



IOWA REACHES OUT

MAY 2022

DELEGATE REPORT

Have you ever stepped away from attending meetings and then found yourself back in your seat? During that hiatus, life felt normal, and you felt that you were coping okay, until one day, something brought you back. Sitting in your seat, you realized that your burdens were heavier than you knew, and you realized you were so relieved to be back in a meeting. That feeling of coming home is what I felt like at the 62nd World Service Conference (WSC). A theme expressed by Delegates throughout Conference was the value of gathering in person, especially with elections on the horizon. Love was tangibly felt in the forms of hugs, smiles, walks, and laughter. I invite you to attend the Spring Assembly in person to receive the benefits of the meeting between the meetings.

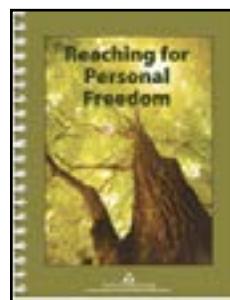
I can't wait to share in-depth information from Conference with you at our Area Assembly June 10-12 in Creston. We will be voting on critical and historical decisions, so it will be vital to have all groups represented. If your group's representative cannot attend, please emphasize the importance of filling the position and registering the new representative with our Area Group Records Coordinator before May 27, 2022. Key votes will include incorporating electronic groups into our Area Structure and adding the Technology Coordinator position to our pool of trusted servants.

Those attending in person will receive the 2022-2025 Groups at Work, hot off the press! The new Groups at Work includes the first printing of the new Alateen preamble, which provides a much-needed update following a vote at the 2021 WSC. In addition, I will have extras to take back to your groups.



A Town Hall is planned for Sunday, May 22 at 6 pm via Zoom to answer any questions our members have regarding the admittance of the Global Electronic Area

(GEA) into the World Service Conference structure and the impact that may have on the Iowa Area service structure. All are encouraged to attend. [Click here to register.](#)



Save the date!! The Area Serenity Weekend will be September 23-25, 2022, in Manson, Iowa. Our theme is Reaching for Personal Freedom. We'll use the book to focus on using the Traditions in our personal lives and any place where we form a group, like our meetings, work, and home. Plan to attend this wonderful weekend to enhance your recovery. I feel so blessed to have represented our Area at the 2022 World Service Conference. I felt your love and support and look forward to bringing the information back to you at the June Area Assembly.

With gratitude and joy,

Katy P.
IA Delegate, Panel 60

UPCOMING EVENTS

May 22	Iowa AFG Virtual Town Hall Registration link
June 10-12	Spring Assembly, Creston Registration Form
July 23	District 3 Serenity Day, Iowa Falls, IA flyer
August 1	Iowa Reaches Out Newsletter Deadline
August 21	Iowa AWSC Meeting, Hampton Inn, Marshalltown 9 am
September 1	Iowa Reaches Out Newsletter Deadline
September 23 - 25	Area Serenity Weekend, Twin Lakes, Manson
October 7 - 9	Fall Assembly, Spencer

ALTERNATE DELEGATE

Hello,

Katy P., Iowa Delegate, attended the annual World Service Conference April 26-30, 2022, in New York. I look forward to hearing about the Conference and what is in store for Al-Anon in the year ahead. Katy will be sharing about the Conference at the Spring Assembly in June. It should be exciting, and you won't want to miss it.

"Getting Your Life Back on Track" is the theme for the Spring Assembly at SWCC in Creston. We have the privilege to hear Sue C., Sioux Falls, SD as our luncheon speaker. The Sunday morning Spiritual speaker will be Heidi M., West Des Moines, IA. You can register online at <https://area-24-spring-2022-conference.cheddarup.com> or send in your paper registration form.

