

2024 June Spring Assembly  
District 8 Report  
Mary H.

Greetings from District 8!

District 8 held its annual Spring Fling at Cedar Hills Community Church in Cedar Rapids on Thursday, May 2<sup>nd</sup>, 2024. There were approximately 44 registered guests. We enjoyed a potluck, a skit "Jane of the Jungle Discovers Al-Anon" (very cute) and learning more about our CAL As We Understood book which was used for a game. We really did have a great time thanks to our wonderful Spring Fling Committee which was led by our Alternate DR Carrie F.

Public Outreach has distributed Al-Anon "ready packets" to doctor offices, waiting rooms of various business's, local schools, etc. Moving forward, Carolyn is hoping to create a professional PowerPoint to present to mental health professionals in our area. We hope this will provide additional information to the mental health professions and a pathway to recovery to those they serve.

Our District meetings are currently being held in-person April – October and Zoom November – March. We are currently meeting at Unity Center CR on the 3<sup>rd</sup> Monday of the month.

District 8 continues our participation during Area Substance Abuse Council's Family Night which are held monthly, the 2<sup>nd</sup> Wednesday of the month. We have found this is a great way to get the Al-Anon message of our experience, strength, and hope directly to families suffering from alcoholism. Several of our current members first heard of Al-Anon during this event. Alateen has also been invited to participate at the Heart of Iowa to support the children of women who are currently in treatment. We are working out the details of our potential participation now.

Currently we have 11 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/>

We continue to encourage Al-Anon members to "get in the car" together and travel to various events to build participation, harmony, and community.

Together in purpose!

Peace and blessings,  
Mary H.  
DR District 8