zoom, it has been suggested that you donate to the conference. Please mail any donations to 2021 Spring Conference District 2, PO Box 181, Newell, Iowa 50568.

The Fall Assembly will be in Des Moines at The Embassy Suites on the River Oct 8-10<sup>th</sup>, 2021. Shelley P and Julie N will be the Al-Anon Co-Chairs. Our Al-Anon luncheon speaker will be Betty A- Mankato Mn. I look forward to hearing Betty.

The Area Inventory will be presented at Area Assembly in June by the Area Inventory Committee. An inventory is presented in the 2<sup>nd</sup> year of each term. Our 4<sup>th</sup> Concept comes to mind here "Participation is the Key to Harmony"!

### *The Forum*

WSO is always looking for sharings for The Forum. Currently, they are asking for sharings on The Twelve Traditions and The Twelve Concepts. Please keep your sharings to 150-400 words.

Forum Sales have increased slightly during April, with a total of 336 subscriptions. That total is down about 100 subscriptions from last year. Please consider a personal monthly subscription, in which you can get a monthly paper copy and/or electronic copy of The Forum. There is a paper order form in the back of any issue. Or you may order online at the Al-Anon Store at [al-anon.org](http://al-anon.org).

I hope to see you all in June.

Hugs,

Missy Y.

Alternate Delegate



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## CHAIRPERSON REPORT

Greetings from Northwest Iowa!

The March AWSC meeting met virtually on March 21, 2021. We had a couple great workshops – updated Iowa Policy & Procedures and a writing workshop from Alternate Delegate Missy Y. and Literature Coordinator Mary E.

Officers are working with Buena Vista University to hold the Spring Assembly in Storm Lake via hybrid (in person or virtually) on June 4-6, 2021. GRs – you have received an email with more information. At the Spring Assembly, you will hear Katy P., our Iowa Delegate, give her report with information from the World Service Conference (WSC). Also, the updated Iowa Policy & Procedure will be presented to the Assembly. There will be more information shared

regarding Serenity Weekend, electronic meetings, etc. Spring Assembly agenda and reports will be available on the Iowa website under the Assembly tab by Friday, May 28, 2021.

Hope to SEE you there!

The Area Service Workshop is still a go for Saturday, August 7, 2021. I have been working with Iowa Valley Community College in Marshalltown on COVID safety guidelines.

Please visit the Iowa website for updated flyers (including the August 2021 Service Workshop) and information! <http://iowa-al-anon.org>

Grateful for Service,

Virginia B.  
Area Chair

## SECRETARY REPORT

Hello everyone!

Here we go! It is exciting to know we will be face to face at Assembly in June. Hope to see many of your smiling faces there!

For the first time since I took this position at the beginning of the term, I will be there to register all the GRs in person! I'm looking forward to the Assembly with gratitude and excitement. There will be a wealth of information shared by our Delegate, and it will feel good just to be with everyone.

I would like to remind everyone to keep looking 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. When I get busy, I get better!

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

Life is good,

Becky V.  
Area Secretary

## AREA TREASURER REPORT

Hello Everyone!

I am so excited to see some (hopefully lots) of you at the Spring Assembly in Storm Lake in June.

I am in the process of sending out the May appeal letters. Please know that you can bring your appeal

and/or your group's donations to the registration table at Assembly, and I will gladly accept them and you can save yourself a stamp.

Please remember to put your group's name and number on the check to ensure that your donation is credited correctly. One thing to note: please remember to keep Group Records (Tracy H.G.) updated with your group's current CMA information, as this is the list that is generated to mail the appeal letters.



Thanks for all the recent Area donations – all are much appreciated! When donating and remembering the 7<sup>th</sup> Tradition, please make checks payable to Iowa AFG and include your group name and number in the memo section. I know I sound like a broken record, but... Lori R. has still been receiving some donations. I continue 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.

Hopefully, all of you have put the Serenity Weekend on your calendar! I can't wait for registrations to start coming in the Fall, and maybe, we will be able to accept registrations electronically – God willing.

See you soon! And thank you for all the service work you do!

As Always – Willing to grow in service ---

Linda A.  
Area Treasurer

## COORDINATOR REPORTS

### Alateen Coordinator/ AAPP Report

Hello!

