



# IOWA REACHES OUT

NOVEMBER 2021

## DELEGATE REPORT

The October Assembly highlighted the pivotal role of the Group Representative. The GRs, through discussion and a consensus vote, provided guidance to create an Electronic Group Work Group which will explore changes to our Area service structure should an electronic group request to join our Area. This consensus revealed that the GRs would support the inclusion of an Electronic Group into our existing structure. I will be able to take this information to Conference in April, where it is hoped that the Delegates will have the opportunity to welcome a newly formed Electronic Area into the World Service Conference.

This year marks Al-Anon's 70<sup>th</sup> anniversary. The longevity of our organization is a testament to our members' dedication to continue to serve our fellowship. I am thankful we are finding ways to integrate our volunteers virtually and physically into our business meetings to ensure that this program will continue to be available for generations to come. Thank you, GRs, for showing up!!

The 2021 Conference theme Moving Forward with Unity, Courage, and Perseverance continues to guide our members to focus on our spiritual principles as we find our way forward.

## MOVING FORWARD

Moving Forward - Many of us continue to feel our way through change as we melt back into the hybrid or virtual world or enjoy sitting together at face-to-face meetings. The WSO has again had to make a tough choice to postpone the Road Trip! event that was scheduled for October 2021 in Cleveland, Ohio. I don't have details beyond this and will share information when it is released.

Our Area is broadening our understanding of technology and envisioning how we support our Area service structure through small focus groups. To summarize:



- Google Workspace Task Force - Educating ourselves regarding a platform called Google Workspace with the goal of creating a single place to store and share documents, collaborate in Thought and Taskforces, share calendars, streamline our rotating emails, etc.
- Technology Coordinator Task Force – Create a job description and vision for this role. We shared this at the October Assembly.
- Electronic Group Work Group – With GR consensus, a small group, consisting of a DR, Public Outreach Coordinator, Group Records Coordinator, Newsletter Coordinator, Delegate, Chairperson, Past Delegate is being formed.

We will share more information with the AWSC in January.

## 2022 UPCOMING EVENTS

December 26	Gratitude & Joy Event. Click <a href="#">here</a> to Register.
January 15	Service Workshop, Marshalltown
January 16	Iowa AWSC meeting, Hampton Inn, 9am Marshalltown IA
February 1	Iowa Reaches Out Newsletter Deadline
March 12	Serenity Weekend Planning?
March 13	Iowa AWSC meeting, Hampton Inn, 9am Marshalltown IA
March 18-20	USNCR Delegates Meeting, Indianapolis IN
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

## UNITY

We grow together at Assembly through sharing ideas, education, discussion, laughter, hugs, and listening. I love sharing the Thought and Task Forces from the World Service Conference with you. At the June Assembly, I shared the Thought Force entitled Dreaming Big – Envisioning our Future. At the October Assembly, we explored Using the Concepts in Personal Recovery. A presentation on Conflict Resolution is also available. Please let me know if this material would be helpful for your districts.

The 2022 Conference theme is Enhancing our Recovery through Abundance, Unity, and Understanding. Expanding on ideas generated this year will aid our fellowship to continue meeting ALL people's needs. One of the Chosen Agenda Items (CAI) at the Conference was Diversity Today - What does diversity mean? Specific areas of diversity include but aren't limited to language, gender, culture, ethnicity, socio-economic status, and (non) religious belief systems. The topic of diversity and, conversely, focusing on what keeps us together despite obvious and covert differences were threaded throughout the week. As we gather in newly formed online and in-person groups, we may be interacting with a greater diversity of people affected by alcoholism. At Conference, we were challenged to ask ourselves how well our groups create an atmosphere of welcome to all people from all demographics? Annual group inventories can help the group provide an atmosphere of welcome and reveal barriers that might be standing in the way of continuous growth and the health of the group.

I applaud the Group Representatives for voting to send the full amount of Delegate's expense to the Conference this year. The increase reflects the historical vote at Conference to include both French and Spanish interpretation at Conference. A trilingual Conference allows members with solid skill sets to serve at the World Service level regardless of language and meets the WSO's goal of being a global organization that provides universal access to recovery (see page 4 of the [World Service Conference Summary](#) ).

## COURAGE

Who is ready to raise their hands?

