

IOWA AREA FALL ASSEMBLY (hybrid)
Sioux Center, IA
June 15, 2024

The Area Chairperson opened the Saturday business meeting at 3:00pm with a moment of silence and the Serenity Prayer. The etiquette overview was shared with those present and virtually. A total of 52 people were present including via Zoom. There were 20 GRs and 5 Alternate GR's, with 20 people attending via zoom.

Please visit the Iowa Webpage for all reports at www.iowa-al-anon.org. The reports are listed under the Members tab and then using the dropdown box to the listing of Iowa Area Assembly

Secretary Report: The minutes from the 2024 January AWSC minutes were approved by a consensus on Friday, June 14, 2024. The minutes were posted on the Iowa Webpage for prior review to the Assembly. Please visit the Iowa Website for a complete copy of the minutes.

Treasurer's report: Treasurer Report –The financial statement from March 1, 2024-June 1, 2024 was presented and was also posted on the Iowa Al-Anon website prior to the meeting. Balance brought forward was \$23,817.33. Total receipts for this period are \$5,145,25. Total of disbursements was \$5,471.40 which brought the total balance forward on to \$23,491.18. Please visit the Iowa Website for a complete copy of this report.

Consensus was taken and approved for the Treasurer's Report.

Alternate Delegate Report: The Fall 2024 Conference will be held in Sioux City at the Abu Bekr Shriners Event Center on October 11-13, 2024. Save the date and mark your calendars and get your hotel reservations made. The Saturday Luncheon Al-Anon speaker will be Jean L. (Regional Trustee) from Dubuque, IA. The Sunday morning spiritual speaker will be Cindy W. from Sioux City, IA. The Alateen speaker has not yet been determined. Due to the distance for me, the Area Chairperson assisted with this first facility walk through with me attending via Facetime.

The Spring 2025 Conference will be held in Clear Lake at the Best Western Hotel on June 13-15, 2025. Save the date and mark your calendars and get your hotel reservations! No speakers have been selected yet. The first organizational meetings have already been held and are very organized.

The Inventory Committee will be presenting the member survey during the Assembly. Please go to the www.iowa-al-anon.org. and complete the survey so that your thoughts and opinions can be heard. The results of this survey will be presented at the Fall 2024 Assembly.

The Forum Report: The 70th Anniversary celebration continues throughout 2024. This milestone Anniversary can be celebrated at the Group and District levels. One way to celebrate is to have a writing workshop and then send the writings into WSO.

Sales for May continued to stay consistent. Remember to renew your personal and group subscriptions – or give the magazine as a gift to your sponsee or a newcomer. Sharings can be submitted online at al-anon.org/sharing, emailed to wso@al-anon.org with The Forum sharings or CAL Corner in the subject line, or mailed to Al-Anon Family Group Headquarters, Inc. at 1600 Corporate Landing Parkway, Virginia Beach, VA 23454.

GR's, remember that you are The Forum representative. Spread the good word about this "meeting in your pocket" subscription that has helped so many Al-Anon members.

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Coordinator Reports:

Alateen: Alateen has some exciting news. West Des Moines has a new Alateen group that will be starting up July 12, Alateen Friday Night Step Study. This group will be meeting at the St. Mark's Lutheran Church on Friday nights at 7:00. I know Deb M. has been working very hard to get another group started in the Des Moines area. Thank you to all who have worked to provide another venue for our teens. I've heard from one district asking for ideas on outreach and all groups seem to be either holding their own or picking up some new members.

Our Alateen speaker for the June Assembly in Sioux Center is Jayden M. from Humboldt. Jayden attends the newly formed group Fort Dodge Alateen. She seems to be excited to have been invited to be the Alateen speaker. Jayden attended our Alateen Serenity Weekend in April.

There was a little confusion as to who has authority to permit an AMIAS take an Alateen to an event outside of the state. The Policy & Procedure manual states all AMIAS are required to have the Area's approval prior to taking Alateens to events with Alateen participation within or outside of the Area. The confusion is as to who the "Area" is. Who has the authority to give permission to attend. The Alateen team will be meeting to help clarify this in the Iowa Policy & Procedure Guidelines manual for future requests.

Archives: I wish I could have been at the Assembly in Sioux Center today. I will miss the social interaction with each of you. But I am grateful for Hybrid meetings and giving me the opportunity to attend. I have purchased the new tubs to store the Archives in. They are clear blue tubs, so you can see contents easily and they are waterproof. They also have a handle and wheels for easy transport. Currently we have six.

I attended an Archives Coordinator Webex call in March. We were given an update from the Associate Director-Community Relations, had a round robin discussion on key questions. The last session was on AFG Connects and using it as your resource library and to share experiences, strength and hope/best practices. I look forward to attending the next meeting on Sunday June 23rd.