Thank you to all the AMIAS (Al-Anon Member Involved in Alateen Service) for your dedication to Alateen. I feel a sense of relief knowing we are closer to the end of the pandemic that has kept us all close to home and greatly impacted our Alateen meetings.

#### AMIAS Zoom Meeting

Exciting news! There will be a Zoom meeting for all AMIAS on Sunday, May 16 at 2 pm to brainstorm ideas to rejuvenate the Alateen meetings. Please contact me if you are an AMIAS and didn't receive the zoom ID and passcode.

#### Recertification

I appreciate all the AMIAS who have recertified for 2021-2022 and those still returning their recertification forms to me. The cutoff date is May 30<sup>th</sup>. Anyone who doesn't return their form to me by that date will be inactivated.

#### State of Iowa Criminal History Record Check Form

Some AMIAS will be receiving State of Iowa Criminal History Record Check Forms as Iowa Al-Anon has decided to have AMIAS background checks done every five (5) years. If you are an AMIAS and receive one, please complete and return it to me.

#### 2021 Area Alateen Serenity Weekend

We are still on pace to have the Area Alateen Serenity Weekend September 17-19 at Camp Wesley Woods in Indianola, IA.

Lorraine R.

## GROUP RECORDS



Hello Everyone

Group Records has not had much change. Thank you for all you do for keeping your group's information up to date.

When you send updated information to group records, please remember to include the **group number, name of group, and district**. This really helps make the process easier and minimizes the possibility of group records missing important changes.

One way to verify that your group information is available, place yourself as a newcomer and try to find a meeting in your location via the Iowa Al-Anon site ([iowa-al-anon.org](http://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?

Up to date group information helps members and newcomers find a meeting when they need one!

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

Hope to see everyone soon!

Tracy H.G.  
Group Records

## LITERATURE



Hello to all of you; I am looking forward to meeting you at the June Assembly.

Our newly revised and reformatted electronic version of the Al-Anon Newcomer Packet (eK-10) is in the final stages of production. Just as our eBooks, the Packet will also be available through a variety of vendors. Please share with your members; electronic meetings can provide the URL [al-anon.org/welcome](http://al-anon.org/welcome) to the newcomer. WSO will immediately email newcomer information to the individual after they give a personal email.

Members can celebrate Al-Anon's 70<sup>th</sup> Anniversary and learn about our history by buying Many Voices, One Journey (B-31) at the price of \$8 plus shipping through June 30, 2021. It is available on our website at [al-anon.org/onlinestore](http://al-anon.org/onlinestore).

The WSO would also like to remind the fellowship the deadline for submissions for the NEW DAILY READER (working title) was June 2020. The Literature Committee has just completed a review of the near-final draft. We

hope to present it in English, French, and Spanish at the 2023 Al-Anon International Convention in New Mexico.

Our Members Blog can be found at [al-anon.org/member-blog](http://al-anon.org/member-blog). If you have not read or written a sharing, please consider visiting this site. Remind your members that they add new topics each month, including the Steps, Traditions, and Concepts of Service.

"Cal Corner" Topics: this column is featured each month in our Forum magazine. Its sharings are from members on how a particular piece of literature has enhanced their recovery. April's topic was on, Reaching for Personal Freedom (P-92). May will focus on Many Voices, One Journey (B-31), and in June, on the 60th anniversary of Alcoholism the Family Disease (P-4).

"CAL Corner" is an opportunity for members to share how CAL has aided in their recovery. Sharings needed are on Al-Anon's Twelve Steps & Twelve Traditions (B-8), Living Today in Alateen (B-26), Discovering Choices (B-20), and Opening Our Hearts, Transforming Our Losses (B-29). 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

## PUBLIC OUTREACH

Spring is here, and Public Outreach is (finally) warming up! In February, I was able to attend my 1<sup>st</sup> Public Outreach 'Conference Call'. Side note: when they say conference call, they mean video. (Yikes!) It was really cool to see and speak with the folks from World Service and other Area Public Outreach Coordinators. I really enjoyed hearing how & what other areas are doing for Public Outreach in their state. It was a very informative and motivating call.