The World Service Office is looking for volunteers to serve on four At-Large Committees – Public Outreach, Audit, Literature, and Forum Editorial Advisory. Resumes are due by October 29. Interested applicants must have five continuous years in Al-Anon

and can never have been a member of AA. The Public Outreach Committee is requesting resumes from an Alateen member; they need at least one full year of membership and must be at least 13 years old. A template can be found on the Al-Anon.org website. Positions are one year and may be held for up to 6 years. This is a unique way to be of service to the fellowship worldwide.

I am looking forward to spending time with many first-timers to the Area Serenity Weekend in Manson, IA. The laughter, hugs, and shared experience of both newcomers and returning Weekenders will be a highlight of my time as Panel 60 Delegate. I so missed our gathering last year and am savoring every moment that we are together. I can't believe we are winding down the second year of our term. It's time to start considering where our service journey will take us next. Service IS recovery!

## PERSEVERANCE

Money talk is not always easy...yet we must.

As the WSO's liaison to the Area, it's valuable for me to reiterate the financial information the World Service Office shared from the July Board of Trustees meeting. The back of each quarterly appeal letter reminds us of the myriad ways the WSO acts as an agent of help to families and friends affected by alcoholism. Our personal experience also speaks to the value of services received, ever evident during this pandemic. As the end of the year approaches and I am considering which organizations I would like to make charitable contributions to, I remember how vital Al-Anon has been to me this year and donating in kind. If you want to make a more significant donation to Al-Anon Family Groups, or wish to have a personal receipt, a check or online payment should be made directly to the WSO so that you can receive a receipt for your tax records.

As your group reviews its budget or takes its annual inventory,

Year to Date (YTD) June 2021				
	YTD Original Budget	YTD Actuals	Total Original Budget	Revised Budget
<b>Revenue</b>				
Literature Sales- net	\$831,585	\$918,415	\$1,924,400	\$1,993,000
Contributions	\$1,373,092	\$1,261,535	\$2,882,110	\$2,543,535
Other income	\$292,500	\$330,771	\$585,000	\$563,600
<b>Total Revenue</b>	<b>\$2,497,177</b>	<b>\$2,510,721</b>	<b>\$5,391,510</b>	<b>\$5,100,135</b>
<b>Total Expenses</b>				
	\$2,732,645	\$2,493,674	\$5,465,290	\$5,333,888
<b>Net Increase/(Decrease)</b>	<b>\$(235,468)</b>	<b>\$17,047</b>	<b>\$(73,780)</b>	<b>\$(233,753)</b>

please ask your group to expand its 7<sup>th</sup> tradition giving by including the WSO in its generous sharing of surplus funds.

A guide for group giving is to remember that it costs the WSO an average of \$263 to support each group. Iowa averaged \$76.85 per group from January to June 30 in 2021 for a total of \$5,150 donated by 67 of our 160 groups. Your DR can confirm that your group's contributions were received and see how they compare to the amount it takes to provide services from the WSO for each group.

The WSO revised its budget for the second year in a row due to the financial unpredictability caused by the pandemic.

- Year-to-date literature sales were up by \$86,831, while contributions were below expectation by \$111,557.



- Expenses were less than budgeted because staff positions had not yet been filled.
- The expected deficit of \$233,753 equals approximately one month of member contributions or 15 days of expenses. Cindy M., Treasurer, Board of Trustees, shared a message of **Gratitude** and **Consistency**

when groups and members consider how much to donate. Again, a consistent donation through the quarterly appeal, with a goal of meeting the basic cost of supporting a group (\$263), is an achievable target for many groups.

IOWA AFG INVITES YOU  
TO AN EVENING OF

*Gratitude  
& Joy*

SUNDAY, DECEMBER 26<sup>TH</sup>, 2021

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6 PM CST	WELCOME
6:10 CST	VIEWING OF LOIS' STORY
6:45 CST	SPEAKER - PAULA B.,

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*Register by December 15th, 2021  
A link to our event will be emailed to you.*

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CLICK [HERE](#) TO REGISTER

## NEXT!

The 2023 International Convention in Albuquerque, NM, from June 29 through July 2, will bring members from all over the world together to celebrate in shared recovery. Speakers, meetings, tourist opportunities, and a fun time in fellowship with new and old friends make this a rewarding event.