There are some items in the Archives that I would like to have identified as to where did it come from and what is its significance to Iowa AI-Anon. I will be bringing the items to the next AWSC meeting to hopefully be identified.

Group Records: Things are going really good here in the world of Group Records! Earlier this Spring, I was able to watch a WSO webinar on Group Records. Currently, WSO is working on combining the data bases for the face-to-face meetings, and the electronic meeting, which at present, are housed on two separate databases. This is a HUGE job, and it will take them some time to get this completed. Because of the enormity of this project, it is very helpful to WSO, and to me, if you email me directly with any changes that need to be made to your Group Records. Sending your changes directly to me frees WSO up to focus on this major project they are working on, and in some cases, I can get the changes made for you a little quicker. I really appreciate your help with this!

Literature: AI-Anon literature has the unique ability to speak directly to our stories. Your story is written through every book when you look for the commonality instead of the differences. You could be part of a new AI-Anon publication! Several years ago, the Literature Committee began discussing requests from the fellowship for a piece of Conference Approved Literature on sponsorship and service sponsorship primarily comprised of member sharings.

The 2023 World Service Conference gave conceptual approval "to develop a comprehensive piece on sponsorship and service sponsorship using personal stories from AI-Anon members." Since then, a

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writing guideline has been developed, approved, and translated into French and Spanish and is now available for distribution throughout the fellowship. I will have copies of the guidelines at the Literature Workshop on Sunday morning, or you can find them at the "Send Your Sharing" page of the Al-Anon website. New CAL coming this fall!

In 2021, the WSC gave conceptual approval to add a new introduction to The Dilemma of the Alcoholic Marriage (B-4) that places the book in a historical perspective and to develop a booklet of gems from this book, possibly including some new material. That booklet has evolved into Healing within Our Alcoholic Relationships – A Collection of Insights from Our Share Journey (P-95). It is currently in the design and translate stage and will be available this fall!

What's your favorite CAL piece? Consider taking time at your meeting for members to share their favorite reading or booklet with the rest of the group. You may find a new favorite!

Newsletter: No report

Public Outreach: From In the Loop: What's Hiding in Your Literature Box? When was the last time you looked inside your group's literature box—under the basket and daily readers? You may be surprised at all the gems just sitting in there: maybe some copies of the Al-Anon Faces Alcoholism (AFA) public outreach magazine, maybe some other pamphlets perfect for outreach. Consider sharing them with local shelters, community centers, or libraries so that others can have access to these valuable Al-Anon resources.

Check out the Public Outreach Toolkit:

<https://al-anon.org/for-members/public-outreach/public-outreach-toolkit/> Good sharing on AFG

Connects:

- PowerPoint presentation to professionals.
- PowerPoint presentations that I did at Fall 2023 and Spring 2024 assemblies.
- PowerPoint presentation on The Al-Anon Focus – For Al-Anon/Alateen Members who are also Recovering Alcoholics.

Technology I am excited to be that our March AWSC was able to utilize a newly purchased web camera. The audio and video I believe was improved for both those online and for those physically at the meeting. We also have a new projector but have found that the in-house TVs that are available at the AWSC meeting room are easier to utilize and easier for everyone to see more clearly the presentations. We may get to use the new projector at the Fall Assembly. I continue to learn and explore technology. One of things that I am experimenting with is the AI function of Zoom. I believe it will help assist the Area Secretary in the note taking process, especially with the hybrid/virtual meetings. Whenever it is utilized, those members on Zoom will receive notification that the process is happening. Anonymity is maintained because last names are NOT used and all notes stay within the Area, nothing is published on-line.

I have been continuing to go into AFG Connects – Technology Coordinators. There has not been a lot of correspondence so far, but it is growing. I believe Iowa is lucky to be a little bit ahead of a lot of other Areas. Iowa has always had a vision for our meetings and Al-Anon into the future. If you have questions about technology, please feel free to reach out to me. I can't promise an answer to everything but together we may be able to figure it out!!

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Webpage: No written report was provided but was shared that everything should be up to date on the Iowa website.

DR reports were posted on the Iowa Website before the Assembly.

The DRs from Districts 2,3,7,8,11,16 read their reports. District 1,4, 9 and 14 had no DR reports however, members from those Districts shared information. Please visit the Iowa Website for complete copies of the DR reports.