*What I learned from WSO Public Outreach Committee:*

- The new Al-Anon Face Alcoholism magazines are available for purchase! There is no date on the cover, so this can be used for multiple years. In fact, they probably won't publish new AFAs for about three years.
- If you need a poster or other items approved, WSO would prefer that the Area Coordinator handle it. If the coordinator has questions, we can reach out. WSO doesn't want to be the clearinghouse for all approvals. I'll be honest, that makes me nervous.
- I got to take a sneak peek at a new PSA that is

in its final stages of development called The Benefits of Al-Anon Recovery. It will be released in July or August. The words were taken directly from what members said in the 2018 Membership Survey.

- There are new Public Outreach Posters available! There are five different posters in both landscape and portrait orientation. My favorite is the green bottle mom and baby. You can download and edit them with local information, but please don't alter anything that WSO already has on each poster. You can check the posters out at <https://al-anon.org/for-members/public-outreach/public-outreach-posters/>

*What I heard from other Area Public Outreach Coordinators:*

- Washington contracted with the company that services all the rest stops on a major highway. They printed the Troubled by Someone's Drinking 20 Questions bookmark (S17) on cardstock and added their area contact info, and the company distributed them.
- Another area distributed bookmarks What Al-Anon Is/Is Not (M44) and Just for Today (M12) with their contact info to libraries.
- Ohio made a wellness video for outreach in schools using the Alateen PSA. They also created a contactless flyer that had a QR code linked to the new virtual AFA. The flyers were distributed in public where it was allowed and emailed to school districts, mental health professionals, and other offices asking them to print and put up for people to see.
- Another area did an In-reach Challenge where they contacted all the members who weren't coming to Zoom meetings any longer.

I've recently started a POP's (Public Outreach Peeps) email chain where Public Outreach Chairs and DR's can exchange information and perhaps coordinate their efforts. Here are a few of the ideas received from Iowa POPs:

- I've heard about packets/bags handed out to judges and counselors, including What Al-anon Is/Is Not, Detachment page, How Al-Anon Works book, and newcomer's packet.
- I've seen beautiful business cards made to use for public outreach that includes local information and a QR code that leads to a digital copy of the new AFA.
- I've heard about a big hope to possibly put a half-tail ad on city buses using either the Green Bottle Poster or the Road Maps images from WSO.

It is wonderful to hear enthusiastic members who are passionate about Public Outreach. We are considering whether to meet virtually or in-person to discuss further outreach endeavors. Please let me know if someone in your district would like to join in.

Have any of you heard or seen Al-Anon PSAs being played in your area? Well, you should be! They are being played on Radio and TV stations across Iowa. I pulled a report for area 18 from the new WSO vendor. There have been 1,508 plays since the beginning of the campaign (8/25/2020). Quite a few are in the Cedar Rapids, Waterloo, Iowa City & Dubuque. The members in my district (9) have been hearing them mostly over local radio. Contact me for a copy of the report. I will be bringing an updated copy to the June Assembly as well.

I look forward to seeing you there!

Yours in Service,

Michelle K.  
Iowa PO Coordinator

## WEB SITE

Hello from the Webpage,

Do you need to register for the Iowa Spring Assembly on June 4-6, 2021? The Webpage has you covered. There's a link to the online registration on the home page as well as links to printable versions of the registration you can mail. Find the Spring Assembly Flyer under the Members tab and "Iowa Area Assembly" as well as in the Calendar tab. Look in those same locations for links to the agenda. We'll look forward to seeing you in June.

The COVID-19 virtual meetings continue in our state. 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/>

Last, but not least, look for a new "tab" on your website. It's a Store that has the latest 2021 Serenity Weekend Registration Packages and SWAG. Please stay posted for more products at your Area Store.

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

Yours in Service,

Beth R.  
Webpage Coordinator

## DISTRICT REPORTS

Hi from District 1,

We are loving the spring weather. Our District meetings are face to face every other month.

We have put up posters around town with a tear-off strip that says, "Do you wish the drinking would stop?". Our Serenity Day will be June 19 in Stone Park from 9-12. Everyone brings a sack lunch and lawn chair and enjoys the fellowship and butterflies. Our annual Autumn awareness dinner is planned for October 16. This is a fundraiser for OUR District. Looking forward to seeing everyone at the Assembly in Storm Lake. Enjoy the spring. 🌻🌸

Gratefully yours

Barb G., District 1 DR



be helping out with outreach in the 'southern' part of the district.

