



IOWA REACHES OUT

FEBRUARY 2022

DELEGATE REPORT

My sense of a Higher Power’s hand guiding the affairs of all of Al-Anon has only grown during this past term as we have made quantum leaps with the inclusion of technology, which many of us were strongly resistant to in the very recent past. In many ways, we are already embracing this year’s Conference theme, Enhancing our Recovery through Abundance, Unity, and Understanding. We’ve learned how to interact on the virtual/hybrid level while staying heart-centered, exercising the principles of recovery that support our unity and help us continue to grow. We’ve already begun laying the groundwork for a 2022 full of possibilities. Here are some ways we are increasing our understanding:

- The Electronic Group Work Group (EGWG) is exploring the impact of the creation of an Electronic Area on the Iowa service structure. A Gallery Walk in January facilitated open communication among the AWSC, and guests, surrounding ideas of creating an electronic district and the impact that incorporating permanent electronic groups into our area structure might have.
- The Google Admin Task Force shared its perspective on incorporating this service into our business intelligence strategy to aid in cohesive communication, shared work projects and document storage.
- Online payment processing allows all members to contribute to the financial well-being of the Area. We are exploring what we learned from Serenity Weekend, our web-based store and what a donations tab could mean for us.
- Reviewing our needs for a Technical Coordinator to support our Area in providing an optimal virtual/hybrid environment to conduct our business and events. Abundant thinking isn’t only

about financial growth. Expanding our capabilities, trying new applications, keeping an open mind to the next best thing for our Area are ways we demonstrate an abundant mindset. We increase unity by focusing on similarities and finding solutions that we can all live with. By keeping an open mind, we broaden our understanding of our world; replacing fear with knowledge allows us to be open to possibilities for growth. My heart is full of gratitude for each of the members on our AWSC team. We have collaborated to create an Area that is ready, willing, and able to meet the challenges and opportunities that 2022 will bring us.

News from the World Service Office

I will be receiving the January Chairperson of the Board Letter and updates from the Conference Leadership Team, Finance and Policy Committee on February 12th at a virtual COB presentation.

2022 UPCOMING EVENTS

March 13	Iowa AWSC meeting, Hampton Inn, 9am Marshalltown IA
March 18-20	USNCR Delegates Meeting, Indianapolis IN
April 2	Service Workshop & Serenity Weekend Planning
April 26-30	World Service Conference
May 1	Iowa Reaches Out Newsletter Deadline
June 10-12	Spring Assembly, Creston IA
August 1	Iowa Reaches Out Newsletter Deadline
August 21	Iowa AWSC meeting, Hampton Inn, 9 am, Marshalltown IA
September 1	Iowa Reaches Out Newsletter Deadline
October 7-9	2022 Fall Assembly, Spencer IA



I will share updates at the March AWSC meeting.

Literature sales continued to trend down. The WSO's literature supply is low due to paper shortages, staffing, and shipping delays...

more pandemic backlash. However, contributions continue to exceed literature sales, and our donations are gratefully welcomed and needed. Thank you for your generosity. The back of the appeal letter is an excellent resource for how our donations are used at the World Service Level. The WSO spent \$263 to support each group in 2020. I will receive updated information for 2021 at the World Service Conference in April. The District Representatives just received information regarding each group's donation this past year. Please connect with your DR for details.

You may recall that the World Service Office spends some of our donations engaging legal aid to tamp down trademark and copyright infringement. As members increase their capacity for utilizing the web for recovery, please encourage your friends in the fellowship to avoid linking the Al-Anon name to events, forums, or groups that aren't linked to the service structure. Page 219 of the Service Manual says, 'Al-Anon is prepared to give away its knowledge and experience - all except the Al-Anon name itself.' The following information from the World Service Conference Summaries regarding copyright and trademark preservation might be helpful for you to read. See page 25 of the [2020 WSC Summary](#) and pages 102 and 103 of the [2021 WSC Summary](#).

The WSO Policy Committee is focusing on using social media as a public outreach tool while maintaining anonymity. Updates to the Announcing Events section was pushed over from 2021 WSC when it was determined that the language needed further review. The Committee is also reviewing Group Autonomy and Local Services. The policy changes brought forth inevitably affect each member as it provides guidance on how we can work together to create a unified fellowship to help families and friends recover.

