



IOWA REACHES OUT

NOVEMBER 2022

DELEGATE REPORT

Greetings, Iowa members! It was wonderful to be together in Spencer! Thank you, District 2, for your warm welcome and hospitality. It is my pleasure to introduce our incoming Panel 63 Area Officers:

- Katy P., Chairperson
- Becky V., Delegate
- Linda A., Alternate Delegate
- Tracy HG., Secretary
- Michelle K., Treasurer

Our incoming Area Coordinators are:

- Alateen/AAPP - Judy V.
- Archives - Missy Y.
- Forum - Linda A.
- Group Records - Libby W.
- Literature - Luanne T.
- Newsletter - Yet to be filled
- Public Outreach- Carolyn S.
- Technology - Connie H.
- Website - Jamie V.

Iowa's enthusiasm for service has nearly filled our panel. If you see yourself as our Area Newsletter Coordinator (a fun and interesting position - just ask Luanne!), please reach out to me at iowadelagate@gmail.com, and I will put you in touch with Becky V., our incoming Delegate. Be sure to send me the contact information for your new District Representatives so I can update the information with the WSO before the year's end.



The Iowa Area invites all our members to join us for a virtual evening of Gratitude and Joy, Coast to Coast 2022, on Sunday, November 27, at 6 pm CST. Our speakers embody a true spirit of joy and gratitude and will join us

from New York, California, and Saskatchewan. Please register on the home page of the iowa-al-anon.org website by November 26. All are welcome!



Reminder - All electronic groups registered as a part of the geographic Iowa Area will have their meeting information posted on the Iowa Al-Anon website meetings page. This is a temporary fix until the WSO resolves an issue allowing them to identify E groups housed in geographic areas on their website.

The October Chairperson of the Board letter, information from the Policy Committee, the Conference Leadership Team, and our Finance Update will be available soon. In addition, I attended an online presentation and want to convey a profound thank you on behalf of the WSO for our response to the additional appeal letter. Our contributions put the budget back

2023 CALENDAR

January 22	Iowa AWSC Meeting, Hampton Inn, Marshalltown, IA
February 1	Iowa Reaches Out Newsletter Deadline
March 5	Iowa AWSC Meeting, Hampton Inn, Marshalltown, IA
March 17-19	USNCR Delegates Meeting, Bloomington, MN
May 1	Iowa Reaches Out Newsletter Deadline
June 9-11	2023 Spring Assembly, Grinnell College, Grinnell
August 1	Iowa Reaches Out Newsletter Deadline
August 6	Iowa AWSC Meeting, Hampton Inn, Marshalltown, IA
October 13-15	2023 Fall Assembly, Dubuque
November 1	Iowa Reaches Out Newsletter Deadline

on track, yet literature sales are lagging. One way to support our recovery and the WSO is to subscribe to the FORUM or BUY A BOOK before the end of the year. Gifting yourself, your library, the members you sponsor, or your teen a book this year is a fantastic way to spread goodwill and hope as we close out 2022.



ABQ, Baby!! Registration for the 2023 International Convention in Albuquerque, NM, is open! This event is held once every five years. See Calendar/WSO Events on the Al-Anon.org website for a complete listing of registration pricing and how to get signed up for housing. Registering as soon as possible to ensure you have the best lodging available. This powerful and fulfilling experience can be shared with friends and family in AA, Al-Anon, and Alateen.

I attended the Road Trip! Meet the Board event in Cleveland, OH, on October 29. There were 137 attendees and WSO volunteers from the Board of Trustees, Executive Committee, and WSO staff. Our road trip navigated us through



service at the World Service level. The day was interspersed with pit stops allowing personal sharings, questions, and

fellowship. I left with gratitude for how broad yet accessible Al-Anon is. I am always moved when we form a circle, hand in hand, and declare, Let it Begin with Me.

The updated Introduction to B-6, the One Day at a Time book, is available on the WSO website. Unfortunately, it isn't formatted to tuck into the book, so a printable version is at the end of this issue. It places the reader in a historical perspective. It helps members understand why the book contains quotes from outside literature and uses non-inclusive language that was commonplace when it was first released.

My panel's tagline was Panel 60, Making History. I think that sums up this term. I have been honored to have served during these unprecedented times. I have come away with a deeper gratitude and appreciation for how Al-Anon expanded while the world was retreating. Together we can make it.