Happy belated Mother's Day to all.

In Humble Service,

Audrey U., DR District 3

Happy Spring from District 2,

As we enter the spring and summer months, we find our groups thinking ahead about proceeding with virtual or face-to-face meetings. As of present, all groups are virtual. With the help of our Higher Power, decisions will be made.

In-Service,

Kathy B. DR2



Greetings from District 4.

This year the Metro Spring Anniversary will be held on Saturday, May 22, 2021, at the U.A.W. Hall, 2615 Washington Street, Waterloo. While there will not be an Al-Anon luncheon with three speakers like usual this year, there will be fellowship and food from 11:45–12:15 pm and 6–6:45 pm. The AA speaker, Scott S. from Jennings, Minnesota, will speak at 4:45 pm, and the Al-Anon speaker, Eloy M. from Fort Collins, Colorado, will speak at 7 pm.

For public outreach, we have been distributing our outreach business cards with the local and WSO Al-Anon website addresses and the hotline number to local police departments. Police chiefs have been glad to provide a resource that may help someone.

Yours in Service,

Kristine N., DR4

Greetings From District 3,

Good things are happening!! Excited to be able to gather together at the June Assembly. I can't wait to see everyone in person. District meetings are still being held via Zoom, but we plan to meet in person later this summer. Meetings are going well. ZOOM is still the primary form of meeting, but some are starting to meet in person.

*Public Outreach* – WOW! Our Public Outreach chair, Julie B., is super busy with some great ideas. Distribution of the Al-Anon Faces Alcoholism Magazine (AFA), creating packets of information to distribute to agencies/businesses, and bus signs are just a few of the ideas in progress. Audrey U. and Sharon F. will



It was announced that the Fall Assembly will be held in Des Moines, and we are very excited to host this event. Shelley P. and Julie N. have volunteered to be the chairpersons for this event and have begun meeting with Missy Y. and AA. Shelley and Julie are currently forming a committee to plan the opening session and candlelight meetings, gather volunteers and will start holding meetings in June.

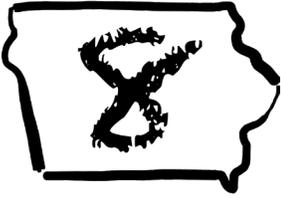
We now have two Alateen meetings gathering via a hybrid and a third one meeting in person. We also have 11 Al-Anon meetings that are hybrid and 18 meetings still gathering via Zoom.

On April 10, our Service Center (Literature Depot) held a fundraiser via Zoom with AA, Alateen, and Al-Anon speakers. The event raised over \$600.

Samantha M., DR7



## DISTRICT



District 8 held its Spring Fling via Zoom on Thursday, April 29<sup>th</sup>, with 37 participants. We had speakers focusing on good sleep, self-care, and meditation. We are also working on getting Alateen literature into the schools.

We revamped our District's AFG website with a complete overhaul. We want it to be user-friendly for mobile devices. Check it out: <https://www.cedarra-pidsareaal-anon.org/>

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. Some groups are going to hybrid meetings, and a few are starting to go back to in-person meetings. Alateen is meeting in person again on Tuesday nights at 7 pm. Check out our website for meeting information if you would like to join us. Groups are keeping a pulse on their locations and reopening plans and will return to in-person only if they feel safe. You can find the schedule for District 8 meetings at <https://www.cedarrapidsareaal-anon.org/meetings/>

Yours in Service,

Carolyn S., DR District 8

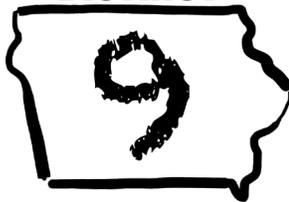
Greetings from District 9,

Spring has sprung, and it seems our district is beginning to spring into life again too. ☺

Many of our meeting locations have begun to open back up, so we are slowly starting to switch back to face-to-face meetings.