The COB (Chairperson of the Board) letter outlines AFG, Inc's strategic plan, and the goals to support



its Mission and Core Purpose. [Please click here to see the full letter.](#)

Preparing for Conference

Chosen Agenda Items

Last year I submitted two Agenda Items for discussion at the World Service Conference, and one was chosen. The topics I submitted were maintaining the relevancy of the links for service in a time of instant information sharing, and rebuilding our Alateen groups during a pandemic. The Alateen topic could be reformulated to reflect the changes we've experienced over the last year and resubmitted. I welcome your thoughts on issues affecting members and groups worldwide and at home. Please reach out to me by March 20th, 2022, with your suggestions at iowadelegate@gmail.com.

Opportunities to Serve in 2022

The WSO invites members to sit on Selected Committees or Thought and Task Forces each year. At the 2022 Conference, my Thought Force, Maintaining a Sustainable Future using Abundant Thinking, will present a skit and worksheet to increase member awareness of how abundance and sustainability impact us locally and globally. I am looking forward to sharing this, or one of the other presentations, with our members at the June Assembly.

In 2022, I will serve on the Task Force Web Tech Coordinator Guidelines, which is charged with exploring the roles of both Web and Tech Coordinators and offering suggestions for best practices to include in comprehensive guidelines. So again, Iowa is right on time as we explore this role for our Area.

Love Gifts

Calling all crafters, artists, and supporting members. I would love to share your handiwork with the members of the Conference as we meet face to face FINALLY! in Tarrytown, NY, from April 26-30, 2022. I invite you to use this winter to create small, portable expressions of recovery that I can mail to about 100 people. Love gifts can represent your group, a program idea, Iowa, or any type of recovery notion that you are inspired to create. Items can be brought to the March AWSC

meeting or connect with me to make alternate arrangements. Thank you in advance for your help!! I appreciate you!!

As a last-year Delegate, I will submit a 3-minute talk sharing about the Conference theme based on my own experience. I have also been asked to be one of the spiritual speakers for this year's Conference. I ask for your prayers as I prepare this 20-minute talk. You are all a huge part of the SPIRITual experience that continues to grow in me as a member of Al-Anon. I truly know that Al-Anon is service, and service is spiritual. Our Area has been Higher Powered these past two years, and I know this powerful force of goodness and love will continue to guide us into the 2022 year. Our election year. I am dreaming big as I look at 2022, excited to see how we move forward, enhancing our recovery through abundance, unity, and understanding.

Yours in joy and recovery,

Katy P.

Delegate

ALTERNATE DELEGATE REPORT

Hello,

The Holidays are over, and the New Year seems to be flying by quickly. Spring should be here before we know it. It is hard to believe that we are in the final year of our 3-year term. I look forward to the next year and all the opportunities that I will be given to serve Al-Anon.

The Regional Delegates meeting will be held on March 19 and 20 in Indianapolis, Indiana. This will be the first in-person Regional Delegates meeting since the Panel 60 term began in January 2019. Unfortunately, I cannot attend; however, Katy P, Iowa Delegate, will, alongside other Iowa Officers, both past and present. April 26-30, 2022, Katy P., Iowa Delegate will be in New York for the annual World Service Conference. This will include a trip to Stepping Stones. Katy will be sharing about her trip in June at the Spring Assembly.

The Spring Assembly at SWCC in Creston theme is "Getting on the Right Track ."We have the privilege to hear Sue C., Sioux Falls, SD, for our luncheon speaker. The Sunday morning Spiritual speaker will be Heidi M., West Des Moines, IA.

Flyers are now available. Please remember to reserve hotel rooms early if the dorm room life is not for you.

Our Fall Assembly Al-Anon Luncheon speaker will be Nancy S., Cheyenne, WY. Trustee at Large, Board of Trustees, Al-Anon Family Groups Headquarters Inc. This will be in Spencer in October 2022. The theme for the weekend will be "A Moment of Clarity. This will be our voting Assembly.