"A Moment of Clarity" is the theme for the Fall 2022 Assembly in Spencer. Our Al-Anon Luncheon speaker will be Nancy S., Cheyenne, WY. Trustee at Large, Board of Trustees, Al-Anon Family Groups Headquarters Inc. Our Sunday morning Spiritual Speaker will be Connie H. from Arnolds Park. You can register by going to <https://area-24-fall-2022-conference.cheddarup.com> or send in a paper registration. Pre-registrations are due no later than September 16, 2022.

The Forum

On April 20, I participated in a quarterly Forum Coordinator conference call. We had 25 people on the call from the US and Canada. It was interesting to hear what other Areas do to encourage usage and sharings for The Forum. I also enjoyed hearing other Forum Coordinators share what their position entails in their Area. For example, some also serve as the Alternate Delegates, like I do in Iowa, and many serve as Literature Coordinators in addition to their Forum Coordinator position.

It is encouraging to see Iowa Forum sales stay steady and even show a slight increase. We had 356 subscriptions for April 2022 and 359 subscriptions in May 2022. Overall, worldwide subscriptions are still down from past years. Let's keep up the good work in Iowa and keep our subscription numbers going up!

Woot! Woot! We have an Iowa Alateen published in the May 2022 Forum. Johanna M. from District 7 has a sharing on the Alateen page.

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! Also, please encourage any Alateens to share. Their sharings could be selected for The Forum or Alateen Talk.

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 any forum's back page, 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

Hello from Northwest Iowa!

The sun is so welcoming ... the wind has been blowing Spring is in the air!

I'm looking forward to seeing everyone in a few weeks at the Spring Assembly in Creston, Iowa – Southwestern Community College. This will be the last Spring Assembly of our term – Elections in the Fall are an exciting time. If you are thinking about (even a tad bit thinking) standing for an Area Officer (Delegate, Alternate Delegate, Treasurer, Secretary, and/or Chair), you will need to declare to the Area Secretary (Becky V.) your intent to stand before the end of the Spring Assembly in Creston. Declaring your intention doesn't mean you have to stand; it would be better to state your intent and make your decision in time for submitting your resume, than not declare your intention and not be able to stand for an Officer position. Do you know the requirements to stand for an Area Officer Position? See pages 7-9 in the Iowa Policy & Procedures Manual. The Iowa Policy manual can be found on the Iowa Al-Anon website iowa-al-anon.org under members and services resources. Becky V (Area Secretary) and I (Virginia B, Chair) will have more information on elections at the Spring Assembly for a workshop. If you have any questions before the Spring Assembly, please contact me!

Grateful for Service,

Virginia B.
Area Chair and Member
iowaafg@gmail.com

SECRETARY REPORT

Hello everyone!

Iowa Al-Anon is on the move, and I hope you have discovered this by sharing the March AWSC minutes with your groups. If you did not receive the minutes, please let me know.

I am looking forward to seeing everyone at our Spring Assembly in Creston. It will be exciting to hear our Delegate Katy P. share about her trip to Conference and learn more about electronic groups.

My term as secretary is coming to an end in October, and I would be happy to share the joy of Service with anyone interested. Service has helped me grow in my program and life in general.

Take care, stay safe and enjoy your TODAY!

Life is good,

Becky V.
Area Secretary



TREASURER REPORT

Happy May, everyone!

As you all know, Spring Assembly is next month. I hope you are all registered; I can't wait to see your smiling faces.

Search your heart as to where your Higher Power will 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.

Exciting news – CMA's, please watch your email as the May Appeal Letter will be coming in an email instead of a physical letter in the mail. Donations can be made through the "donate" button on the Iowa Area website – or you can always pay by check or money order as you have in the past, payable to Iowa Area AFG and mailed to 2668 Millstone Dr., Dubuque, IA 52002. Please always include your group name and number when making donations to the Area.

Continued thanks for all the personal and group donations. The Area always makes sure your 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

COORDINATOR REPORTS

ALATEEN COORDINATOR/ AAPP REPORT

SpRiNg!