I eagerly await attending my first physical Conference in Tarrytown, NY, from April 26 – April 30, 2022. I want to show how big our hearts are in Iowa by showering the Delegates and Conference members with **love gifts**. So get your crafty wheels spinning! I'm looking for light, easy-to-pack symbols of our growth, recovery, and love here in the heartland. These can revolve around the Conference theme of *Enhancing our Recovery through Abundance, Unity, and Understanding* or be reflections of your group, your District, or our Area. I appreciate your thoughtful attention to this fun service request.

With Gratitude and Joy,

Katy P., IA Delegate – Panel 60

## ALTERNATE DELEGATE

Hello,

I have been enjoying this wonderful Fall weather that we have been having this year. As we go into a season of giving, I am reminded over and over of just how incredible my Higher Power is and the beauty he shows me each day. I am grateful!

It was great to be among friends at the Assembly in Des Moines. We had some great speakers and workshops. Even though it's a busy weekend, it is always a great way to fill up and refresh. The total count for the event was 324 people, 208 AA, 112 Al-Anon, and 4 Alateen. Ten of our Al-Anon attendees were on Zoom.

The Area Inventory results were presented at the Saturday morning Workshop. We had a good response to the Inventory, teaching us to trust the process and let the principals of Al-Anon & Alateen work.

The Spring Assembly June 2022 will be in Creston at Southwestern Iowa Community College. Three people have volunteered their time and talents. Jerry E., Mary M., and Ashley C. will be our chairs for the weekend. Our Al-Anon speaker is Sue C. from Sioux Falls, South Dakota. The Alateen speaker and the Sunday morning Spiritual speaker are yet to be selected. I encourage you all to attend. The 4-bedroom Dorm Suites have a small kitchen & Living room along with two bathrooms. You will have to provide your own linens. The college will serve breakfast both days for a reasonable cost. There is also the SuperTel Inn or the Quality Inn if you want to stay in a hotel. I do encourage you to reserve early, due to other hotels being a short drive to other towns.

Planning is just getting started for the Fall Assembly 2022, Spencer. LuAnn T. and Tracy H.G. will be our co-chairs. As impossible as it seems, this will be our voting Assembly for the following panel of AWSC members.

### The Forum

On September 22nd, Carol C., The Forum Editor, hosted our first Forum Coordinators Web conference call. There were 23 Coordinators present. Unfortunately, I could not attend, but I am so grateful the call was recorded and posted on AFG connects for later viewing. It was great to hear others' experiences of how they are fulfilling their duties as Forum Coordinators and to put faces with the names. It was decided to have quarterly calls going forward. I look forward to participating in December.

The Forum stays in print due to our submissions and subscriptions. I encourage you to do both. 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 sharing's to 150-400 words. You can get a monthly paper copy of The Forum or an Electronic Subscription. 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 each one of you has a Happy Holiday season. I will see you all in the New Year in Marshalltown at the Area Service weekend.

Grateful Servant,

Missy Y

Alternate Delegate

## CHAIRPERSON

Welcome to November!!

The Fall Assembly in Des Moines was a weekend full of service opportunities - District 7 opened with an excellent newcomer meeting and CAL literature; Workshops on Area Inventory results and a GR workshop; and an afternoon business meeting full of reports from Area Officers, Coordinators, and District Representatives. You can still read these reports on the Iowa Al-Anon website under Members and Assembly. On Sunday, we had a workshop on Concepts from our luncheon speaker, Betty A. from Minnesota.

Have you sent in your registration for the January 15, 2022, Service Workshop? The service workshop is Lighting the Way! This is a great opportunity to join other Iowa Al-Anon members for an afternoon of learning in service. Service is putting love into action. For just \$5, you will enjoy workshops on the Iowa Policy & Procedures and positions from GRs to DRs to the Coordinator positions and Officer positions. (Fall 2022 will be an election Assembly - have you thought about your next service opportunity?). Plan to attend - 11:30 registration, 12:00 noon Opening & Introductions, and time to head home by 5:00 p.m. You can find a flyer on the Iowa Website <http://iowa-al-anon.org/calendar/>

Everyone is welcome to spend the night or come back on Sunday, January 16, 2022, for the AWSC Meeting at the Hampton Inn in Marshalltown - 9:00 a.m. start. It is sure to be a FUN and INFORMATIVE day!

Grateful for Service,

Virginia B.

Iowa Area Chair & Member  
[iowaafg@gmail.com](mailto:iowaafg@gmail.com)

## SECRETARY

Hello everyone!