The Forum

On January 22, 2022, there was a Forum Coordinator conference call. There were 29 members present. Experiences were shared, questions were asked, frustrations vented, support offered, and ideas generated. What a great opportunity to share experiences with other Coordinators.

Forum sales are staying steady. We had 337 subscriptions for January 2022. I hope the numbers keep going up to pre-pandemic numbers of over 400 subscriptions per month.

The Forum is written by you, for you. So please submit your sharing to The Forum for consideration. Everyone has a story to tell; let's hear yours!

Don't forget that you can get an electronic subscription to The Forum. You can order current and past issues of The Forum by going to al-anon.org/electronic-literature.

There are two easy ways to order, a paper order form from the back of any issue, or you can 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

CHAIRPERSON REPORT

2022 – Year of Area/District/Group Elections!!

Hello Everyone, Iowa Winters prevailed to postpone our Area Service Workshop to April 2, 2022 – look for a flyer on the Iowa Area Website under Calendars. This workshop will be a great

way to hear about the different service positions at the Area, District, and Group levels!

The perfect service position for you may be calling. Also, other opportunities will be made available at this year's service workshop – help plan the Iowa Serenity Weekend, hear about the Iowa Area Website, and what is in store for Iowa Al-Anon in 2022 ... Google Admin! This promises to be a fun, informative day with old and new Al-Anon friends in Marshalltown! Come help light the way in Al-Anon Service!

And as a reminder, if you ever have questions about why or how we do things at the Area, the Iowa Policy & Procedures Manual is also available on the website for any member to access. Finally, I will be looking forward to warmer weather when we get together again for the AWSC meeting on March 13, 2022, at the Hampton Inn in Marshalltown.

Yours in Service,

Virginia B
Iowa Area Chair and Al-Anon Member

TREASURER REPORT

Happy February, everyone – soon Spring will be here – personally, I can't wait!

I am looking forward to the Spring Assembly in June and hope to see your smiling faces there. It is hard to believe that this is already the 3rd year of our term. Search your heart, where will your High Power open doors for you regarding standing for a service position for the next three-year term. Remember, elections will be held at the Fall Assembly.

I have learned so much in my role as Treasurer during this term! I learned how to be part of the setup and use PayPal. I had to learn to ask for help when needed (which was quite often and difficult for me!). It will be exciting once we set up personal and group donations on the Area website (and another learning curve for me!).

We have all had to work together differently to meet as a body, which helped give us guidance on starting discussions regarding Electronic Meetings. Acceptance has been the key for me during this time as I prefer meeting face-to-face,

and change is always hard for me.

Be sure to check out the January AWSC minutes, as there was a lot of discussion, including the approval of the 2022 budget.

As always, thank you for all the personal and group donations. The Area will always make sure donations will be used for the betterment of Al-Anon and its members.

Thank you for all the service work you do!

As Always – Willing to grow in service ---
Linda A. – Area Treasurer

SECRETARY REPORT

Hello everyone!

The January AWSC minutes have been emailed out, and I hope everyone will get to their district meeting so your DR can answer any questions you may have. The AWSC meeting was full of information, and there was a lot to take in! It is great to be part of Iowa Al-Anon right now with all the changes that are taking place. Iowa is on the move.

Speaking of learning new things, I hope everyone is thinking about which of the service positions they would like to stand for. Service in Al-Anon has been an important part of my recovery. It has helped me learn new things I never thought I would/could do. With my HP and other members that held a service position before me and are more than willing to help me, I can do anything!!

Take care, stay safe and enjoy your TODAY!

Life is good,
Becky V.
Area Secretary

COORDINATOR REPORTS

IOWA AREA ALATEEN/AAPP

Hello!

I've been looking over this last year and seeing progress. The Alateen groups are starting to attract new members due partly to the consistency of the AMIAS (Al-Anon Member Involved In Alateen Service) and the various districts' Public Outreach programs. Last week, I spoke to a newer Al-Anon member looking to become an AMIAS in District 13 (Iowa City area), and District 8 (Cedar Rapids area) is looking to add an AMIAS; I'm always grateful to see Alateen flourish. I wish to thank all who are AMIAS for their service to our youth.

