

IOWA AREA FALL ASSEMBLY (hybrid)
Sioux City, IA
October 12, 2024

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.

The Area Chairperson opened the Saturday business meeting at 2:05pm. There were in attendance 40 in person, 23 online and 30 voting GRs present.

Secretary Report: The 2024 August AWSC minutes were approved by a consensus on Friday, October 11, 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: The August 6 – October 1, 2024 financial statement was presented and posted on the Iowa Al-Anon website before the meeting. The balance brought forward was \$24,235.81. Total receipts for this period are \$6,216.62. The total disbursements were \$5,903.40, which brought the total balance forward to \$24,549.03. Please visit the Iowa Website for a complete copy of this report.

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

Delegate Report: Have you heard the news? The 2024 World Service Conference Summary is available to order from the Online Bookstore at <https://al-anon.org> Be sure to get your copy for \$5.00 or download for free. What a wonderful way to enjoy the information that took place at the WSC in Virginia Beach. I know I will need to review it to remember all the happenings! New CAL (Conference Approved Literature). Look what else is new: Introducing our latest Conference Approved Literature (CAL), a 48-page booklet titled Healing within Our Alcoholic Relationships—A Collection of Insights from Our Shared Journey (P-95).

Policy updates: WSO is in the final stages of translating the Policy updates, designing the replacement pages, and updating the online Service Manual in English, French, and Spanish. They anticipate that v4 will be available in the next few weeks. The next printed copy of the Service Manual will be ready for purchase in January 2026; it will be dated: 2026-2029.

New Fax Number - WSO has a new fax number, and I would like everyone to make note of it. Sometimes we need to send something to WSO, and a fax is the only method to do so. The fax number being phased out is: (757) 563-1656. Please update your records. The fax number being kept is: (757) 563-1655 To help with the WSO's efforts to communicate this change to the fellowship, we ask that you look at your Area websites, service tools, etc. to ensure the correct fax number is listed.

Equalized Expense - The Finance Committee and Board of Trustees reviewed the costs of the 2025 World Service Conference (WSC). With the inclusion of both French and Spanish simultaneous interpretation per Motion 10 of the 2020 WSC, as well as the Stepping Stones visit on Monday, April 28, and after careful consideration, the Equalized Expense amount for the 2025 WSC has been set at \$2,532.00 (US). The Full Amount for a Delegate to attend the 2025 WSC has been set at \$3,617.71 (US). Last year, some Areas gave amounts greater than the Full Amount; many Areas contributed the

Full Amount; some Areas contributed amounts between the Equalized Expense and the Full Amount; and other Areas gave the Equalized Expense to send their Delegate to the Conference. A copy of this letter will be posted to the AFG Connects community for Area Treasurers, with a request to forward payment to the World Service Office (WSO) as soon as possible, but no later than December 31, 2024. This date allows the WSO to reimburse travel expenses to the Delegates in a timely manner. For an explanation regarding Equalized Expenses, see "How the Conference Is Financed," including "General Conference Expenses" and "Delegates' Equalized Expenses" on pages 168-169 of the AI-Anon/Alateen Service Manual (P-24/27). The 65th Annual World Service Conference is scheduled for Thursday, April 24 through Sunday, April 27, 2025, in Windsor, Connecticut. The Annual Open Board of Trustees Meetings will be held the afternoon of Sunday, April 27, 2025, Breakfast will be served on Monday, April 28, 2025, at the hotel prior to departures. Attendance at breakfast is not mandatory. The Stepping Stones visit will be on Monday, April 28, 2025.

CAI (Chosen Agenda Items) - Submitting CAI topics for discussion has been an important tradition of the Conference for many years. The purpose of the CAIs is to give all Conference members (Delegates, members of the Board of Trustees and Executive Committee, and voting members of the WSO administrative Staff) an opportunity to submit and select topics and issues of concern that affect AI-Anon groups and members worldwide. I have until Monday, February 17, 2025, to submit our topics through the survey. Please feel free to email with any topics. USNCRDM (US North Central Regional Delegate Meeting)

The USNCRDM is not far off. It will be upon us before we know it. Please put the following information on your calendar to save the date. I do not have any new information from Ohio regarding the RDM except, it probably will not be virtual this year. It will be March 14-15-16, 2025 at the Findlay Inn and Conference Center, 200 East Main Street, Findlay, Ohio 45840 (50 miles from the Toledo Airport --- about 90 minutes from the Detroit Airport).

