Greetings from District 8!

District 8 held its annual Spring Fling at Cedar Hills Community church in Cedar Rapids on Thursday, May 4th, 2023. We had a good turnout with approximately 45 members in attendance. The Spring Fling committee put on a wonderful event with a potluck, presentation (covering District 8, Iowa Area, and WSO websites and the Al-Anon Mobile app) and raffle. We even had a Storm Trooper show up to make sure we stayed within our boundaries.

Thank you to Carolyn S. and Carrie F. (District 8 members) for your participation on the 2023 Spring Assembly committee for Al-Anon. We appreciate all your time, effort, and service to our community.

Public Outreach is working 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 the Cedar Rapids and greater metropolitan area. We have previously mailed to six zones are planning to send out another round to additional zones soon. We are hopeful that we can continue to track and determine if these are an effective way to get the word out about Al-Anon. We have also printed out new Al-Anon and Alateen posters from the WSO and are distributing these to schools and other areas in our community over the next few weeks and months. Thank you, Carolyn, for all your efforts with Public Outreach!

We held our first district meeting on January 16th, 2023, via Zoom. Our meetings are being held in-person April – October and will Zoom November – March. Members are doing their best to get up to speed with their new roles, self-included. We have decided on a new meeting place for future in-person district meetings and will start meeting there in April 2023. We continue to encourage members to “get in the car” together and travel to various events to build participation, harmony, and community.

We plan to continue our participation during Area Substance Abuse Council’s Family Night which is held monthly. We have found this is a great way to get the Al-Anon message of hope directly to families.

Currently we have 10 registered in-person Al-Anon meetings and 1 Alateen meeting each week. For more District 8 meeting information please visit https://www. cedarrapidsareaal-anon.org/meetings/

Together in purpose!

Peace and blessings,

Mary H.

DR District 8