AMIAS Recertification

The WSO has opened the window to have every Area recertify any AMIAS wishing to remain active. I've emailed the forms for June 15, 2022 through June 30, 2023. If, due to my error, you received a form with an incorrect date, please let me know, and I will resend the documents with the correct date. Thank you for your prompt return of the forms. Without you, our Alateens would not have a chance to recover from the family disease of alcoholism.

The FORUM

Dayne, an Alateen member from Iowa, is featured in the January 2022 Forum. His sharing is on page 17, titled "Dealing with the Disease." In addition, Dayne was the Alateen speaker at our first virtual conference.

ALATEEN TALK

The latest ALATEEN TALK, summer 2020 (ALATEEN TALK hasn't been printed since 2019) has sharings from five Iowa teens: Stevie, Shayla, Kate R, Megan H, and Gabe P. The last page of ALATEEN TALK has three spots to submit a sharing for the Just for Tonight Alateen Bookmark. NOTE: the deadline of December 31, 2021, is incorrect; it is now March 31, 2022. Just for Tonight Alateen Bookmark

Tom Coffey, Associate Director-Literature at the WSO, sent out an email which I forwarded on to Iowa's AMIAS, advising us that the due date for submissions to the Just for Tonight Alateen

Bookmark has been changed from December 31, 2021, to March 31, 2022. Tom's email came at an opportune time. The Alateen group I sponsor held a writing workshop where we all wrote out sharings for the Just for Tonight Alateen bookmark, which I'm mailing in. Here are the ways you can submit sharings, online at al-anon.org/sharing, by emailing to wso@al-anon.org (with "Alateen Just for Tonight" in the subject line), or by mailing to AFG, Inc., Attn: "Alateen Just for Tonight," 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

Alateen Serenity Weekend

Due to the still low numbers of Alateen members, I contacted Camp Wesley Woods in Indianola to see if we could roll over our \$300 deposit and set a date for 2023. The camp worked with us, and the 2022 Alateen Serenity Weekend is postponed until April 18-21, 2023.

NOTE: I am looking at having an Alateen Serenity day at a campsite, possibly in the Ames area. More information will be announced at a later date. Remember, the age range will still be 12-19. I have also contacted another Area to see if we can join their Alateen Conference. Again, more will be revealed.

Lorraine R
Iowa Area Alateen Coordinator/AAPP

GROUP RECORDS

Hello everyone.



With all the uncertainty going on right now, it is imperative that all Area groups keep their information up to date!!! New-comers, along with our current members, need to be able to find the serenity and hope an Al-Anon meeting offers.

Is your group meeting face to face, or is it now meeting via hybrid or virtually? Have there been changes to your meeting location or your virtual address?? Please remember, all changes should be sent to the Area Group Records coordinator

on the Group Records Update form: <https://iowa-al-anon.org/members/group-records/> or <https://al-anon.org/for-members/group-resources/group-records/>. You can also contact your DR to help you with this process.

I am also working on a fillable online form to make updating your group meeting information even more effortless. Watch for it on the Iowa Al-Anon website!

One way to verify 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 (www.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 you have questions regarding group records, feel free to contact me via email at thggr2023@gmail.com.

See everyone real soon!

Tracy HG
Group Records

LITERATURE

Greetings, WSO would like you to reach out to your Alateens and inform them there is still a need for sharings for the Just for Tonight Alateen bookmark. The deadline is now March 31, 2022. There is a form and writing guide to assist them at al-anon.org/sharing. They can email their submission to wso@al-anon.org. The subject line should be "Alateen Just for Tonight." They also can mail their submission to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attn: "Alateen Just for Tonight."

Our Members Blog is at al-anon.org/member-blog. It's an excellent source for great ideas for meetings and provides an opportunity to

share with other members.

The Forum magazine also allows members to express how CAL literature has aided in their recovery every month. This department is "Cal Corner" Topics.

This Spring, the electronic version of the 2022-2025 Al-Anon/ Alateen Service Manual (P-24/27) will be available at al-anon.org. This manual can be so valuable for all members. It provides helpful information on issues you may have with meetings and a better understanding of our fellowship. You can expect the printed version late this summer.

