

**IOWA AREA FALL ASSEMBLY (hybrid)
BEST WESTERN PLUS, DUBUQUE, IOWA
OCTOBER 13-15, 2023**

Katy P., Area Chairperson, opened the Saturday business meeting at 2:20pm with a moment of silence and the Serenity Prayer. A total of 71 people were present including 15 via Zoom. There were 24 GRs and and/or Alternate GR's which 11 of them were 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 2023 August AWSC minutes were approved by a consensus on Friday, Oct 13,2023. 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 August 1,2023-October 7, 2023, was presented and was also posted on the Iowa Al-Anon website prior to the meeting. Balance brought forward was \$23,761.71. Total receipts for this period are \$8,661.29. Total of disbursements was \$7,043.60 which brought the total balance forward on to \$25,379.40. Please visit the Iowa Website for a complete copy of this report.

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

Delegate's Report: Welcome to our Fall Assembly in Dubuque, Iowa! It is great to see you all. I attended the previous Chairperson of the Board meeting that shared some highlights from the Board of Trustees' Quarterly meeting. Today, I will be sharing with you some of those highlights.

Finance Overview: Our June 2023 contributions exceeded our budgeted expectations by eight percent. Our literature sales were only one percent below our budget for the month. The literature sales did not include the 2023 International Convention sales. More about that later in my sharing's. The Board approved the 2023 Revised Budget as presented. We anticipate a net income of \$64,770 for 2023.

Audit Committee: A motion was passed to engage a different company for audit services for the fiscal year ending December 31, 2023, and the following four consecutive years, with retention review to be completed annually by the Audit Committee.

The Road Trip! You and Your Board Connect Work Group have been working on the agenda and revising the interactive workshop. All Trustee, Executive, and Staff assignments have been finalized. This event is being hosted by California South (CA-S) on October 28, 2023. I am curious how many from Iowa are going? Given the 2023 Al-Anon International Convention (IC2023) workload, the Board has agreed to postpone the trial of Road Trip! as a hybrid event scheduled for 2023 until next year. Isn't that exciting?!! I think having hybrid would be exciting and advantageous for new locations.

2023 International Convention Highlights: Book sales at IC2023 were amazing. Members purchased 8,015 units of A Little Time for Myself—A Collection of Al-Anon Personal Experiences (B-34), our new daily reader, in English, 584 in Spanish, and 29 in French. The four-day sales figure was \$152,421.

The IC2023 member registration totals were: 3,387 Al-Anon, 42 Alateen, 293 A.A., and 54 guests (3,776 total in-person participants) plus 741 virtual registrants. A new record was set at 4,517 registrants! Seven professionals attended as well. This is the first time the total registrants had been over 4,000.

Board Development: The Board, Executive Committee, and the WSO Conference Staff participated in the Annual WSO Al-Anon Member Involved in Alateen Service Training conducted by Group Services.

The Envisioned Future Work Group brought to the Board a generative discussion about common “Team Norms” that could be developed. What are Team Norms? They are a bridge between principles and rules. They are centered around group thinking and behaviors. These “norms” are guidelines for the Board, yet they don’t provide the “how” to do it. The Board discovered that it has “hidden norms” that could be documented to assist new Trustees joining the Board.

The Board continued a generative discussion on Diversity, Equity, and Inclusion (DEI) by reflecting on the Trustees’ participation in the 21 Day Challenge, a program of various resources to gain insight into Trustees as individuals and our biases. The program focuses on the following actions: read, listen, watch, notice, connect, and engage. We are committed to continuing these conversations. We made several suggestions for next steps for our October Board Meeting.

Alateen: An update on the Alateen Feasibility Strategic Plan Strategy was presented. A motion passed to approve the Strategic Leadership Team (SLT) identifying next steps for a project to create an Electronic Alateen Safety & Behavioral Requirement (EASBR) for Areas within the WSC Structure and an intentional EASBR for international structures.

Also, the companion piece to Alateen’s Just for Today and Al-Anon’s Just for Tonight bookmarks offers Alateen members ideas to help them prepare for a peaceful, restful night. It’s available at your local Literature Distribution Center or the Al-Anon Online Bookstore for \$0.25 US.

See Iowa website for the complete Delegates report.

Alternate Delegate Report: Welcome everyone to District 11 and Dubuque! Special thanks to the committee, Dawn B, District 11 DR and Chair for the Assembly and Carol B as Co-Chair. There were many other local Al-Anon members who assisted to make this Assembly run smoothly. A special thanks to all. Check out the love gifts hand made by D11 members!