AMIAS Recertification

I am grateful to all the AMIAS (Al-Anon Member Involved in Alateen Service) who have recertified, and those who have requested to become AMIAS this year. Thank you, you are the hope for our Alateens, whose lives have been affected by the family disease of alcoholism. At the present time, we have only two AMIAS who have not completed their recertification forms. On May 31, 2022, I will deactivate any AMIAS who has not responded.

The Forum

Woo Hoo, the May issue of *The Forum* has an article on the Alateen page from Johanna M., the

daughter of Samantha M., District 7 Representative. It's a great idea for Alateen sponsors to see if the Alateens would like to set aside time in the meeting for a writing workshop. Ideas to spark their interest could include, a topic from the Alateen daily readers, a Step, a problem Alateen helped them resolve, an article in *Alateen Talks*, etc.

Public Outreach

School is almost out, but our Alateen groups still need children. We can still put up Alateen Public Outreach posters with the local contact information on them, in our local grocery store, church, library (people still go to the library in the summer), hospitals, Doctor offices, etc. To get an Alateen poster go to al-anon.org/alateen poster AND print.

Lorraine R.

Iowa Area Alateen Coordinator/AAPP

Group Records

Hello everyone.

Group records are current to date at this time. We have 161 active groups in Iowa, including eight Alateen Groups. This is down from the previous year. We have six groups showing still inactive due to Covid; please let me know if your group has chosen to go back to face to face, zoom only, or hybrid so that the Newcomers can find you. There has been one new group since the last update. This has been a learning experience for us all! I appreciate all the help I have received in keeping these records up to date!



The WSO has revised New Al-Anon Group Registration and Al-Anon Group Change forms.

One way to check that your group information is correct is to go to the WSO webpage and search for your group, and if it is not current, please let me know. Here are the links: <https://iowa-al-anon.org/> and <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.

Please remember when you send in a group record update, the information that needs to be included is on the form available at <https://al-anon.org/forum-members/group-resources/group-records/>. You can also contact your DR or Group Records to help you with this process.

This will help make the process easier and minimize a group record missing essential changes.

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 thgr2023@gmail.com

See everyone real soon!

Tracy H.G.
Group Records

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.

Literature

Hello to all of you; I am excited to report the Literature Committee received 125 sharings for their Alateen Just for Tonight Bookmark from our Alateen members. Now the committee will begin the task of incorporating the sharings into the bookmark.

The electronic format of the 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v1 is now available to all our members. You can find it at al-anon.org. In English, French, and Spanish. The printed version will be available in late summer. Please share this information with your members; the Service Manual can provide a great resource in dealing with group issues and understanding the structure of our fellowship.

There have been updates to two pieces of our literature, The Dilemma of the Alcoholic Marriage (B-4) and our first daily reader, One Day at a Time in Al-Anon (B-6). They now include an introduction providing a historical outlook while maintaining the enduring spiritual principles of Al-Anon. The openings have been written and approved; they will be printed soon. I will keep you posted when I hear they are available.

"Cal Corner" Topics: this department is featured in our forum magazine each month. Its sharings are from members on how a particular piece of literature has helped in their recovery. In May, ... In All Our Affairs (B15) will be the focus, and in June, Intimacy in Alcoholic Relationships (B-33).

There is a vast need for sharings for The Forum. Upcoming topics will be, Living with Sobriety (P-49), Reaching for Personal Freedom (P-92), and The Al-Anon Focus (P-45). Sharings are also needed for Many Voices, One Journey (B-31), How Can I Help My Children? (P-9), Alateen-a Day at a Time (B-10), and Alateen-Hope for Children of Alcoholics (B-3). The writing guideline for "CAL Corner" is at al-anon.org/pdf/CALcornerSharingRevised%202018.pdf.

Please consider writing on these pieces of literature for The Forum. It entails 200-400 words sharing how our CAL literature has aided in your recovery with other members. You can email your sharings to Tom@al-anon.org by no later than May 16.