Yours in Service

Mary E
Literature Coordinator

NEWSLETTER

I'm so excited to send this newsletter to you! Before the deadline for each Iowa Reaches Out newsletter, I send a reminder to all the members of the AWSC. I also challenged them to share something about their current position this time.



As we get ready for elections, I hope you'll take time to read their reports and think about what position might interest you. Or what position would challenge you? Newsletter coordinator is my first role at area service. Previously, I served as our district secretary/treasurer and am currently also Group Representative for my homegroup. Each position has challenged me and has helped me grow in Al-Anon. This term has been so unusual in many ways, but the extraordinary circumstances helped me grow as I applied the steps and traditions to each new challenge. I hope you'll consider volunteering for a new role next term; it's a great way to give back to this program that has helped us.

In Service,

Luanne T

PUBLIC OUTREACH

Greetings from Public Outreach!

I hope all of you are staying warm. It seems like when it gets colder outside, the need for Public Outreach gets warmer. Even amid a pandemic, calls for Al-Anon information still flow in.

Speaking of the need for more public outreach, have I mentioned how much I love AFG Connects? In an effort to share and keep Public Outreach Coordinators revved up to stay charged with enthusiasm, there are Small Group Workshops and Collaboration Meetings each month that WSO does not have a Conference call. The collaboration meetings are held on the 4th Sunday of each month. The Small Group Workshops use Google Workspace/Drives (where have I heard that before...) in conjunction with Zoom to work on public outreach presentations together. These presentations are used for outreach to professionals, institutions, treatment centers, etc. I LOVE working with others in public outreach! Taking steps together, to break down the daunting task of carrying the message to others who are suffering from the effects of alcoholism but are not yet aware of Al-Anon's existence. I'm super psyched for the workshop!

I want to wish everyone a Happy New 2022. This is the beginning of the end of my term as your Public Outreach Coordinator. It has been such an honor to serve. This has been the best service position that I never knew I needed. To be hon-

est, it makes me sad, but I will continue using all of these tools in my home district. Hold on; I'm not going anywhere yet. (Sentimental episode is now over) I'm still here and ready to go out with a bang!

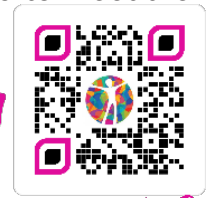
Public Outreach endeavors adapted to meet the needs of the changing world in 2020 & 2021. We've learned how to reach others through contactless flyers, posters, social media, QR codes, and Zoom... so much zoom. I've been thinking of how we can put these tools to good work to fill the deficits that I've experienced as an Al-Anon member active in service. I've noticed that public outreach at the group level has dwindled, at least in my district. I would like to give groups the same kickstart I receive from coordinators on AFG Connects. To challenge group members to work together in reaching people in their local community. The ideas are spinning around, and I would LOVE to hear your ideas!

Please contact me if you would help like help with group or district public outreach and send those ideas! You can email me at a18d9po@gmail.com.

More to come on Public 'In-reach' in 2022.

Love and Service,

Michelle K.
PO Coordinator



DISTRICT REPORTS

DISTRICT



Hello from District 1
In the past few years, I have come a long way while I have been DR for District 1. We have worked thru Covid and Zoom meetings. I have learned how to hold District

meetings and work with my peers to have Autumn Awareness dinners, Serenity Day gatherings, cookie exchange celebrations, and attend AWSC, Spring, and Fall Assemblies.

This was out of my comfort zone a few years ago, but with the help of like-minded people in Al-Anon working together, everything falls into place. I have grown in knowledge and self-confidence and encourage everyone to give it a try. You don't know what you don't know until you try!!

Gratefully yours in service

Barb G District 1 DR

DISTRICT



All of District 2 groups are active and listening to their members as they make decisions to meet in person or virtually. The Monday Night Meeting voted to stay virtual until the end of March 2022. At that time,

they will re-evaluate/vote. They have an average of 8-10 people in attendance virtually.

Tuesday Night CAL R US Meetings have continued to meet via Zoom, with some members joining from other parts of Iowa and outside of Iowa.

Wednesday Night Meetings are in person, with small attendance numbers from 2-8 people, but also with the Hybrid option. They've had a few newcomers. Hopeful for more newcomers as word gets out that they are meeting in person.

