

This term has gone by in a flash. I have emerged with the unexpected gifts of greater joy, deeper compassion and a growing sense of self-value. Congratulations to those that are serving on Panel 63 from 2023-2025. I know our collective Higher Power has great things in store for Al-Anon in Iowa. Thank you to everyone on Panel 60. This experience has been better because of each one of you.

The many accomplishments during this term are remarkable. *Dreaming Big with 20/20 Vision*, the 2020 Conference theme, reminded us to work together to get familiar with the virtual realm. Remember when we were tripping over the basics like logging in, posting our Zoom account info, changing our name? Reformatting our Assemblies and AWSC meetings to a virtual format felt like a huge hurdle. Look at us now practicing flexibility by including a hybrid option when possible! Making lemonade out of lemons, we held numerous Town Halls and two Gratitude and Joy events in an effort to find Fellowship, Recovery and Connection where and when we could. We were treated to excellent sharings by local and distant speakers and even watched one of the historical films about the early days of Al-Anon.



Moving Forward with Unity, Courage and Perseverance, the 2021 Conference theme, saw us making other technological leaps like accepting electronic payments and donations, sending surveys to gain relevant information to improve our processes, and creating online registrations to keep us organized and efficient. During this term, a small and mighty group made best use of Zoom time and separated out our Area Guidelines into Policy and Procedures allowing us to manage changes to our processes with greater clarity

and ease. Alateens were not partial to online meetings and our numbers diminished. Alateen attendance at meetings are growing now thanks to our awesome AMIAS that have been there along the way to support them. Finally, we met the challenge of including electronic groups into the Iowa Area structure. We have been busy living the 2022 Conference theme, *Enhancing our Recovery through Abundance, Unity and Understanding!* Thank you for your commitment, responsibility and integrity! May we continue to lead with vision and joy.



Now for the News:

The position of **Associate Director-International** was filled by a member from our Region. Jennifer U., from Illinois North, has a background in international relations, including a Master of Arts degree in International Policy Studies and non-profit experience. She speaks Spanish fluently along with French, German, Russian, Italian, Portuguese, and Catalan. We are fortunate to have her leading the International Team.

The updated Introduction to B-6 the **One Day at a Time** book is available on the [WSO website](#). It isn't sized for the smaller book, so I've included a printable one at the end of my report. It places the book in historical perspective and allows members to understand why the book includes quotes from outside literature and uses non-inclusive language that was the norm when the book was first released. The ODAT remains one of my all time favorite books!



Save the Date! Mark your calendar for November 8th to register for the **2023 International Convention** in Albuquerque, NM.

Signing up as soon as possible will ensure you have the best lodging available. This is a powerful and fulfilling experience that can be shared with friends and family in AA, Al-Anon and Alateen. How will you benefit?

- Attend meetings that will enhance your recovery
- Meet WSO staff and volunteers
- Vacation in beautiful New Mexico
- Engage in topics and ideas that might lead you to a new level of recovery
- Pick up the new book *A Little Time for Myself - A Collection of Al-Anon Personal Experiences* with a special commemorative sticker
- Laugh and enjoy yourselves surrounded by friends.
- Experience the World Wide fellowship of Al-Anon!

IAGSM Two delegations from the WSO are on their way to the 2022 International Al-Anon General Services Meeting (IAGSM) which is being held in London, England, October 12-15, 2022. One team will visit Turkey, Hungary, Bulgaria and Slovakia. The

other team will visit Norway, Latvia, Netherlands and Lithuania. Both teams will meet with France's Board. The WSO are making stops in these countries prior to the IAGSM to visit nearby and emerging structures to maximize flight expenses and connect with structures that will benefit from direct contact with WSO volunteers and staff. Wishing them the very best as they live out the IAGSM theme 'Connecting Hearts and Minds Around the World'.

I look forward to connecting with my WSC cohorts at the Road Trip event in Cleveland on October 29th and then one last time at the COB Presentation on November 12th. It has been a particular honor to serve as the Delegate during this unusual term. I sign off with Gratitude and Joy to each of you.

Warmly,

Katy P.
Iowa Area Delegate, Panel 60

B-6 ODAT introduction

Introduction

One Day at a Time in Al-Anon, Al-Anon's fourth book and first daily reader, was introduced in September 1968. Compiled by the Chairperson of the Literature Committee with input from many other members, its page-a-day format provided practical applications of Al-Anon's spiritual principles. The "ODAT" quickly became one of our fellowship's most beloved books.

The family disease of alcoholism is as challenging today as ever, and the principles that helped our pioneer members still remain relevant. However, much has changed since 1968. At that time, most members were wives of alcoholic husbands. Some attitudes and customs prevalent then may seem outdated or non-inclusive by today's standards. Therefore, it may help to consider this book in the context of its time and, as we say in Al-Anon, "take what you liked and leave the rest."

The sharings in this book were often reinforced by quotations. Because very little Al-Anon literature existed at the time, outside sources were also used. Quotations were selected for their consistency with Al-Anon principles and implied no endorsement of the person or volume quoted. Al-Anon has always been a spiritual program for people of any religious belief or of none.

From as early as 1978, the World Service Conference expressed concern that if changes were made to *One Day at a Time in Al-Anon*, each alteration could separate us further from the collective wisdom of our earliest members. Over the years, the Conference has instead approved additional daily readers that reflect the growth of our fellowship.

Al-Anon's Twelve Steps encourage us to better understand who we have been so we can become who we want to be. As we read these pages, may the words of our early members help us to better understand who we were, who we are, and who we can be.