With gratitude and joy,

Katy P.
Iowa Area Delegate, Panel 60

ALTERNATE DELEGATE REPORT

Hello,

As I write this, my last Newsletter report as Alternate Delegate, I ask myself, how does time go so fast? I can't believe three years have gone by. Yet, it seems like just yesterday, we were starting our term, and now we are preparing to turn it over to someone new and move on ourselves. It is always a growing experience when I serve Al-Anon. I hope each of you GR's, DR's, Coordinators, and Officers has had the opportunity to grow this term as you served. I am so incredibly appreciative of the opportunity to have served as your Alternate Delegate. Thank you for your confidence in me.

The Spring 2023 Conference will be at Grinnell College in Grinnell, Iowa. Carolyn S, Cedar

Rapids, will be the chair, and Carrie F, Cedar Rapids, will be the co-chair. Don B. Neenah, WI, will be our Al-Anon Luncheon Speaker. Cheryl T, Cedar Rapids, will be our Sunday Morning Spiritual Speaker.

The Fall 2023 Conference will be held in Dubuque October 13th-15, 2023 the Best Western Plus hotel.

The Forum

I am pleased and encouraged to hear that, according to the September 2022 Forum Subscription Report, the overall number of copies mailed out last month was 19,096, just over 1,500 more than went out a year ago in September 2021! Iowa has 354 total subscriptions for October 2022. Keep reading, Iowa!

Gained a new insight? Applied a slogan or recovery principle to a thorny problem? Had your life changed by service? Found support even when you didn't always agree? If you'd share it at a meeting, you can write about it for The Forum, which needs your sharings! Please consider serving the fellowship by submitting your writing. All Al-Anon-focused topics and perspectives are welcome. Submissions should range from 150 to 800 words. Send your articles to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to wso@alanon.org; or submit online at al-anon.org/forumshare

Grateful for Service,
Missy Y
Area Alternate Delegate

CHAIR REPORT

Hello Iowa!

I hope everyone enjoyed the last Assembly of this term in Spencer. District 2 did a great job of hosting Iowa Al-Anon!

If you weren't able to attend - be sure to ask about the two great workshops that we had - Friday night was "A Moment with Clare & Itty," and Sunday morning was Service - Putting Love into Action.

I am very grateful for the lessons I have learned in service over the past five years of serving Iowa as your Iowa Area Chair.

Katy P. will do a GREAT job as the Panel 63 Iowa Area Chair!

Congratulations to all on your new service positions at the Group Level, District Level, and/or Area Level.

Grateful for Service

Virginia P.
Member and Area Chair

TREASURER REPORT



Hello everyone!

First of all, I want to shout out to the new Panel 63! I am excited and blessed to be part of this panel and keep Iowa Al-Anon on the move. Thanks to all who stood for a position and your willingness and support of the Al-Anon program. Our HP is always part of our elections, evident at the Fall Assembly.

As this term winds down, continue to send your donations to me (see address below) through December. However, please note that starting in January, all donations must be mailed to Michelle K. You will be notified of her address before the end of the year. So please ensure that your new group treasurers have this necessary information in January.

Please check your email, an appeal letter was sent to all CMA's in September. If you have not made your personal donation, please do so soon.

As a reminder, you can also make donations 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 your donation.

Thank you for all your personal and group donations to the Iowa Area. It is much appreciated and put to good use to support our Delegate and the AWSC.

Lastly, thank you for all your service work, whether at the group, district, area, or WSO level!

As Always - Willing to grow in service & signing off as your current Area Treasurer!

Linda A.

COORDINATOR REPORTS

Alateen Coordinator/ AAPP Report

Hello!

Thank you for my wonderful growth experience as Iowa's Area Alateen Coordinator/AAPP. Of course, Covid 19 made a couple of the years challenging.

Thank you to all AMIAS (Al-Anon Member Involved in Alateen Service)!

Alateen wouldn't exist without your steadfast dedication. You hung in through zoom meetings, hybrid meetings, and getting back to face-to-face meetings. You are my heroes!

Attendance at Alateen Meetings

I'm happy to report that some of the meetings are experiencing a resurgence of Alateen members as the meetings have returned to in-person. In addition, Carroll, IA, has set into motion a meeting in the local school and moved the Alateen meeting to the same time and place that an AA group meets.

Instructions on "How to become an Iowa AMIAS"

Want To Be An AMIAS (Al-Anon Member Involved In Alateen Service)? See the PowerPoint to be found on the iowa-al-anon.org website. It is the last post under ABOUT ALATEEN. I, and Michelle K., Iowa's Public Outreach Coordinator, held a workshop on August 28th where Michelle explained how to access the Alateen Public Outreach Posters. I also provided the Alateen PowerPoint on "How To Become An Iowa AMIAS."