Thursday Night Meeting in Royal, IA, is also in person.

Iowa Great Lakes Thursday Night AFG Meeting meets face-to-face in Arnolds Park, IA, at 7:00 pm.

In looking back as both GR and DR, I've learned that a challenge like stepping out of my 'comfort zone' into a leadership/service position is ultimately good for me. I've made new friends and really enjoyed that. Many blessings all around.

Sincerely,

Margaret M

DISTRICT



Greetings From District 3,

Who wants to be a District Representative? The Service Manual will tell you about the position and 'responsibilities,' but it won't tell you about the journey. A huge part of my recovery in Al-

Anon has been connecting with others by sharing our stories. Stories of how we got here and our hopes for the future.

I will try to keep this brief – when I came to my very first meeting, I did not think about or care – who chaired a meeting, who made the coffee,

or what happened to the donation I threw in the basket. I only knew I needed help and had nowhere else to go. Eventually, I learned about service positions and their importance to my recovery. I am eternally grateful to my sponsor for encouraging me to 'get involved.'

Most recently, I have served as the District Representative for District 3, which includes the following counties: Winnebago, Worth, Hancock, Cerro Gordo, Wright, Franklin, Hamilton, Hardin, Boone, Story & Marshall. A few things I have learned:

- I am not perfect, and NO ONE expects me to be. I'm only asked to "suit up and show up."
- When I get involved, I have the privilege of meeting new people and an opportunity to practice my program with others.
- It is true what they say, "If I want to keep what I have, I have to give it away." However, being of service has motivated me to keep coming back when I'd rather stay at home in my comfy sweatpants and isolate.

I hope you consider being of service to your Al-Anon Family and stretch yourself this year. For example, if you have chaired meetings, consider serving as a group officer – secretary or treasurer or maybe even the Group Representative.

As Lois W, Al-Anon's co-founder, said, "Anyone can start something, but it takes many people to keep it going." From "[Paths To Recovery](#), Concept Four, page 273.

District 3 Happenings:

Our most recent district meeting was held via ZOOM on Sunday, January 23, 2022. Groups continue to meet in-person, zoom, and hybrid. A new meeting list was created and sent to GR's for the District.

We will be hosting a Serenity Day late summer, July, or August. More info to come. We will also be doing a District Inventory this year. Audrey provided some examples of other district inventories from AFG Connects. Those present shared their experiences with inventories and how they were completed. After some discussion, it was decided that each member will bring one inventory question to our next district meeting.

In Humble Service,

Audrey U, DR

DISTRICT



Greetings from District 4.

It's hard to believe we're entering an election year for service positions, and I'm nearing the end of my term as District Representative. Being a DR has allowed me to feel more

connected to what the Area and WSO are doing and has given me opportunities to grow by sharing my story at workshops and lending my voice to decision-making.

For public outreach, we have created a spreadsheet of all local counselors and are currently providing business cards, bookmarks, and magazines to some of them. In the coming months, we will also start having an outreach table in the Hawkeye Community College student center. We are excited to try out our district's spiffy brand-new table throw with the Al-Anon logo for our outreach events. Stay warm and safe, everyone!

Yours in Service,

Kristine N

DISTRICT



Greetings from the Des Moines area!

We will be holding a serenity/birthday celebration event on Saturday, March 12. The event's theme is Rooted in Serenity, with Audrey U (D3 District Rep)

as the Al-Anon speaker and Gabe P as the Alateen speaker. We will also have a door prize of a donated quilt, breakout sessions on various topics, and lots of fellowship. We will be meeting at the Wakonda Christian Church located at 3938 Fleur Dr, Des Moines, from 9 am to 3 pm. The cost is \$15 for adults and \$10 for Alateens.

Our district is currently looking to fill a few positions, including our Alateen Chairperson, Alternate District Representative, and a Board Trustee for our Service Center.

Yours in Service,

Samantha M

DISTRICT



District 8 has set its Spring Fling for May 5, 2022, with a Cinco de Mayo theme. More to come as we begin to plan.