Yours in Service

Mary E
Literature Coordinator



Newsletter Report

It's finally warming up and I don't know about you, but I'm excited for Spring!! Once again the newsletter is full of great information! I hope you'll check out all the news as we move through the final year of the term. This newsletter is a great place to get more information about different service positions. As you read about what coordinators and districts are doing, think about how you could serve in a similar position at the group, district, or area level. I know that service helps my recovery. When I step out of myself, I find strength and hope.

Can't wait to see everyone in Creston in June!! Hope you'll be there too!

In Service,

Luanne T.

Newsletter Coordinator

Public Outreach

Greetings from Public Outreach!

As we (hopefully) emerge from winter and the covid infection rate goes down, we are Springing with excitement in Public Outreach!

I attended the first of two annual Public Outreach Coordinator Calls on February 20. After one of these calls, I'm pumped and coming in hot!! ☺ The PO Coordinators were able to meet Heather S., the new Associate Director of Community Relations at WSO. WSO Public Outreach Committee members were also on the call in a listen-only mode. This group included a very friendly face, our own Beth K. During the call, they reviewed the Public Outreach pages on the WSO website and the results of the 2021 Membership Survey. Finally, they ended with a 30-minute SESH (Sharing Experience, Strength & Hope). Unfortunately, I missed the last 20 minutes of the call as I am powerless over my internet provider. However, I am grateful that WSO records the call, then places it in the Public Outreach Community on AFG Connects, so I was able to go back and listen to everyone's shares. Our next, and my last, Public Outreach Coordinator Conference call will be on August 7.

I would like to provide an update on the 2021-2022 Public Service Announcement airplay stats too. As of February 22, 2022, 853 PSA Airplays were reported. I find it interesting that the majority of airplays are

in the Cedar Rapids, Waterloo, Dubuque, and Iowa City DMA (274), followed by Ottumwa and Kirksville DMA at 153 plays. District 10 PSA's are all on TV stations. I'm wondering if they're noticing a difference in attendance. In my district (9), the airplays are all radio, and it's exciting to hear them. Are you hearing/ viewing the Public Service Announcement in your district?

Circling back to the Member Survey Results, I feel that the membership survey results are essential for understanding the best use of Public Outreach resources. We get to see how our members found Al-Anon, and we gain knowledge of which demographics to focus on. During the conference call, I heard that of the 16,486 members who participated, 12% indicated they were from Canada, .05% from Bermuda, and .02% from Puerto Rico. I found that statistic comforting. If your district or group would like to have a copy of the results, I'd be happy to show you how to retrieve it off the website, or you could scan the QR code on this page to review it.



Finally, I wrote about a deficit in group-level public outreach endeavors in my last report. At least in my district, I have noticed that most groups no longer do public outreach. It seems to be something that is left for District, Area, and WSO to provide. In my experience, when I'm only practicing two of Al-Anon's Three Legacies, my program suffers. I would like to give group members, and GR's the same kick start I receive from coordinators on AFG Connects. To challenge group members to work together in reaching people in their local community. With this in mind, I will be hosting a Public 'In-reach' workshop soon.

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.

Love and Service,

Michelle K.

Iowa Public Outreach Coordinator

DISTRICT REPORTS

Hello from District 1

Happy Springtime!!

Our meetings are all back to normal and growing. We are looking forward to the Spring Assembly in June, and we are also hosting Serenity Day in Stone Park on June 18 from 9 am to 1 pm. Everyone is welcome. Bring a lawn chair and a dish to share. Plans are also being made for our yearly Autumn Awareness celebration in October and our cookie exchange/potluck "Hope for the Holidays" in December.

Looking forward to seeing everyone in Creston in June. Enjoy the rain, birds, flowers, and green grass.

Gratefully yours,

Barb G., District 1 DR



Greetings from District 4.