Iowa Alateen Serenity Weekend 2023

We still have the Iowa Alateen Serenity Weekend scheduled for April 21-23, 2023, at Wesley Woods Camp in Indianola, IA.

I want to extend my congratulations to the new Iowa Area Alateen Coordinator/AAPP. Thank you for stepping up to help our youth recover from the family disease of alcoholism.

Lorraine R.

Group Records



Hello everyone,

Importance Notice: The WSO sent out the annual Area update sheet to **each group's CMA (Current Mailing Address)**. After consulting with the group to see if changes are needed, **the CMA member who receives this mail is responsible for verifying the information on the form and updating it, if necessary.** The update could include information regarding the meeting's physical location, zoom links, contact numbers, etc. **It is essential to read over the form and note any changes needed.**

Please remember that the Area has decided if a group is going to stay virtual, they need to let Group Records know so the appropriate information will be available for the newcomer. Please include the **meeting id and password in your notification.** This information will then go to our webpage in the Electronic Groups in Iowa until WSO can put it on their website.

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/>. When you send in a group record update, the necessary information is outlined on the form. If you have updates or questions regarding group records, contact me via email at thggr2023@gmail.com or your DR.

Up-to-date group information helps members and newcomers find a meeting when they need one!

Thank you for allowing me to be the Group Records Coordinator these last three years!

Tracy H.G.
Group Records

Literature

Hello, I would like to express my gratitude for the last three years of service as your Literature Coordinator. It has been a growing experience for me.

WSO has recently raised our Literature prices, the first increase since 2013. Due to paper costs rising and the impact of Covid, this went into effect on August 1st.

The World Service Conference Summary 2022 is available to download and print on the Online Bookstore. In addition, the Service Manual 2022-2025 print version is anticipated at the end of the year. The electronic format is currently available in English, Spanish and French.

Members, there is a web page you can share with your newcomers to obtain information about Al-Anon. It is also in Spanish and French. English: al-anon.org/welcome Spanish: al-anon.org/bienvenida and French: al-anon.org/bienvenue

One of our pieces of literature, *Opening Our Hearts, Transforming Our Losses*, can be purchased as an audiobook, in softcover, and as an ebook. There is also a change in *The Dilemma of the Alcoholic Marriage (B-4)*; the new introduction gives a historical viewpoint to the reader.

If you have never submitted an article to our Forum magazine on how our CAL literature has helped you on your recovery journey, here are some great choices: *From Survival to Recovery (B-21)*, *Intimacy in Alcoholic Relationships (B-33)*, *Lois Remembers (B-7)*, *Having Had a Spiritual Awakening (eB-25)*, *Discovering Choices-Recovery in Relationships (B-30)*, *When I Got Busy I Got Better (P-78)*, *Many Voices, One Journey (B-31)*, and *Blueprint for Progress (P-5 or P-91)*. The "CAL Corner" writing guidelines are in the Guidelines & Procedures folder under the "Library" folders in the Literature Coordinator community of AFG Connects or at: al-anon.org/pdf/CALCornerSharingRevised%202018.pdf.

Yours in Service
Mary E.

Newsletter

It's hard to believe that this three-year term is ending. I've enjoyed getting to serve our Area by assembling this newsletter so that all the members can read what's happening throughout Iowa.

It's been a challenging term as we faced the challenges of Covid and found creative ways to ensure that Al-Anon continues to be available to the families of Alcoholics. In addition, our districts and Area stayed active with virtual events that invited all of us to connect and grow.

As we moved forward, we realized that utilizing technology gave us ways to support fellow new members, not just during a worldwide pandemic. So, we approved structures that will allow electronic and hybrid groups to have a voice in our Area.

Our world service office has also partnered with an agency ensuring that educational PSAs are spreading the word.

How did the members know all this was happening? All this information was included within the pages of *Iowa Reaches Out* and on our website. Yet, no one has stood up to take on the mantle of the *Iowa Reaches Out* Newsletter Coordinator. If you see value in this newsletter, will you consider reaching out to an Area officer or your District Representative and volunteer?

In service,
Luanne T.
IRO Coordinator



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.

Public Outreach

Greetings from Public Outreach!

I attended the WSO Public Outreach conference call on Sunday, August 7th, and learned a few things. I passed on the information from that call during the Iowa Public Outreach Workshop on Sunday, August 14th. In case you were unable to attend the workshop, here are the highlights:

WSO Public Outreach Campaign for 8/2022 - 8/2023 will only use the PSA named "Questions." They decided to discontinue distributing the Benefits PSA, which was not getting picked up enough.