Old Business

2024 Area Serenity Weekend: Delegate shared that in 3 months we will be having our Area Serenity Weekend!! I hope everyone will be ready to arrive in Manson, Iowa at the Twin Lakes Christian Center, September 20-22nd. Our theme this year will be "A Time to Celebrate." The price is the same as last year, for which we are grateful. The packages are:

Package A: 2 overnights & 3 meals \$120.00 (Sat. Bk, L, D)

Package B: 1 overnight & 2 meals \$ 90.00 (1 Night, L, D)
(can be either Fri/Sat or Sat/Sun)

Package C: Saturday only 2 meals \$ 60.00 (Sat. L, D)

This year is the 70th year for the Fourm and some of the meetings will be articles from the Forum and out of our new book "A little Time for Myself." There are still a couple of meetings that need to have someone lead on Friday night, so if you or your district would like to participate in the weekend, please contact me.

T-shirts and sweatshirts will be turquoise with white print with the logo that is below. If you are not able to make it for the weekend, you are still able to order the clothing. My hope is that those that have had the opportunity to participate in this fun, relaxing and memorable weekend will grab a newcomer or any of your friends and join us. I look forward to seeing everyone in September as it will be a great Weekend and "A time to Celebrate!"

Alateen Serenity Weekend wrap up: I believe Alateen Serenity Weekend for 2024 was a success. We had 6 boys and 5 girls attend and 9 AMIAS. Six of the Alateens were from the Fort Dodge Alateen group. This group only began meeting in November 2023. Although the number of Alateens attending was small, from this year seemed to keep a few from attending. The total cost for the event at Wesley Woods was \$2,167.50. We held the cost down a little by us providing the Sunday breakfast of juice, muffins, boiled eggs, etc.

The God Boxes they made seemed to be a hit. They put the cardboard boxes together and decorated on Friday evening and dropped them in the bonfire that night. The theme for the campfire was their Higher Power. Saturday, they decorated wooden ones and were able to take them home with them and a bigger one for their group usage. Thank you, Bob L., from Cedar Rapids, for making the wooden boxes for us.

Some of the feedback I received were they liked doing the campfires and the hike or hayrack ride on Saturday afternoon. They also liked the funny skit the sponsors put on. They wished they had had more free time to get to know each other. A little more time before the next scheduled event. I felt we had some very good and thoughtful discussions this year. It seemed the Alateens were really opening; even one that hadn't shared previously in their group.

We ended the weekend by going to the Pizza Ranch in Indianola. They all wore their Serenity Weekend t-shirts and had fun signing their names on each other's shirts.

It would have been nice to have more attend, but from what I'm seeing, Alateen groups and attendance is growing. I'm looking forward to what Alateen Serenity Weekend 2025 will hold. We will always be looking for ways in which we can improve the weekend experience for our Alateens.

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Area Service Workshop wrap up: The Area Service Workshop brought new and seasoned members together to explore topics that emerged from your requests at our Assembly in Dubuque. Thank you to all our presenters for sharing your time, talent and experience with us! Thank you to the members that joined online and in person!

Presenters: Lorraine R., Dawn B, Linda A., - Abundance/7th Tradition; Carolyn S. - Public Outreach; Dorothy L., Vicki AR., Jose C. - Professional Panel; Ashley C., Laura S., Mary H. - Self-Care in Service

The feedback from our attendees was helpful and very positive.

Topics suggested for future events include:

- Sponsorship - Personal and Service Sponsors
- Traditions, Concepts and Warranties - how to use them to keep meetings healthy
- Speakers talking about the Steps/Traditions/Sponsorship
- Attracting new members into service
- Burnout
- Leadership in the GR and other service roles
- Google Docs
- Moving the membership from the chair to the car
- Hidden Norms/Unconscious Biases in our service structure
- Literature - Lois Remembers or older books
- Forum writing workshop
- Alateen - How to become an AMIAS

These are great ideas to include in your district service workshops or at our 2025 workshop. I consider it a successful service workshop when a brand-new member gets involved by greeting members at the welcome table. Thanks to the long time member for encouraging the newcomer into service!

Newsletter Report: Currently the Area does not have a Newsletter Coordinator. Any interested member please contact the Area Delegate. The Newsletter has not been distributed for sometime and the Newsletter Task Force will continue to work on their suggested recommendations at AWSC.

New Business:

Reconnecting Task Force Update: The Reconnecting with all Districts Thought Force determined there is a need to move forward with strategies to (re)connect our Area with members in all districts. Currently we have 16 Districts and only 8 have DRs. Some of the represented districts do not participate at the Area level. Tradition One reminds that personal progress depends upon unity and unity is fostered through consistent connection.