Another date to be sure to have on your calendar is "Language of the Heart" at the A.A.'s 2025 International Convention with AI-Anon Participation. Registration opened Tuesday September 10th. You'll need to register right away to secure downtown hotels. This event will take place in Vancouver, British Columbia, Canada, July 3-6, 2025 to help celebrate A.A.'s 90th Anniversary! There will be AI-Anon daytime sessions on Friday and Saturday at the Hyatt Regency Vancouver Hotel. The sessions will include speaker meetings, service workshops, book studies, and panels on various topics. The links below will help and you may find more information in the August "In the Loop." Registration opens Tuesday, September 10, 2024 at 12 pm EDT. Register online at <https://www.aa.org/international-convention> Members wishing to book a hotel room from the block reserved for the International Convention must complete registration first. View the Frequently Asked Questions. Arrive early or stay late; see what the city of Vancouver has to offer by visiting <http://destinationvancouver.com/>

Alternate Delegate Report:

The Spring 2025 Conference will be held in Clear Lake, IA at the Best Western Hotel on June 13-15, 2025. The Chair for this Assembly is Sheila D., along with two Co-Chairs, Bonnie H., and LaShelle. The speakers are Carol M., who will be a past Executive Committee member when she speaks from Minnesota, and the Sunday spiritual speaker, Loreli R. The Alateen speaker has not yet been decided.

The Fall 2025 Conference venue has not been decided yet. Hopefully more will be revealed yet this weekend. Excited that it will be a voting Assembly. UPDATE: Fall Assembly will be in Ft. Dodge.

The Forum Report: The 70th Anniversary celebration continues throughout 2024. There have been many Iowa members, to name a few -- Jane K., D16 DR, Vivian., Alateen, Katy P., (hopefully I did not forget anyone) – check them out – especially the May 2024 magazine. In this issue, Past Delegate, Donna V's, sharing was reprinted from May 1986. This touches our hearts and brings back memories as Donna recently passed away. This milestone Anniversary of The Forum can be celebrated at the Group and District levels.

GR's – keep talking about this valuable magazine at your meetings as you are the Forum rep. For reference, 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

Coordinator Reports:

Alateen: The Alateen groups in our Area seem to be holding their own. We have a new AMIAS, Sarah E., in District 1, who is very excited about becoming an AMIAS. She's looking forward to reigniting the Young Person's Alateen in Sioux City. I'm excited for the prospects of a more active group there.

A tentative date set for April 4-6, 2025, for our next Alateen Serenity Weekend at Wesley Woods. However, this date might be changed as we have several older Alateens that will want to attend Prom next year. We are trying to work around their schedules so that we can have as many Alateens attend as possible.

I received an email from an AMIAS who knows of a young person wanting to attend a virtual Alateen group because they live in a town with no meetings. The AMIAS was inquiring if there are any Alateen groups meeting virtually. Right now, there are electronic meetings on Mondays, 6 & 10 PM ET, Wednesday, 7&9:30 PM ET and Thursday, 7:30 PM ET. If you go to the Iowa Al-Anon website, click Alateen at the top, click on the WSO Site, Teen Corner, and then the Alateen Electronic Meetings. It is not an easy process and because of the anonymity, you need to have a camera on your computer and there is a waiting period before you will be let into the meeting, I still have some questions on this as to whether I would be able to attend as an AMIAS. I will be looking further into this. I am so thrilled to announce that Gabe P., will be our Alateen speaker at the October assembly in Sioux City. He's been our Alateen speaker previously and I know he will do an excellent job. Thank you, Gabe, for being so willing to step up for us.

Archives: A committee has been established to start working on moving the Archives to an electronic format. Missy Y., Area Archivist, will be the chair and the other members are Connie H., Area Technology Coordinator, Becky V., Area Delegate, Dawn B., Past Archivist, Tracy H-G., Area Secretary and Luanne T., DR. We have received the charge from the Area Officers and will have our first meeting soon with a report back in January.

I participated in the third quarter Archives Coordinator meeting with WSO on September 22nd. A presentation was shared on the Archives at WSO. Quarterly social media posts are receiving lots of likes. We were encouraged to use the Area Guideline G-30 for Archives. There were 109 AR-9

requests this quarter. The AR-9 is the form used to request Archive research. The next call will be December 15 2024.