The Best of Public Outreach Manual has gone DIGITAL! WSO is replacing it on its website with an open exchange of ideas for members participating in Public Outreach. It will be like a PO Toolkit/Recipe comprised of members' experiences. WSO will be asking for ideas via a link on AFG connects.

The Public Outreach portion of the new 2022 - 2025 Service Manual has been updated with the online release of version two (page 121). The PO Committee at WSO also updated several items, including outreach on social media. View the manual here: [2022 - 2025 Al-Anon Alateen Service Manual](#).

We reviewed how to search for chosen agenda items on the WSO website and were reminded to add events to the WSO website (instead of AFG Connects).

Neilson Media will continue to be WSO's vendor for the distribution of the PSA for the next campaign. Not only do they distribute, but they also follow up to see if the station is playing it. As a reminder, WSO would like members to focus their media outreach to the following types:

College/University stations, Christian/Religious stations, Local Cable TV stations

If you have one of the three types of stations listed above in your district that is not playing our PSA, WSO encourages you to gather contact information for the station (IE., Station name/letters, person responsible for airplays at

the station, email address, etc.), then email this information to media@al-anon.org.

I want to thank all of you for the opportunity to be of service as your Iowa Public Outreach Coordinator. This position has given me so much more than I gave it. As the Al-Anon booklet says, "When I Got Busy, I Got Better."

As always, please contact me if you would like help with group or district public outreach. You can email me at a18d9po@gmail.com.

Love and Service,
Michelle K.
Iowa PO Coordinator

Website

Hi,

Serving as Webpage Coordinator these past 8/9 months has been a pleasure. It has been a great learning opportunity.

As you may know, we made updates to the meetings page. We are linking to the WSO meeting locator site and have removed the Area meeting list and individual districts' meeting lists. However, we have added a list of all the electronic meetings registered in Iowa. This is temporary until the WSO makes system changes to include these meetings on their locator.

Newcomer Information in English and Spanish was added to the bottom of the Meetings page. These links can be sent to newcomers at online meetings in place of Welcome Packets.

MonsterInsights Lite with Google Analytics was installed in July to collect website statistics. It was installed to help provide information about the meetings/district pages and links; not enough data has been collected yet, but this could be useful in the future.

A special thanks to the Website committee for your support. It has been great getting to know people better and seeing the commitment and energy people bring to their positions.

Thanks,
Janice S.

DISTRICT REPORTS

DISTRICT



The groups in district 2 continue to be strong.

Monday Night New Hope is meeting again via Zoom for the winter. Our Zoom information is listed correctly on the WSO site. Attendance was down the last few weeks while we

were still face to face, but I'm happy to report that since we've been meeting virtually, our attendance is back up!

Margaret M.

decided to focus on fellowship, and this event will be a potluck with games and a dance. A cribbage tournament and bean bag tournament are also being planned. The venue is still being decided upon, so keep an eye out on our district website for more information: www.al-anondesmoines.org

Save the date for the weekend of April 15 and 16. We will gather at Camp Wesley Woods for our annual District 7 Serenity Weekend. More details to come.

Yours in Service,
Samantha J.

DISTRICT



Greetings from District 4.

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 115 mental health professionals

collectively staff over the last year. However, we are still looking to fill some of our district positions, including DR. 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.

DISTRICT



District 8 has scheduled its Fall Festival for Thursday, November 10, at the Cedar Hills Community Church with speakers, dinner, silent auction, and bake sale planned. A flyer is out. Speakers are AA - Kelly F., Cedar Rapids, Al-Anon - Tricia K., Cedar

Rapids, and Alateen - Riley, Manchester. The meal will be lasagna and garlic bread by Zio Johnno's plus salad. Alateen to sell pop and water bottles.

We have been focusing on service positions, and groups are electing new GRs, Alt GRs, Treasurers, etc., for next term. Mary H. will be District 8, DR Carrie F - Alt DR, Dianna H. - Treasurer, and Jennifer S. - Secretary. Some chair positions have been filled.

Public Outreach worked with a vendor in Cedar Rapids to print and mail out a small advertisement in the community's ValuPak, which gets mailed to residents in Cedar Rapids and Marion. We have shipped to six zones to date. We hope to track whether this was a successful way to get the word out about Al-Anon.