We had a good turnout for the Metro Spring Anniversary Al-Anon luncheon on April 30 and introduced some changes, such as making it a salad potluck rather than having a caterer, but retained the raffle. Thank you to Michelle K. for speaking.



Calls to our local Al-Anon hotline in April were the highest they have been in a long time (25 in one month). The increased calls may be from all the materials we have been giving to local counselors, improving pandemic conditions, or both. In addition, we have a couple of members attending a local Mental Health Awareness Breakfast on May 13.

Yours in Service,

Kristine N.

Hello Al-Anon Friends.

Our Monday night Milford group held a group conscience and will meet in person May through October, then plans to go virtual October through May.

The Tuesday Cal-R-Us group remains virtual. They also have several members attending from other states.

The Spencer Wednesday Night group meets in person, with small numbers at times but quality meetings.

Thursday Night is meeting in person, with eight to 10 people, and looking forward to more in attendance, with tourism and snowbirds back in the area.

Our corner of the state is looking forward to hosting the October Assembly in Spencer, October 7-9, 2022. The Sunday spiritual speaker will be former delegate Connie H. of Arnold's Park.

Grateful for all of our Al-Anon family!

Sincerely,

Margaret M., DR District 2



Greetings from the Des Moines area!



We held a Spring Event on Saturday, March 12, combining our District Serenity Weekend and our District Birthday Celebration. We had 75 people in attendance and raised over \$1,000 for our District with a silent auction and quilt raffle. At our April meeting, the District voted to return to the two separate events in 2022.

I am also pleased to report that two people have come forward to turn in paperwork to become AMIAS in the last month. The three Alateen meetings currently active in Des Moines have struggled to have AMIAS, so I am delighted that we have new volunteers!

I can't wait to see everyone at the Spring Assembly in June in Creston!!

Yours in Service,

Samantha M.

District 8 held its Spring Fling on May 5 with a Cinco de Mayo theme focusing on service positions for the District and groups. Public Outreach is working on ideas for our next big advertisement and promotional items.

Monthly meetings at Area Substance Abuse Council (ASAC) depend on COVID cases. We did not attend ASAC in January or February due to COVID outbreaks but met in March.

Meetings in District 8 are beginning to go back to in-person meetings as COVID cases diminish. You can find a current listing of District 8's meetings at <https://www.cedarrapidsareaal-anon.org/meetings/>. We've had two meetings close temporarily due to COVID, and one meeting has changed location. We had a new meeting start in February, which will run concurrently with the AA meeting in the same place on the second and fourth Tuesday of the month at 6:30 pm.

We have been having regular District meetings via Zoom. In addition, I have been encouraging people to "get in the car" for various events.

Yours in Service,

Carolyn S.
DR District 8

Greetings from the D9!

We are happy to see warmer temps and lower positivity rates in our District.

District 9 has six Al-Anon groups with seven face-to-face meetings and four virtual (Zoom platform) meetings. Bettendorf Group has steady attendance at their in-person meeting, and around four to five members attend the zoom option simultaneously as the in-person meeting. DeWitt and Thursday night, Steps to Serenity Group meet face-to-face with no hybrid option. Tuesday night CAL Book Study Group could not sustain in-person meetings and has resumed meeting only on Zoom. Unfortunately, Central Discussion has temporarily closed their Friday night 5 pm meeting due to lack of participation. However, they still have three in-person meetings with steady attendance. Central Discussion also has two temporary Zoom meetings



at 10 am on Wednesday and Saturday mornings for those not comfortable meeting in person. None of District 9's meetings are hybrid due to the size of the groups and members willing to step into Service. However, Central allows members to attend via a cell phone per group conscience. Our members choose which meeting to attend depending on their comfort level in our community. We recently held a District 9 business meeting via Zoom on Wednesday, April 27, and our next business meeting will be on June 29.