At the March AWSC meeting, the Area has charged a Task Force to:

- Outline ways to understand the organization of groups in unrepresented districts and how/if these groups communicate and stay connected with each other without a District Representative.
- Identify information about the Area and our links of service that Districts might find beneficial in helping them understand the value of connecting with the Area. Suggest ways to share this information.
- Provide ideas for opportunities to connect with unrepresented districts that can be used to foster growth and increase awareness of the benefits of staying connected at all service levels.

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Our Task Force consists of the following: Area Chair, Past Delegate, Alateen Coordinator/AAPP, Public Outreach Coordinator, and Group Records Coordinator. We met March 27, April 7, April 14, May 5 and June 2, 2024. District 15, where our June Assembly is being held, does not have an Al-Anon meeting. Hosting from afar has proved challenging, but not insurmountable, thanks to District 2. We appreciate their help.

The Task Force has brought Al-Anon and Alateen Public Outreach information to the Assembly in hopes that it might be shared with the family members of our AA friends who are hosting the Assembly. We plan to hold a virtual discussion with our current DRs to receive their experience, strength and hope about their current role. Past DRs we welcome an email with your perspective if you'd like to share your thoughts with us.

- How does your district benefit from having a DR?
- How do you benefit from being a DR?
- What components are missing in a district when they do not have a DR, or an active DR?
- Would your district be willing to serve as a Service Sponsor for a district that doesn't have a DR? What would this look like? This could include inviting them to your district meeting, visiting their meetings to talk about the role of the DR, (or GR), inviting them to events held in your district to encourage enthusiasm and share recovery, etc.

Area Inventory: The Area Inventory Committee gave a power point presentation. There will be a survey on the Iowa website for members to complete before July 20, 2024. The results will be shared at the Fall Assembly. The Committee consists of Alternate Delegate, Literature Coordinator, Archives, a GR and DR. Please go to <https://iowa-al-anon.org/> and click the Area Inventory button to complete the survey.

USNC Regional Trustee: Trustee and Regional Trustee Application

The United States and Canada comprise of 9 regions. Each year, three Trustee at Large and three Regional Trustee positions become available through rotation of leadership. The current US North Central Regional Trustee term will end, and a new Trustee will begin after the April 2025 World Service Conference. Our Region is the US North Central Region and consists of Iowa, Minnesota North, Minnesota South, Illinois North, Illinois South, Indiana, Ohio Michigan and Wisconsin and the Upper Peninsula of Michigan. Each of these Areas may nominate one person to the position of Regional Trustee.

Each Area within a Region may submit one candidate for this position. Information regarding this position is available on the WSO website at:

[al-anon.org/for-members/board-of-trustees/wso-volunteers](https://www.al-anon.org/for-members/board-of-trustees/wso-volunteers). The section on the World Service Office in the World Service Handbook portion of the Service Manual offers additional insight into this important volunteer role. There are many eligible

members in Iowa, and this would be an awesome opportunity to be in service. Iowa does not have anyone currently that has submitted a resume, however, if you have any desire to do so, please send me your resume. This resume needs submitted before August 15, 2024. Jean L. from Dubuque, IA is currently our Regional Trustee, and I am sure if you have any questions, she would be happy to visit with you.

Trustee at Large resumes are sent directly to the WSO by the applicant. The process for approval is the same for both Regional Trustee and Trustee at Large. Both resumes may be found on the WSO website.

If there are any questions, please contact me and I will help walk you through the process of either of these positions. Again, I know there are many members that would do an excellent job of being one of these trusted servants at the WSO level.

The meeting closed with the Al-Anon Declaration at 4:20pm

Respectfully Submitted,

Tracy H.G.

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Iowa Area Secretary

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DATES TO REMEMBER:

AREA CALENDAR

August 11, 2024

September 20-22, 2024

October 11-13, 2024

December 1, 2024

January 12, 2025

March 9, 2025

June 13-15, 2025

August 10, 2025

Iowa AWSC Meeting/hybrid - Hampton Inn, 9am, Marshalltown

Iowa Serenity Weekend, Manson, IA

Fall Assembly, Sioux City, IA

Gratitude and Joy - VIRTUAL

AWSC Meeting - VIRTUAL

AWSC Meeting - Hampton Inn, 9am, Marshalltown, IA

Area Assembly - Clear Lake, IA

AWSC Meeting - Hampton Inn, 9am, Marshalltown, IA

Iowa Al-Anon Literature Depots:

District 7

939 Office Park Rd. Suite 113

West Des Moines, IA 50265

515-277-5059

www.al-anondesmoines.org

District 1

2801 Jackson St.

Sioux City, IA 51104

712-255-6724

Iowa Information Centers:

Ames - 515-233-6312

Des Moines AIS/LDC – 515-277-5059

Sioux City AIS/LDC – 712-255-6724

Iowa Area Website: www.iowa-al-anon.org