The **Spring 2024 Conference** will be held in **Sioux Center, IA at Dordt University** on **June 14-16, 2024**. There are flyers available online and on the tables in the lobby that contain the needed registration information regarding the Assembly, lodging (dorm rooms and local hotels) and food. What I remember about Dordt is that they had great food! The Saturday Luncheon Al-Anon speaker will be Christine W from Lansing, IL. The Alateen and Sunday spiritual speakers are still to be determined.

The **Fall 2024 Conference** will be held in **Sioux City** on **October 11-13, 2024**. More information regarding this Assembly will be forthcoming. Save the date and mark your calendars!

The Forum Report: Topical Sharing's Needed...

Some have asked WSO what upcoming themes or what topics are needed for *Forum* sharing's. The typical answer is that a member may write about whatever is on their heart; themes often emerge based on the sharing's we receive. However, there are a couple of topics the WSO will be talking about in 2024 that aren't often addressed in member sharing's. It would be wonderful to hear some experience from members on these topics:

·Having a Sponsor in a different geographic location (even internationally), where communication takes place via electronic technology.

"Graduating" from Alateen to Al-Anon. (The pamphlet *Moving On! From Alateen to Al-Anon* (P-59) will be featured in a CAL Corner in 2024, and sharing's on this pamphlet are needed as well.)

Please keep in mind that we are working on issues three to six months ahead of publication, so it's not too early to submit for 2024. Sharing's can be submitted online at al-anon.org/sharing, emailed to wso@al-anon.org with Forum sharing 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.

Have you received your personal or group October Forum yet? Hopefully so as there are lots of great recovery articles to check out.

I will be having a WSO Forum Conference call on 10/11/23. More information to follow.

Coordinator Reports:

Alateen: Judy V.- she has emailed out a 2nd request to the AMIAS that need to submit their 5-year background check. It's coming along pretty well but still looking for a few more.

We are very excited to have Cody M. from District 7 as our Alateen speaker at the Saturday luncheon and Assembly in Dubuque. I was able to spend some time with Cody at the 2023 Alateen Serenity Weekend. I'm excited to hear Cody's story and have him show you his delightful personality.

District 11 is planning a Meet and Greet campfire Sunday, Oct. 22. They would like to introduce kids as to what Alateen is all about. It is an open meeting to adults as well. What a great way to outreach!

Judy V was asked to share from Beth K.: We overlook the Alateens when it comes to becoming an At-Large member of WSO committees. ANYONE can submit a resume. I am personally on the Public Outreach Committee and really would like to have the teens' perspective as we put things together for the fellowship. Last year we had 2 teens from Iowa send in an application. I would love to see that again. Here is some more info and the link to submitting a resume:

The World Service Office (WSO) needs your experience, strength, and hope. Have you considered serving as a Volunteer on a WSO At-Large Committee? These Committees help provide direction regarding our Conference Approved Literature, major Public Outreach projects, and which sharings to include in The Forum, as well as oversee our annual audit.

*At-Large members must have at least five years of continuous Al-Anon experience to serve. Submit your résumé by **October 29, 2023.***

The Link:

https://al-anon.org/for-members/board-of-trustees/wso-volunteers/at-large-committees/?utm_source=intheloop&utm_medium=email&utm_campaign=20231004ITL&utm_term=EN-buttonlink9Submit-Your-Résumé- &utm_content=/for-members/board-of-trustees/wso-volunteers/at-large-committees/

I'm looking forward to the Power Point presentation at the Fall Assembly. It will include: the background on the Alateen Motion; definitions of Alateen, AMIAS; review of Minimum Requirements; information on our Area Requirements; and local, Area, and WSO Resources. Thank you, Katy P. for all of your expertise and help with the presentation.

Archives: Missy Y.- we are having our first Archive Coordinator call on Sunday October 15th. I am looking forward to participating in this call. It will be nice to hear what other Archivists are doing in their Areas.

There are several flyers missing from our Archives over the past several years. I will be working on finding as many of these as possible.

There is so much information in the Archives. If there is something in Iowa Al-Anon you have questions about, please contact me. I would be happy to see if I can find an answer for you.

Group Records: Libby W.- Exciting news from the world of Area Group Records.... we have 2 new face to face meetings and 1 more meeting that made the permanent switch from face to face to Electronic only in Iowa!

