

Greetings from District 13!

We are alive and well here in Coralville, Iowa City and Muscatine, grateful for the fellowship of Al-Anon Family Groups.

Our Thursday Night AFG meeting in Iowa City continues to host anniversary speakers on the last Thursday of each month. In May a contingent from our Muscatine meeting joined us to support one of their own as she shared about her past year of recovery and collected an anniversary chip. It was a treat to see so many of our fellow members from Muscatine and to hear that their meeting is thriving again! They went home and gathered emails from many of their members, which were added to the large email group we use to send out updated meeting lists, info about service opportunities and birthday night announcements. As it states in our first Tradition, "personal progress for the greatest number depends upon unity."

In July our Iowa City Sunday morning Steps to Serenity meeting had an "out-of-town visitor" from Spain join them to share fellowship and recovery. She brought along copies of the Forum as it's published in Spain to hand out to local members. One attendee said, "It was quite a thrill to be there! The Forum was in Spanish, different from ours, including photos and shares from members in Spain. I had assumed it would be a translation from the U.S." What a great reminder that Al-Anon truly is a worldwide fellowship supported by the work of our own World Service Office in communication with the General Service Offices of many other countries.

Respectfully submitted,  
Gail H, Member