We had our 1<sup>st</sup> quarter district business meeting on March 31. We're switching it up a bit in 2021, so this was our first meeting under a new format. Our Bettendorf face-to-face group reported 12 – 15 attendees on Monday nights, and the virtual meeting that runs simultaneously averages 6 - 8 members. Our CAL Book Study group is reading How Al-Anon Works from cover to cover. They typically have 8 – 12 regularly and are still meeting via Zoom for now. Central Discussion reported 12 – 14 members on Wednesday and Saturday mornings for in-person meetings. The Saturday Central Zoom meeting at 10 am reported 6 – 9 members. Nancy H. is trying to get the Monday at Noon Changed Attitudes Group

## DISTRICT



meeting going again. The intent is to see if there is enough interest before registering. The Clinton GR reported that face-to-face attendance was down to maybe her and one other for a time, but then suddenly, they had four attendees. We're hoping that trend continues. Thursday night Steps to Serenity reopened after a year hiatus for face-to-face meetings on April 1. Their format includes a Step and Tradition, and they're currently still looking for a GR, Secretary, and Treasurer. Overall, the groups are still standing, and members are finding their way back to face-to-face meetings after what seems like a year-long hibernation.

Unfortunately, the usual location of our Spring Women's Spiritual Experience Weekend (which is in Illinois) has not opened back up, so the event was canceled. After a group conscious, we've decided to try a new location in Iowa. Our fall SEW will be September 18-19 in Wheatland. Due to covid restrictions, we only can have 12 people, which is a bummer, but we all are super excited to be together again! Personally, I cannot wait until September! We may not wait at all. There's talk of a Spiritual Saturday of Recovery event to take place before September.

We have put the new Public Outreach posters to good use in District 9. We edited them with our local information and a QR Code that leads directly to a digital copy of the new AFA. Our public outreach at Rosecrance (outpatient facility) is picking up BIG time also! Previously, we attended an outpatient meeting of clients in treatment every nine weeks at Rosecrance. Now, not only are we still doing that, we've been asked to attend their family support meeting every other Monday! I'm super excited to carry the message to friends and family members of those in treatment! In both of these meetings, we hand out our Public Outreach Bookmark, a What Al-Anon is/ Is Not, a meeting list, a copy of Al-Anon Faces Alcoholism, and have one or two (depending on volunteers) 20-minute Al-Anon speakers. We are super grateful to our dedicated members who enthusiastically volunteer to carry the message in our community.

Yours in Service,

Michelle K., District 9 Representative

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.

Hello everyone!

In District 11, we had our Spring Workshop. We shared on Step 5, Tradition 5, and Concept 5. We even had a fantastic speaker. We are excited to get ready for our Fall Speaker Supper on October 2 with Michelle K. as our speaker.

Jamie V., DR11

I think we are all hopeful that warmer weather may bring us to get creative about holding some meetings outdoors if the appropriate sites can be found!

The regular Saturday noon group continues to meet by Zoom. There is also a pop-up meeting that occurs outdoors at 10 am when the weather is decent enough. All are welcome, and it takes place at Upper City Park in Iowa City--the first shelter as you drive in.

The Monday noon group still meets through Zoom, with attendance usually at 8-10.

The Thursday noon group also meets via Zoom. They acknowledge that they miss meeting in person but are glad for the opportunity to continue in recovery electronically. The church site where they would typically meet is still closed.

The Sunday Night Book Study is still happening on Zoom, with usually 2-5 people. The current book is Reaching for Personal Freedom.

This is all I have to report at this time.

Jill G., DR13

## DISTRICT



## DISTRICT



Greetings from District 14,

We all seem to be moving right along and getting things back to pre covid. One of our Fort Dodge groups made the group conscience decision to start face-to-face meetings starting May 3. Two of the other groups in Fort Dodge made the group decision, after an invitation, to hold an Al-Anon meeting at the re-hab facility in their city every two weeks.

In April, the Manson group disbanded and merged with the Pocahontas group as they are both small groups. Last I heard, Manson was thinking of moving back. I hope to get more information on this soon.

We held our District meeting in Carroll on April 18. There was quite a bit of discussion on the June 4 – 6 Assembly. We also discussed ways one of the Al-Anon groups experiencing low funds to purchase literature can bring more money.

Fort Dodge and Carroll have been discussing the June Assembly. The Carroll Freedom Seekers have been signing up to donate food for the hospitality room. They are also working on finding volunteers to help with the Friday night workshop and the Friday and Saturday night candlelight service.

The AMIAs are looking forward to the May 16 Zoom meeting. They will be brainstorming with ideas on how to bring back their Alateen group.