District 4 gained a new face to face meeting in Osage. The name of the group is Osage AFG, they meet in the Osage AA Building on Monday nights at 7 p.m.

District 9 gained a new face to face meeting, and one of their face-to-face meetings switched over to Electronic only. The name of the new face to face meeting is Pathway to Hope AFG. They meet at St. Paul's United Church of Christ in Wheatland on Tuesday nights at 7 p.m. Cal Book Study AFG is now Electronic only. They meet on Tuesday nights at 6:30. The Zoom login information will be available on Iowa's website as soon as Jamie has a chance to get that updated. You can also find all of these meetings on WSO's website. While you are on WSO's website, take a minute and search for your home group. Read through all the information listed as if you were a newcomer looking for a meeting. Is there anything that needs to be added, or changed? If so, please send me an email and I will get it updated for you!

Thank you to all the DR's and GR's who were so timely in getting me updates to your GR and Alt GRs before this Assembly! You all made my job a lot easier to manage, and I really appreciate it!

Literature: Luanne T.-It was great to spend Area Serenity Weekend focusing on "Discovering Choices", one of our great books. This book "Starts from where we are" and walks members through building a "More Positive Perspective", "Learning by Example" and building relationships. If you haven't read it, take time to check it out.

What literature is featured at your meeting? Is your group a book study – reading through a single book together? Is each meeting planned by a member using our magazine, The Forum,"

or pamphlets and booklets? I'd like to encourage your group to pull out a different piece of literature to read during the opening of your meeting. We have so much Conference Approved Literature - Check out what else is out there!

Newsletter: Rachel C.- The September newsletter was sent to about 220 emails and about 10 were undeliverable. The last email had an added extension that recorded how many times the email was opened, and it reportedly opened approximately 375 times. Since this number is greater than the number of recipients, it makes sense to believe that most people who received the email did open it. However, without paying an additional fee, I do not have more information, such as the number of clicked links to verify if reports are being read.

And although the new email format for IRO has been well received, the biggest hurdle I've seen is that most members are still unaware of its existence! 200 emails spread across the entire state is a small percentage of our general membership. I continue to speak to longtime members who claim to have never heard of IRO. Many times, I am asked what the newsletter is "all about", who it's "for" and what its purpose is... and honestly, I'm not sure how to answer those questions.

I would urge the committee to carefully consider these topics so that the content of the newsletter /reports aligns with the audience and if the audience is decidedly the general members, that an additional effort is made to educate people of its existence.

Public Outreach: Carolyn S.- WSO launched the Public Outreach Toolkit a few months ago. Here is the link:

<https://al-anon.org/for-members/public-outreach/public-outreach-toolkit/>

If you want to add something to the WSO PO Toolkit, please work through me. The WSO will review before anything is put on their website.

September was Recovery month and I proposed an Area-Wide PO Project to the various districts PO Coordinators. We kept it simple for this first one by placing as many Forums (new or old) or AFA magazines out to the public. I suggested dropping them at the little libraries, public libraries, treatment centers, doctors/dentists' offices, police stations, the emergency room at the local hospitals. Include a label with your District's information (website, phone numbers, etc.)

I will be presenting a PO workshop at the October assembly. Plan to attend to learn more about how you can assist with PO!

Technology: Connie H.- I want to thank everyone for your patience as we all continue to learn more and more about these technological things! Sometimes we struggle a little bit with the computer or the audio, but things seem to work out. Thanks to everyone who has helped to make the Assembly go well. I try always to be open to any ideas that we can use to make this a good experience. We have the awesome opportunity to be in different places and utilizing different facilities with each Assembly.

I also want to say thank you to District 11. I know they were worried about the room and the set up but it has worked out.

For today we have 17 people who are joining us virtually with 11 of those being voting members. It is exciting to see the hybrid Assemblies grow.

Webpage: Jamie V.- Welcome to District 11, Dubuque, IA. I have been hard at work adding events and activities on the Calendar page. Please make sure you check and see what fun events are happening in our Area and the Districts around you. Remember if you want to share your district events you can send the to web@ia-al-anon.org and I will add them to the webpage ASAP.

If you are looking for an area coordinator the best place to start is with our Contacts page. You have access to email anyone who is in service, to get some support. If you are visiting a different city in our area, be sure to look for a meeting to enjoy while you are there. You can find that information on the Meeting page. If staying at home and watching the wind blow around the leaves, maybe an online meeting is more your speed, be sure to join an online meeting. All this plus more is available on our Iowa AI-Anon.org.