The Fall Assembly has come and gone, and I hope everyone feels more informed regarding their service position as GRs. With more groups going back to "in person," this will allow the GRs to share the excellent information they gathered at Assembly. So many things are happening in our Area, and each group should be informed of the process and advancements of the Area.

I hope to see many of you at the Service Workshop and AWSC meeting in January 2022 in Marshalltown. As I look back over all the things I have learned in my service position as the Area Secretary, I am very grateful to continue to heal and grow in service.

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

Life is good,

Becky V.  
Area Secretary

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

## TREASURER

Hello Everyone!

Thanks again for all the group and personal donations this year thus far! All donations, no matter the amount, are much appreciated and used to support Iowa Al-Anon.

It was awesome seeing everyone face-to-face at the Fall Assembly in Des Moines. Great speakers and a good time was had by all. Thanks for the Zoomers joining also – it was great to see you too. As a body, we had great discussions about several different great topics of conversation.

By the time this newsletter is distributed, the Area Serenity Weekend will be over. However, I am sure my expectations will be met for yet again another weekend. I hope you were able to join in on the fun.

I also can't wait to see everyone in January for the Service Workshop and AWCS.

Please note that all group and personal donations should continue to be mailed at 2668 Millstone Dr., Dubuque, IA 52002 (payable to Iowa AFG). I will be sending updated donation information at the end of December to the DR's.

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

Hello again,

Thank you, Iowa AMIAS (Al-Anon Member Involved in Alateen Service), who have stayed connected and committed to revitalizing Alateen in your districts. Because of your consistency, Alateen members will have a place to begin their journey of recovery.

### October Fall Assembly, Oct 8-11, 2021

I loved being the Area Alateen Coordinator at the Fall Assembly. Our Alateen speaker, from Ankeny, IA, was a delight, and the District 7 Alateens made yarn necklaces with a cut yarn bangle which you can pull off pieces and add to someone else's necklace (called "warm fuzzies" ) to share the love of Alateen. The "warm fuzzies" were also a District 7 fundraiser, with the 'free will donation' going to the District 7 Alateen budget.

WSO "JUST FOR TONIGHT" Alateen bookmark  
Exciting news! The WSO is ready for the Alateens to send in

their sharing for the "Alateen Just For Tonight" bookmark. The deadline is December 31, 2021. Please send the Alateen sharing online to: [al-anon.org/sharing](http://al-anon.org/sharing); or email to [wso@al-anon.org](mailto:wso@al-anon.org) (with Alateen Just for Tonight in the subject line); or mail to AFG, Inc, Attn: "Alateen Just For Tonight" bookmark, 1600 Corporate Landing Pkwy, Virginia Beach, VA 23454-5617

### Public Outreach Workshop for Alateen Sponsors

Michelle K., Iowa's Public Outreach (PO) Coordinator, held a workshop on Saturday, September 11, for the district PO Chairpeople and AMIAS. She shared how to access what our World Service Office (WSO) provides so that we may spread the word of Alateen. Michelle accessed the WSO site by using [al-anon.org/members/public-outreach](http://al-anon.org/members/public-outreach). Michelle also taught us how to acquire a QR (Quick Response) code to put on a flyer that would lead those that scanned it to the Al-Anon Mobile App where one can find the electronic Alateen meetings, and how to put your district's meeting list (if you have a URL) on the poster. Finally, she reminded us that we no longer need to con-

tact the WSO for permission to publish or print the posters; just be sure to have either the WSO telephone number or address along with the district info on the sign.

Here are a few ideas and places that AMIAS can work with their district PO person or committee.

**Places:** A.A. Clubhouses, Boys and Girls Club, A.A. and Al-Anon meetings, grocery stores, Churches, Dr's offices, School Counselors, DHS, local hospitals with behavioral units, Police and/or Sheriff's dept, etc.

**Ideas:** have an Alateen speaker at an A.A. and Al-Anon meeting Anniversary; have an Alateen fundraiser pizza party; use Alateen literature in your Al-Anon meeting; have the M-80 Table Tent Card (\$.15) "Has Al-Anon helped you? Then why wouldn't you want to give that gift to your child" setup in your Al-Anon meeting; ask the local AA groups if they would like to have one

of the Alateen Table Tent cards set up in their meeting; or contact your local newspaper (Carroll, IA had a front-page article about Alateen in the local newspaper).