Our Fall Festival in November was a success. We enjoyed AA speaker Sandra M from Eau Claire, WI,

a retired minister, and Al-Anon speaker Megan C from Cedar Rapids, IA. We also had a taco bar, silent auction, and bake sale. Public Outreach is working on ideas for our next big advertisement (bus, billboard, something else?). Monthly meetings at Area Substance Abuse Council (ASAC) depend on COVID cases. Unfortunately, we did not attend in January due to a COVID outbreak.

Meetings in District 8 are beginning to go back to Zoom meetings as COVID rates rise. You can find the most current list of District 8's meetings here: <https://www.cedarrapidsareaal-anon.org/meetings/>

We've had two meetings close temporarily due to COVID. One meeting changed location. We have a new meeting starting in February which will run concurrently with the AA meeting in the same building on the 2nd and 4th Tuesday of the month.

We will have a District meeting in February. I've been encouraging people to "get in the car" to the Area Workshop on April 2!

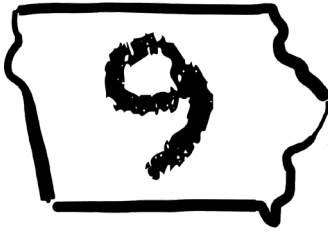
Taking on the DR position in January 2020 and then COVID shutting so many public places/events down two months later, we had to think outside of the box and keep our meetings going. District 8 representatives all came together, and we found new ways to reach our members. We've learned a new way of meeting and adjusting as needed. So many feared technology, but we overcame our fears and learned new ways.

The greatest gift service has provided me is the gift of so many new friends. It's given me a newfound confidence and improved my self-esteem. Service should not be feared but viewed as a true blessing.

Yours in Service,

Carolyn S
DR District 8

DISTRICT



Greetings from D9!

We are bundled up and cuddled up in District 9. As the Covid numbers jump in our area, we have family members getting sick. Most groups have gone to completely virtual

meetings with our local positivity rate. Although we still have our seasoned members who insist on face-to-face. Bettendorf and Central Discussion still hold four small, face-to-face meetings, and our district has four other virtual meeting options. All groups have steady attendance; however, there are no hybrid meetings. Our members choose which meeting to attend depending on their comfort level within our community.

Plans for the Spring Women's Spiritual Experience are still moving ahead. We are returning to St. Mary's Monastery in Rock Island, IL, on May 21 and 22. I remain hopeful that our covid numbers will go down, and the Monastery will be able to stay open to the public, making their Bennet House Retreat Center available for use.

I'm still hearing the idea of a possible District 9 Spring into Serenity Saturday that all Al-Anon members can attend. It is tough to plan events with our current state of limbo. I will let you know if the plans take flight.

We have put the 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 has regular attendance for those currently in treatment. It is always interesting to talk about the effects of Alcoholism on those in outpatient treatment. One person may drink, but we are grateful that Al-anon is available so the whole family can recover. While attendance for the Monday night family meeting has ended, the director lets us keep literature there and regularly hands out Public Outreach business cards. When family members are interested, I meet with them in small numbers in the boardroom at Rosecrance. I remain grateful to our Al-Anon members, who continue to volunteer to chair and speak at treatment centers to help carry the message in our community.

Yours in Service,

Michelle K
District 9 Representative

DISTRICT



Hello everyone District 11 has been working hard preparing for our Spring Workshop. After holding a virtual Spring Workshop last year, we are ready to come together in person. We are still improving

upon hybrid District meetings.

Yours in service,

Jamie V

DISTRICT



Hello from District 14. We're hoping this report is finding everyone healthy and happy.

We held our district meeting in Rockwell City on January 23. I felt we had a good turnout with GR's.

GR's reported that attendance has been good and that new members are coming and returning. We will soon print a listing of all group meetings in our District for handouts and outreach.

There have been a few changes in our District since the last Iowa Reaches Out Report. The Thursday Night AFG Book Study and Peace of Mind AFG of Fort Dodge have moved to the "new" Alano Club on 5th Ave. S. They are thrilled with their new meeting place. The Ex Enablers AFG group in Manning are now without a GR or CMA. They continue to meet on Wednesday Nights at 8:00 pm. With a treatment center in Manning, anywhere from 2-20 people attend. Currently, the group is not looking for someone to take over the GR position.

Lovingly In Service,

Judy V DR