

District 4 Fall Assembly Report October 12, 2014

- Hello everyone. We are reporting for District 4! We currently have 13 meetings (2 are hybrid) and 1 Institutional meeting for newcomers.
- Our last District Meeting was on Sat. September 14, 2024. There 13 were in attendance. Our next district meeting is November 12th.
- We started Fellowship fundraisers again this year. A group invites the rest of the district to attend a fun activity. Whatever is collected is donated to the District. We have had charades, trivia, and password. We plan to do this again next year.
- Our Public Outreach Committee is meeting every other week. We are preparing to do a blitz of information to about 50 to 75 professional counselors. Each group will “adopt” professionals near their meetings and distribute a package including a letter of introduction, an Al-Anon Faces Alcoholism magazine, District 4 Business cards, and the outreach bookmark. We hope to stay in touch on a quarterly basis.
- We will be attending a Health Fair at the University of Northern Iowa in November.
- We continue to support 2 treatment centers by attending family meetings.
- There will be an in-person workshop; *The 12 steps in 15 minutes* on Saturday, October 19th from 10:30 to noon. Flyers are in the back.
- Our annual *Be Good to Yourself Weekend* is Friday, November 1st thru Sunday, November 3rd. There are various options available. Pre-registrations are due on Friday, October 25th. Flyers are in the back.
- District 4 really promoted the surveys this summer. We were excited to hear how successful we were in having the most participation.
- We are also discussing obstacles in our district such as not having an Alateen meeting, no groups in other languages even though the District is diverse, and having only one district officer position filled.
- We are also discussing service and are already trying to prepare for next year’s elections.
- We are also discussing attending meetings outside the Waterloo/Cedar Falls area to give them more support.

Yours in Service,

Elizabeth K and Christine G