Lovingly In Service,

Judy V., DR14

## DISTRICT



# Al-Anon Family Groups

## The Official Mobile App of the Al-Anon Family Groups

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Thursday, March 11, 2021

## The Board of Trustees

### Trustee Résumé Al-Anon Family Group Headquarters Inc

Sign electronically or print and sign the completed form. Résumés are due at the WSO by August 15th.

A **Trustee at Large (TAL)** can live anywhere within the World Service Conference (WSC) structure. The résumé form is submitted to the World Service Office (WSO).

A **Regional Trustee (RT)** must live within the Region of their election. The résumé form is submitted through the applicant's Area selection procedure.

Delegates to the World Service Conference are not eligible to be candidates for Trustee until two (2) World Service Conferences have elapsed after their term as Delegate ends.

**Choose One:**

Regional Trustee (RT)

**Email**

REDACTED TO PROTECT  
ANONYMITY

**Address**

Dubuque, IA, 52003

**Primary Phone Number**

**Secondary Phone Number**

**Name**

Jean L

**Home Group (Name and City):**

Missing Link-Dubuque, Iowa

**Area**

Iowa

**Region:**

US North Central

**Continuous years active in Al-Anon /Alateen:**

22

List your Al-Anon/Alateen service positions beyond the group level. Example: District Representative, District Coordinator, Area Officer, Area Coordinator, WSO At-Large member, etc. List the most recent first.

- |                            |                                       |
|----------------------------|---------------------------------------|
| <b>1. Position</b>         | ICC chairperson                       |
| <b>Dates (from ... to)</b> | 4/20 to present                       |
| <b>2. Position</b>         | CAL and Service Tools Task Force Cha  |
| <b>Dates (from ... to)</b> | 4/20 to present                       |
| <b>3. Position</b>         | Road Trip Work Group Chair            |
| <b>Dates (from ... to)</b> | 1/20 to present                       |
| <b>4. Position</b>         | USNCR Trustee                         |
| <b>Dates (from ... to)</b> | 4/19 to present                       |
| <b>5. Position</b>         | Iowa Area Treasurer                   |
| <b>Dates (from ... to)</b> | 1/17 to 3/19                          |
| <b>6. Position</b>         | USNCR RDM Co-Chair                    |
| <b>Dates (from ... to)</b> | 3/15                                  |
| <b>7. Position</b>         | Iowa Area Chairperson                 |
| <b>Dates (from ... to)</b> | 1/14 to 12/16                         |
| <b>8. Position</b>         | Iowa Area Secretary                   |
| <b>Dates (from ... to)</b> | 1/11 to 12/13                         |
| <b>9. Position</b>         | Iowa Area Public Outreach Coordinator |
| <b>Dates (from ... to)</b> | 1/08 to 12/10                         |
| <b>10. Position</b>        | District Representative               |
| <b>Dates (from ... to)</b> | 1/05 to 12/07                         |
| <b>11. Position</b>        |                                       |

What abilities/aptitudes will you bring to the Board? Please rate yourself from 1-5 (1=No experience; 5=Professional level experience) on each of the abilities listed below. In the space provided, please state how you achieved that level of experience. (Examples: on-the-job training, formal education, online, owner/manager retail outlet, bank officer, increasing responsible AI-Anon positions, etc.)

**Dates (from ... to)**

## 12. Position

**Dates (from ... to)**

**Ability to set goals / make decisions**

4

**How you achieved**

I do this often in my personal life, professionally, and on the Board

**Ability to consider all options before making decisions**

4

**How you achieved**

This is a necessity in my work as a pharmacist

**Ability to listen to others and be receptive to different ideas**

4

**How you achieved**

Board discussions have increased my abilities in this area

**Ability to demonstrate good written and verbal skills**

4

**How you achieved**

Working on Policy increased my awareness of word clarity.

**Ability to understand and interpret financial statements**

4

**How you achieved**

DOF reports has increased my ability to understand financial statements

**Ability to motivate and lead others**

4

**How you achieved**

Serving as the Chair of various committees.

**Ability to be self-motivated**

5

**How you achieved**

On the Board and professionally I receive compliments in this area

**Ability to engage in strategic planning and to think globally**

4

**How you achieved**

Being part of the Board's strategic planning sessions has helped me look long term and serving as the ICC Chair has increased my global vision.