### Good news!

Iowa has gained five new AMIAS during the pandemic, and I do hear that Alateen meetings are slowly emerging in the various districts. For example, District 11's Alateen meeting just moved their location, and their first Alateen meeting had four Alateens and three sponsors.

Please contact me if I can be of any help; our youth are the future of recovery from the family disease of alcoholism.

Iowa Area Alateen Coordinator/AAPP  
Lorraine R.



**When you don't know  
where to turn...  
because someone  
drinks too much...**

**Alateen can help.**  
(Alateen is part of Al-Anon Family Groups)  
Learn more by attending a confidential meeting in your community.  
888-4AL-ANON • [al-anon.org/for-alateen](http://al-anon.org/for-alateen)

## GROUP RECORDS

Hello everyone.

There has been a lot of activity the last couple of months with all the new updates from Groups!

I had an AGCR conference call on August 28 to get information on electronic groups and records. More to come!

Please remember that when you send group record updated information, include the group number, name of the group, and district; it will really help make the process easier and minimize the possibility of group records missing essential changes.

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 ([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 you have questions regarding group records, feel free to contact me via email at [thggr2023@gmail.com](mailto:thggr2023@gmail.com).

See everyone real soon!

Tracy H.G.

Group Records



## LITERATURE COORDINATOR

Did you know we now have an Al-Anon Family Groups Headquarters, Inc. YouTube channel? If you subscribe, you could aid your recovery by seeing new videos when they are published. You could also share videos, which would be a great way to carry the message. To subscribe you go to Al-Anon Family Group Headquarters, Inc.-Youtube.

If you're a blogger, you can post on the Al-Anon Members Blog, which is at [al-anon.org/member-blog](http://al-anon.org/member-blog). In October, the topic is "How do I practice acceptance when I wish things were different?" November's focus is "What aspects of your recovery are you grateful for?" The Blog could also give members ideas on meeting topics, but the sharings are not to be used at meetings since they are not Conference Approved Literature.

WSO is asking us to reach out to our teens and urge them to send in their sharings for the, Just for Tonight Alateen Bookmark. They need to be submitted by December 31, 2021. The Alateens can send them in by email, to [wso@al-anon.org](mailto:wso@al-anon.org), on the subject line they need to type in (Alateen Just for Tonight). If they prefer, they can submit them online at [al-anon.org/sharing](http://al-anon.org/sharing). This site also has a writing guide. Lastly, they can mail them to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attn: "Alateen Just for Tonight."

Our Forum magazine has a "CAL Corner" section where members send in sharings that focus on how our literature has helped them on their recovery journey. The October issue focuses on the 20th anniversary of Living Today in Alateen (B-26), November, Discovering Choices-Recovery in Relationships (B-30). Opening Our Hearts, Transforming Our Losses (B-29) will be December's topic.

If you have never submitted a sharing, please consider doing so, there is such a need for writings for our Forum magazine, and what an amazing way to share your experience, strength, and hope. Currently, sharings needed are for Hope & Understanding for Parents & Grandparents (P-94). In all Our Affairs (B-15), Intimacy in Alcoholic Relationships (P-94), and When I Got Busy, I Got Better (P-78).

Yours in Service  
Mary E.  
Literature Coordinator

## NEWSLETTER COORDINATOR

I can't believe the second year of this term is almost over! As we enter the third and final year, I hope you'll consider putting together a resume and standing for a District and/

or Area position. Being in service has helped me grow in so many ways. Al-Anon Family Groups can only continue to help families and friends of Alcoholics if members continue to support each other.

Each Iowa Reaches Out newsletter is a great opportunity to learn more about the various area positions. As you read the district reports, you can get ideas to take to your own groups and districts. Together we can all get stronger and healthier. Wishing everyone a great holiday season!

In Service,  
Luanne T.

## PUBLIC OUTREACH

Greetings from Public Outreach!

The 2021/2022 WSO Public Outreach campaign began August 1 and included the launch of a new PSA. Have any of you heard it yet? It is called the Benefits of Al-Anon. WSO uses actors, but the words used in the PSA come directly from members' statements on the 2018 Membership Survey. The Benefits of Al-Anon PSA will run concurrently with Questions PSA. WSO has contracted Nielson to send these digitally and follow-up and track the number of plays. The 2020 - 2021 PSA Campaign resulted in 1,829 plays across Iowa. So far, the 2021 - 2022 PSA Campaign has been played 51 times in Iowa. If you're wondering, WSO does not decide which stations to send the PSAs to.

