

Greetings from District 4.

We are excited to announce that this year's Be Good to Yourself weekend will be in-person at the Riverview Retreat Center in Cedar Falls November 4-6. The theme will be Discovering Who I Am and it will consist of workshops, alone reflection time, and fellowship. Flyers will be available at the assembly. We have reached our goal of providing Al-Anon bookmarks, business cards, and pamphlets to all 45 counseling or treatment center locations within our district that are collectively staffed by 115 mental health professionals over the last year. I am grateful for our GRs, alternate DR, Alateen coordinator, district treasurer, district secretary, archives coordinator, and past delegate who made district meetings so enjoyable and productive over the last few years.

Yours in Service,

Kristine N.