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

The DRs from Districts 1,2,3,7,8,11,13 read their reports. Please visit the Iowa Website for complete copies of the DR reports.

Old Business

Area Serenity Weekend Wrap Up:

Our Serenity Weekend in Manson was great! We all made "Choices" to attend or not attend. We had 58 registered, and the breakdown is as follows:

- Package A: 47 registered 44 attended
- Package B: 3 registered 2 attended
- Package C: 8 registered 6 attended

Total lodging/meals amount is \$4800.00 minus our \$460.00 deposit makes our payment to the camp a total of \$4300.00. There have been 11 members answering the survey questions and some left their suggestions before leaving the camp. There have been positive responses, and the committee is appreciative of all the suggestions and comments. The camp has been reserved for next year with the date of Sept. 20-22, 2024. A check will be sent to the camp for \$460.00 to cover the 2024 deposit. Please remember, at the first of the year there will be a planning committee meeting, and EVERYONE is invited to attend. Thank you to all that participated and helped make this a successful weekend. I'm looking forward to next year!

WSO Policy changes-Announcements/Workshops

Becky V. shared in October 2020, the Policy Committee clarified that the World Service Office only announces events that are supported by a service arm, whether the event is held face-to-face or electronically. A Policy Task Force was created in 2021 to consider whether the "Announcing Events" and the "Workshops" portions of the Policy Digest reflect the intention to support groups announcing group events, such as group anniversaries, without providing an opportunity for outside entities, even those operated by AI-Anon members only, to use group sponsorship to allow their events to be announced at group meetings. Following a discussion, the 2023 WSC approved wording that clarifies these two sections of the Policy Digest.

Currently, I am not aware of when the release of this will happen. I have sent an email to WSO and at this time, I have not heard back from them. As soon as I hear something, I will share it with you all.

Thought/Task Forces -Katy P. /Connie H:

The Area World Service Committee (AWSC) has been using Knowledge-Based Decision-Making as our foundation for exploring three different topics: the AI-Anon Assembly, Reconnecting with All Districts and the Area Newsletter.

AI-Anon Assembly

At the August AWSC meeting the committee voted to dissolve our Thought Force on the AI-Anon Assembly. The Thought Force arose out of a desire to ensure that the Iowa Area was effectively planning for the primary business events of the Group Representatives. We want to ensure that the GRs understand the purpose, the structure and the need for attending our Assembly, and sometimes that starts with simple communication in the form of a flyer. The AWSC felt that updates to the policy and communicating our needs to our AA hosts would allow us to meet our needs and voted to dissolve our Thought Force. You will notice that we are including the AI-Anon business agenda on the flyer and will do a follow-up next year on your needs through our Area Inventory which is offered the second year of each term.

The full considerations of the Thought Force were made and can be read on the Iowa Area Website under the [Members//AWSC/Thought Force](#).

Reconnecting with All Districts

The Thought Force is tasked with developing strategies to reconnect unrepresented districts with our Area. A second consideration is to consider what reformatting our district structure would mean for Iowa. Underlying this is a need to identify ways to communicate with members both represented and unrepresented. This Thought Force is working on their strategies and hopes to present at our January 2024 AWSC.

Newsletter

The newsletter Task Force gave a report to the AWSC in August 2023, explaining their proposed process. The following are some of the highlights:

The Newsletter Coordinator utilized an email format for the May newsletter that was a one/two-pages containing clickable links to the District reports and to all the other informative information. This allowed members to read what they want when they want. It also included graphics and a specific topic for group GRs. It was the Task Force's recommendation to continue with this format.

The Task Force also realized that we currently do not have a way of receiving information on whether everyone who was supposed to get a newsletter did in fact get one. We asked the AWSC for the possibility of doing a small survey, after the next newsletter, asking the CMA/GR if they received the email and if they were able to share it with their group. We will use that information to take us further on our quest.

In keeping with our main thought of who the audience is, we discussed the appropriate timeliness of the newsletter. We requested the possibility of adjusting the newsletter to the following **three** publication dates:

January Publication: The due date for this edition would be at the end of December for publication in /around the 1st week of January. This edition would have reports submitted by the Officers and Coordinators only. There would not be any directed DR reports in this edition, allowing for new year information to be submitted.

May Publication: A May newsletter article deadline would be around the 20th of April for publication on May 1. This would allow for the topic of what the responsibility of the GR is at the Spring Assembly along with topics and the workshops and various other business items discussed at the Assemblies. We would like to try publishing group members' articles in this edition. These could be on how service has helped their recovery or how a specific Step/Tradition/Concept helped them grow.