The contract with Nielson is to send them to every TV and Radio station in the US and Canada. The only exceptions are Universities and Christian stations not connected to the Public Service Network (PSN). Our vendor does two marketing pushes during each 12-month campaign to generate awareness and pick-up of our PSAs. The WSO has asked that members no longer "cold call" stations regarding our PSAs as it detracts from our paid efforts. The vendor has been much more successful than we have been in the past, where we relied heavily on members. This year we will exceed the last two years combined. However, please feel free to reach out to those Christian and University stations to see if they would be interested in playing our PSAs. If so, please get a contact name, station name, or call letters and a contact email address and email the information to [media@al-anon.org](mailto:media@al-anon.org). Our vendor will send the assets to them.

I was excited to join in the second WSO Public Outreach conference call on August 28. I learned about the new campaign and the following items:

- 1) Currently, there is a task force working on updating Social

Media guidelines. This means that page 125 in the manual will need to be updated. As a result, WSO asks for a 'pause' on service arms using Social Media campaigns. We should see an update from the Policy Committee this month, and if approved, it will be sent to WSC in January for voting at the Conference in April. If passed, it will be an addendum to the next Service Manual as it is already at the printer.

Thank you to all who joined the Public Outreach Workshop on Saturday, September 11. It was very nice to be able to put a face to the email addresses of the POP's (Public Outreach Peeps) I've been conferring with. We learned what districts are

doing in their communities. I shared the information above, the adaptation of public outreach posters/signs, a new trifold, and how to make and use QR codes for contactless flyers.

Last, if you or anyone in your groups would like help with group or district public outreach, please contact me as I would be delighted to help. You can email me at a18d9po@gmail.com.

Yours in Service,  
Michelle K.  
PO Coordinator

## DISTRICT REPORTS

### DISTRICT



District 2 met Virtually via Zoom on October 26. Our groups offered updates and we discussed Electronic Meetings which we will discuss further after the Area Officers meet in their Work Group.

Fall 2022 Assembly will be in Spencer, IA. We look forward to this!!

Serenity Weekend was held 11/5-11/7/21, at Twin Lakes Camp, Manson, IA. The focus was on the 12 Steps, with different Districts presenting. It was time for a lot of heartfelt sharing and laughter.

Grateful in Service,  
Margaret Molitor  
District 2 DR

In other news – our members continue to "walk the walk", one day at a time. The groups continue to meet, welcome newcomers, study the steps/traditions, and support each other. Wishing everyone a healthy and happy holiday season.

In Humble Service,  
Audrey U., DR

Greetings from District 4.

I especially enjoyed the GR workshop at the fall assembly last month and thought it was fun and interesting. The resources distributed help summarize the GR and DR roles.

### DISTRICT



For public outreach, we are buying a table throw with the AI-Anon logo on it to have something that looks nice and is easy to set up when we table at different places. Three of our local meetings have moved to new meeting locations over the last few months. Of our 14 meetings, two are hybrid, one is online, and the rest are in person.

Wishing you a happy and healthy upcoming holiday season!

Yours in Service,  
Kristine N.

### DISTRICT

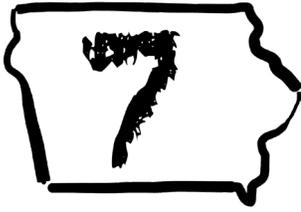


Greetings From District 3, We held our last district meeting for 2021 on 10/24/21. We have enjoyed meeting in person; however, our first district meeting in January will be via ZOOM. We are all very grateful for the ability to meet online, as traveling in Iowa in

January can be challenging. We set our calendar for 2022 and had a good conversation about supporting and investing in Public Outreach in our district.

The fall assembly was enjoyed by those who were able to attend. We will be doing a District Inventory next year because of the information discussed at the fall assembly.

## DISTRICT



Greetings from the Des Moines area!

It was great being able to host the Fall Assembly here in Des Moines. Thank you to all the volunteers that helped in making the weekend a great success. Thank you to

the AWSC for allowing District 7 to sell literature at the Fall Assembly. We sold \$1,225.50 in literature throughout the weekend!! Now on to planning the Spring Assembly that will be held in Creston. This assembly also falls in District 7, and we have three volunteers from the Des Moines area meeting with AA to ensure this assembly is also a success.