Plans for the Spring Women's Spiritual Experience are still moving ahead. There was a SEW (Spiritual Experience Weekend) Committee meeting last month. We will return to St. Mary's Monastery in Rock Island, IL, on May 21 and 22. The overall theme for the SEW is reconnecting with your higher power, with each other, and with your program of recovery. Unfortunately, we cannot mingle or eat in the Monastery dining room this time. Due to covid concerns, masks and proof of vaccination are required, and we only have access to the Benet Retreat House and the beautiful grounds. We remain very grateful for the use of their facilities.

District 9 Public Outreach is holding steady. A local outpatient facility, Rosecrance, allows our members to speak to clients in treatment every nine weeks. We have two or three members who give a 15 – 20 minute overview on what brought them to Al-Anon and the benefits they have received from regular Al-Anon attendance. It is always interesting to talk about the effects of Alcoholism to those in treatment. One family member may drink, but we are grateful that Al-anon is available so the whole family can recover. While the Monday night family meeting has closed, the director lets us keep literature, posters, and business cards on site. When family members are interested, we meet with them in the boardroom at the facility. In other District 9 Public Outreach news, the institutional meeting at a local residential treatment facility, The Abbey Center, is again in full swing! This 45-minute informational meeting is attended only by Al-Anon members and family members of those currently in treatment (no staff or clients are allowed). Literature, along with experience, strength, and hope, is given every Sunday at 12 pm. As always, 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



Hello everyone. District 11 has been busy lately.

We have started planning our Fall Speaker Supper. Our district team met and planned who would cover the different areas to make this year's Fall Speaker Supper a successful event.

We have also refreshed our Public Outreach, trying to bring in new members and meeting at regular intervals to continue supporting our District. We also attended a Brain Health meeting in Dubuque. At this meeting, we heard about community sports in the area and shared about Al-Anon.

Thanks!

Jamie V.
District 11 Representative



Hello from District 14.

I'm getting anxious for warmer days and setting out flowers on my deck. In my next report, I hope to tell you it's done.



We held our district meeting in Rockwell City on April the 24 with an awesome turnout. Five GR's and four others attended. All of the groups are meeting face-to-face. Carroll Freedom Seekers will do zoom if a request is made ahead of time. They are all maintaining their attendance or getting new members that keep returning. Peace Of Mind AFG purchased a glass bookcase with a lock to hold their for sale books. It's working very well.

We discussed groups purchasing Al-Anon Faces Alcoholism brochures and dispersing them for outreach in the area. Our District had cards made up that list all of our group meetings with the name, day, time and place. GR's will be using these as handouts for outreach.

Our next District meeting will be on August 28.

Lovingly In Al-Anon,
Judy V.

Area 24 Spring Assembly

June 10 - 12, 2022

Southwestern Community College
1501 W Townline St | Creston, IA

Friday, June 10

7:00 pm - 8:00 pm GR Registration and Group contributions
8:00 pm - Opening Meeting: Host District 7
9:15 pm - AWSC meeting

Saturday, June 11th

8:00 – 9:00 am – GR Registration and Group contributions
9:00 am – Workshop: Area Election Procedures
10:15 am – Workshop: Delegate Report - Katy P.
11:30 am – Luncheon, followed by Alateen (Evelyn F.) and Al-Anon Speaker (Sue C.)
Immediately following Luncheon – Delegate's Report (interactive)
3:00 pm – Assembly Business Meeting
6:30 pm – Banquet followed by AA Speaker

Sunday, June 12th

9:00 am – Workshop: From Sorrow to Serenity – Sue C.
10:15 am – Spiritual Speaker: Heidi M.

Registration Links
[Registration Form](#)
[Online Registration](#)



[CLICK HERE TO REGISTER](#)

A link will be sent prior to the event from the Iowa Area Chair.

6PM – Presentation – Electronic Groups and You

6:15 PM – Q & A

6:45PM – Guest Speaker – Ozzie A., Panel 62
Global Electronic Area Delegate