September Publication: The due date for this edition would be around the 20th of August to allow for publication on September 1. This would allow members to receive information on the Fall Assembly. Assembly items would be discussed and in election years it could be all about the process of elections.

Events outside these dates: Any events that might fall outside these dates maybe could be distributed in other ways, such as through personalized emails by either through the Delegate or the Chairperson or other Area Officer or Coordinator.

The Task Force requested from the AWSC that we be given at least a year trial period to determine the appropriate outcomes needed to go forward with an Area Newsletter.

We will continue to meet during the upcoming 2024 and make presentations to the AWSC as we progress. It is our goal to present to the 2024 October Assembly GRs our acquired information, asking for their input to the newsletter at that time.

Newsletter Task Force: Michelle K., Jamie V., Rachel C., Connie H.

New Business:

Alateen Serenity Weekend -Judy V.-The contract for the 2024 Alateen Serenity Weekend has been signed and a deposit check for \$216.80 has been submitted to secure our date of April 19-21, 2024. At this time, we plan on keeping the same price as last year of \$110.00 for attending. Judy V. shared that they are working on the agenda for Alateen Serenity Weekend 2024. They are hoping to have flyers in January.

Equalized Expense - Becky V. shared The Delegate's Equalized Expense and how it is calculated by dividing the Full Amount for Delegates to attend Conference by the number of Delegates. Since travel costs vary for each Delegate, a formula was created to show a general equalized expense. The Full Amount includes travel, lodging, meals and incidentals for Delegates, plus their portion of the Conference supply costs. The Board of Trustees reviews the Full Amount and then determines what a substantial portion of that amount is. This then becomes the Equalized Expense. The Service Manual goes on to say, 'The balance of the Conference is paid out of AFG Inc's General Fund.' As our 7th tradition suggests, we may always give more in gratitude for what we have received from AI-Anon Family Groups. This year, the 2024 Equalized Expense amount will be \$1,769.00 and the Full Cost for a Delegate to attend the Conference will be \$2,527.68. The 64th Annual World Service Conference will be held in Virginia Beach, Thursday, April 18th through Sunday, April 21st 2024. \$3,100.00 was budgeted for the Delegate's Equalized. The amount the Assembly votes to send is sent by our Area Treasurer to the WSO by January 1st.

See the current Service Manual 2022-2025 pages 168-169

There was discussion and a motion was brought forward:

Michelle K made a motion: I make a motion to send the budgeted amount of \$3,100.00 to the WSO for the Delegate's cost to attend the 2024 WSC. Motion was seconded by Tracy H.G. Motion passed.

Service Workshop – Katy P.

Our in person/hybrid 2024 Area Service Workshop will be held on Saturday, March 9th, at the Iowa Valley Community College in Marshalltown, IA. from 12 to 5pm. Doors open at 12pm. We will continue to offer online Service Salons, like our GR and DR workshops which were held earlier this year.

Gratitude & Joy - Becky V. shared that this event will be virtual on Sunday, November 26, 2023 at 5pm-7pm cst. There will be a flyer on the Iowa website. Mark your calendar!

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

Respectfully Submitted,

Tracy H.G.
Iowa Area Secretary

DATES TO REMEMBER:

AREA CALENDAR

November 26, 2023	Gratitude & Joy - Virtual Event
December 20, 2023	Iowa Reaches Out Newsletter Deadline
January 21, 2024	Iowa AWSC meeting/hybrid Hampton Inn, 9am, Marshalltown
March 9, 2024	Area Service Workshop/hybrid- IVRC, 12pm, Marshalltown
March 10, 2024	Iowa AWSC meeting/hybrid - Hampton Inn, 9am, Marshalltown
March 15-17, 2024	Regional Delegates Meeting - Bloomington, IL
April 18-21, 2024	World Service Conference, Virginia Beach, VA
April 19-21, 2024	Alateen Serenity Weekend Camp Wesley Woods, Indianola, IA
April 20, 2024	Iowa Reaches Out Newsletter Deadline
June 14-16, 2024	Spring Assembly/hybrid - Dordt University, Sioux Center, IA
August 11, 2024	Iowa AWSC Meeting/hybrid - Hampton Inn, 9am, Marshalltown
August 20, 2024	Iowa Reaches Out Newsletter Deadline
September 20-22, 2024	Iowa Serenity Weekend, Manson, IA

Iowa AI-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