Our District 7 Service Workshop is right around the corner, and we will be Celebrating Service on Saturday, November 13th, at Lutheran Church of the Cross in Altoona (1701 8th St SW). This will be our first District in-person event since the start of Covid, and I'm really looking forward to it! The workshop will start at 9 am with a potluck lunch at noon and our district meeting to follow at 1 pm.

We will also be having a holiday party on Saturday, December 4th, at the White House (1400 Penn Ave in Des Moines) from 11 am - 1 pm. You can bring a gift for an exchange, and we will be playing a couple of games with prizes in addition to a potluck lunch.

Our district also decided to hold one event this spring, combining our Serenity Weekend with our Birthday Celebration. This event will be on Saturday, March 12th, at the Boy Scout Center (6123 Scout Trail in Des Moines) from 9 am to 3 pm. Please check out our website for all our events.

Speaking of our website, the Des Moines/Central Iowa website has been updated to include the capability to process online literature sales!! Please check it out at [www.al-anondesmoines.org](http://www.al-anondesmoines.org).

Yours in Service,  
Samantha M.

## DISTRICT



District 8 is holding our Fall Festival on Thursday, November 11th. AA speaker is Sandra M. from Eau Claire, WI, a retired minister, and the Al-Anon speaker is Megan C. from Cedar Rapids, IA. A catered taco bar will be provided by Gringos Mexican Restaurant. In

addition, we will have a 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) continue.

District 8 was present at the Fall Assembly. It was great to meet in person again and see others from across Iowa and meet some new GRs. It's a great networking event! In addition, I assisted with reporting on the Area Inventory and the GR Workshop. We received some excellent feedback on both presentations.

We are looking forward to Serenity Weekend in Manson. I am confident it will be a great event with lots of laughter!

District 8 has the majority of its meetings meeting in person. Some are trying concurrent Zoom meetings as COVID is on the rise again; some meetings have gone back to Zoom meetings. You can find District 8's meetings here: <https://www.cedarrapidsareaal-anon.org/meetings/>

Yours in Service,  
Carolyn S.  
DR District 8

## DISTRICT



Happy fall y'all,

We held our 3rd quarter district business meeting on September 30th via zoom. All groups reported steady attendance, except for our Thursday night Steps to Serenity and Friday night Central Discussion groups, who are no longer meeting. I hope that this is temporary; we will see what happens with each of these groups. The biggest issue is that all but 2 of our groups have zoom or hybrid options, and it seems that members like the flexibility and ease of zoom instead of face-to-face. Our AIS phone chairperson, Patti K., is researching cheaper options for our answering service. She is also following up on prospective members listed on the phone log to ensure they received the information/help they needed.

We are very grateful for Patti's service. Our district is trying to jump-start our public outreach game by coordinating efforts to reach families who are not yet aware of Al-Anon. We are off at a turtle's pace, but we are thinking and moving, which is progress. We discussed outreach to the professional community, especially mental health. We're also checking into speaking with nursing school students as nurses often comfort family members in crisis. Our next district business meeting

will be held virtually on Wednesday, December 1, at 6:30 pm.

We held our Fall Women's Spiritual Experience Weekend on September 18th - 19 at Our Lady of the Prairie Center in Wheatland. Unfortunately, with covid restrictions still in place, we were only able to have 12 people. However, we were very grateful to be face-to-face with our Al-Anon sisters. We had a sing-along to a few Al-Anon adapted songs and shared from our hearts in a beautiful setting. The Spring edition SEW returns to St. Mary's Monastery in Rock Island, IL, on May 21 & 22nd, 2022.

I've heard rumblings of a possible district Serenity Saturday in April next year that all Al-Anon members can attend. 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; however, the family meeting has tapered off, but I did have one on Monday, 25. The great news is that we were able to start our institutional meetings at The Abbey back up! I'm very 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



Welcome, November! September and October were busy for District 11. We had several groups change their format. We now have one meeting attempting a hybrid meeting. This is allowing all of us to use our Al-Anon Principles. Another group went back to using masks.

We even had one group stop using the Zoom meetings as one started using it again.

On October 2, we had our Fall Speaker Supper. We had a great turnout and some delicious food, and Michelle K. shared her experience, strength, and hope. I am incredibly grateful to those who worked so hard to put this event together after waiting for twice as long.

Finally, I was able to attend the Fall Assembly. I loved hearing the information about how our survey went on our group consciences, and I cannot wait to use this information for my District.

Jamie V.