Most meetings in District 8 are back to in-person meetings. We have one splintered meeting and one meeting in person first of the month, then the rest of the month is via Zoom. Two meetings did not survive the aftermath of the pandemic and are closed at this time. You can find District 8's meetings here: <https://www.cedarrapidsareaal-anon.org/meetings/>

District meeting is meeting in-person April - October and will Zoom November - March. We also encourage people to "get in the car" to various events. For example, six people attended Serenity Weekend from District 8.

I am Co-chairing with Carrie F. (GR of Mt. Vernon's Saturday meeting) the 2023 Spring Assembly committee for Al-Anon. We have been meeting with the AA Committee once a month. We

DISTRICT



District 7

Greetings from the Des Moines area! We are currently planning several events.

We will be hosting our annual Holiday party on Saturday, December 3. The details are still being worked out; however, there will be a potluck, a gift exchange, and a couple of games. I am looking forward to this time of fun, fellowship, and great food.

Mark your calendars for March 4. The planning committee for our annual Birthday Celebration has decided to change things this year. Instead of a sit-down dinner with speakers, the committee

have identified the following speakers: Al-Anon's main speaker is Don B., Neenah, WI, WSO Trustee, and Sunday's spiritual speaker is Cheryl T., Cedar Rapids, IA. The assembly will be June 9-11, 2023, at Grinnell College in Grinnell, IA. The flyers are out.

Yours in Service,
Carolyn S.
DR District 8



Greetings from the D9!

We are holding steady in District 9. We are a small district with six Al-Anon groups, holding seven face-to-face and four virtual (Zoom platform) meetings. Two groups are splintered/

fractured, and another has tried hybrid but decided to stay on zoom due to service participation. Our attendance numbers remain steady, with newcomers attending face-to-face and virtual meetings. We had a District 9 Virtual Town Hall on Sunday, August 14, at 7 pm. We had a decent turnout and a lot of questions, so we will see what happens before December 1. I delayed our next District 9 business meeting until the end of November. We will be holding an election as all of our district service positions end on 12/31/2022, so we are praying (and asking for prayers🙏) for more members to become willing to be of service for the next term.

District 9 held our Fall Spiritual Experience Weekend on September 10 and 11 at our Lady of the Prairie Retreat Center. Our theme was Attitude of Gratitude; we had gorgeous weather, amazing food, and warm fellowship. I cannot wait for the next opportunity to go back!

District 9 Public Outreach has hit a rough patch due to members willing to participate in public outreach. We are no longer going to the local outpatient facility, Rosecrance. Although, they continue to contact me when a family member expresses an interest in family support. We also are still holding the institutional meeting at a local residential treatment facility, The Abbey Center. The 45-minute informational meeting is only attended 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, are given every Sunday at noon. 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 from District 14,

What a beautiful Fall we are experiencing this year! What a blessing.



We held the last District meeting for me as DR on October 23 in Rockwell City.

GRs attending reported their groups are doing well and holding their membership. Leslie R., GR for Monday Noon AFG, noted some of their older members that had been staying away because of Covid are coming back. Karin E. reported changes in Carroll's Alateen. Starting November 6, they will meet at 7 pm at St. Johns Lutheran Church. There is an AA meeting going on at that time, and by moving it to Sunday, they are hoping this will help to get it going. One of the AMIAS has also been meeting with the Middle and High School counselors, etc.

Mary E. was elected to stay as the Districts' treasurer for another term. Right now, the District is in pretty good shape financially.

The District does not have an elected DR for the coming term.

I am thankful I said OK to taking over our District as District Representative three years ago. It has been worth my time and effort in so many ways. Thank you to everyone for your friendship and support, but I especially want to thank Mary E. for her support and for being there for me.

Lovingly In Service,
Judy V.



[CLICK HERE TO REGISTER FOR GRATITUDE & JOY](#)

Featuring

Emily D-C. - Brooklyn, NY	New York South Delegate
John M. - San Francisco, CA	California North Delegate
Joy F. - Saskatchewan, CAN	Canada West Delegate

B-6 ODAT Introduction

Introduction

Our 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 *Our 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.

The Iowa Area welcomes you to an evening of

Gratitude & JOY

Coast
to
Coast

SUNDAY
11/27/2022
6PM CST

[CLICK HERE TO REGISTER FOR](#)
[GRATITUDE & JOY](#)

Featuring

Emily D.-C. - Brooklyn, NY **New York South Delegate**
John M. - San Francisco, CA **California North Delegate**
Joy F. - Saskatchewan, CAN **Canada West Delegate**