**Please briefly list any other abilities you would bring to the Board.**

I am creative and enjoy skit writing. I work well on teams. I am not afraid to speak a minority opinion but do so respectfully. I know I am respectful of others time and stay focused on topics at hand. As I am still working, I can be an example to future board members.

What skills and knowledge will you bring to the Board? Please answer "Yes" or "No" and in the space provided, describe when and how you've used that skill.

Are you proficient with basic computer programs?

**Excel?**

Yes

**Describe when and how**

I use this as a pharmacist and a home based business.

**Word?**

Yes

**Describe when and how**

I create documents both for the Board and for my home based business.

**PowerPoint?**

Yes

**Describe when and how**

I have done many PowerPoint presentations for the Board.

Are you conversant in languages other than English?

**Reading?**

No

**Which language(s)?**

**Writing?**

No

**Which language(s)?**

**Speaking?**

No

**Which language(s)?**

Do you have corporate/business experience?

Yes

**Describe when and how**

I manage the affairs of a limited liability partnership.

Do you have human resources experience?

No

### **Describe when and how**

Do you have not-for-profit board experience?

Yes

### **Describe when and how**

My experience on the Board has given me this experience.

Have you ever spoken to a group of more than 50 people?

Yes

### **Describe when and how**

I have spoke at many Assemblies.

Have you used critical thinking/analysis?

Yes

### **Describe when and how**

On the Board and in pharmacy our discussions involve this process

### **Please use the space below if you have other professional, technological or personal skills or experiences to bring to the Board.**

As the Board strives to be a more thinking and less doing Board, I think the fact that I can provide a working person's perspective to the Board is important. I think my job as a pharmacist has taught me the value of listening with an open mind and problem solving.

### **Explain how you developed the most important skill that you have to offer the Board.**

I feel the most important skill I have to bring to the Board is my ability to bring people together. I often work with difficult patients who do not understand why we cannot do what they want. Being able to communicate empathy and understanding along with explanations goes a long way to achieve unity.

## Getting to Know You

Please respond to each of the items below.

### **1. What has motivated you to consider the position of Trustee?**

I have enjoyed my current position on the Board and would like to continue to learn and grow in this capacity. I feel I can still contribute my gifts to the Board and receive the gifts the Board offers me.

### **2. Describe your leadership experience.**

I have served as Chair of several Board Work Groups and Committees. I think I have learned that leadership does not have to be isolating and shared leadership benefits everyone. As the Chair of the ICC I actively sought participation from the Co-Chair which I did not feel when I was the Co-Chair.

### **3. Give an example of your conflict resolution skills.**

I was once on a Work Group that the majority of the group agreed to a presentation. I felt the presentation did not conform to the charge. Rather than just disagreeing I presented an alternative that the group supported. I was later complimented on my exercise of Concept 5.

### **4. What Tradition or Concept have you used to accept and support a recent change in Al-Anon?**

As much as it pained me to accept that the 2021 WSC would again be virtual Tradition 1 as well as Concepts 1 and 2 assured me that we made the best decision for the greatest number of Al-Anon Family Groups. This past year has shown me that Conference can perform its responsibilities in a virtual format.

### **5. What have you learned about yourself while working with others in service?**

I have learned I still have growth to do in the area of patience as I have learned others process information differently than I do. The Board needs both types of processors. I have learned a lot from those that question ideas I think are clear to me as they often give perspectives I do not think about.

### **6. Which specific spiritual principles of the Al-Anon program will you apply in the role of Trustee?**

Trust as I will rely on my Higher Power to guide the group. Patience as I learn things take time and that is a good thing. Hope as I know this program will continue as it is not just up to the Board but to all members. Honesty as I try to take responsibility for my own issues that may cloud my judgement.

### **7. What is your most important asset?**

I think my natural positive attitude is my most important asset. It helps me to look for gifts in all situations. It encourages me to look for answers and not excuses. It also helps me to look for the good in others when that may be difficult at times.

Attestation: This résumé is a true and accurate representation of my experience and skills.

**Date**

Thursday, March 11, 2021

**Signature**

Please note if you are applying for Regional Trustee, a copy of the résumé form will be sent to the Area Delegate to commence the Area selection procedure. The applicant will also receive a PDF copy of the completed form.