Group Records: Things are going really good here in the world of Group Records! I just finished a complete audit of all the groups in Iowa. I am happy to report that Iowa currently has a total of 156 meetings! 20 of those meetings are Electronic, 5 of those are Hybrid. If you have ever tried to search for one of Iowa's Electronic Groups on the WSO website, you know how difficult it can be! Eventually, WSO's search engine will make that process much easier, but that won't happen until they have completed combining their databases. For now, if you would like to go to one of our Electronic Groups, check out the Iowa website! Just go to the Meetings page and click on "Electronic Groups Reg in IA". That link opens a PDF with all of the Electronic Groups Registered here in Iowa along with the log in information.

Speaking of WSO's database, they are still hard at work! Please continue to send your group changes directly to me. This 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: There is a lot going on in the literature department! WSO is in the process of translating the Policy updates and updating the Service Manual in English, French and Spanish. Version 4 of the current manual should be available online in the next few weeks. The next printed copy will be ready for purchase in January 2026; it will be dated: 2026-2029.

New Conference Approved Literature! Healing within Our Alcoholic Relationships—A Collection of Insights from Our Shared Journey (P-95) This 48-page booklet captures the essence of the Al-Anon program in a series of brief but powerful messages of timeless wisdom adapted from Al-Anon literature on relationships, including The Dilemma of the Alcoholic Marriage (B-4). It is perfect for newcomers or anyone needing to "Keep It Simple" and get back to basics. Available in English, Spanish, and French. Don't forget!

You could be part of a new Al-Anon publication! Writing guidelines for a "comprehensive piece on sponsorship and service sponsorship using personal stories from Al-Anon members" are available on the Al-Anon website. 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: September was National Recovery Month. What did you do to promote recovery in Al-Anon Family Groups?

Fun facts: National Recovery Month was started in 1989 as national observance to promote and support recovery practices. The official color of recovery month is PURPLE. If you missed it, no worries, you can promote recovery any time throughout the year!

PO Resources & Tools: Newcomer packets available for purchase: ecomm.al-anon.org/en: Al-Anon Newcomer Packet (K-10), Welcome Newcomer! (eK-10), Alateen Newcomer Packet (K-18), Adult Children of Alcoholics Newcomer Packet (K-21), Men's Newcomer Packet (K-23), Parents' Newcomer Packet (K-24), and Professional Packet (K-30).

Ideal handouts for professionals and facilities*: What Happens After Treatment? (P81), Living in a Shelter? (P82), Doubting Your Sanity? (P89), Alcoholics, Their Families, and the Judicial System (S65),

Al-Anon "welcome series": Al-Anon Welcomes Native Americans/Aboriginals, (S67), Al-Anon Welcomes All People of Color (S68), Al-Anon Welcomes Adult Children of Alcoholics (S69)

The Membership Surveys are a great tool. <https://al-anon.org/for-members/wso/research-and-surveys/>

Technology: Technology items have been a little slow since last Assembly. I have been continuing to go into AFG Connects – Technology Coordinators. There was a question posted by WSO asking for Technology Coordinators to share how they are integrating trainings with and on technology in their Area. I did answer back that we send out information on how to do the hybrid meetings but so far that is about all. As we go forward with Google it may be possible to send out that information. So far, no other Area has replied to the post.

If you have questions about technology, or ideas for some training options, please feel to reach out to me. I can't promise an answer to everything but together we may be able to figure it out!!

Webpage: No written report was provided. Keep checking the site for new event information. She updates the site as she receives the information.

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

The DRs or alternates from Districts 2, 3, 7, 8, 11, 13, and 16 read their reports. Districts 1, 4, 6, 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 Wrap Up - Becky V.

There were 31 Package A, six Package B, and seven Package C, with 44 members registered. The camp (at Manson) has placed us on their calendar for 2025. Our count for those attending this weekend has been steadily decreasing, which even the camp has noticed. Don't hesitate to contact your District Reps and share your thoughts and ideas.

A survey was sent after the weekend, and ten comments/suggestions were received to three questions: What did they enjoy, and what would they suggest as changes and ideas for future Serenity weekends? The outcome of those questions is that everyone enjoyed having the buzz sessions, they liked the topics of the meetings, and members also enjoyed having time to enjoy the beautiful weather we had. Some would like to see the fireside meeting come back.

Total payment to camp: \$4600, \$460 deposit, \$4140 paid at end.

Registrations were \$4550 which included the clothing, total income of \$5036.58, and the expense of \$5026.85.

Discussion topic: Do we still want to have an Area Serenity Weekend? Keep it at two nights, or do the members think it is time for another activity for the Area to present for fellowship?

Do we want to pay the deposit for 2025? We can cancel 180 days out by paying a cancellation fee. We had a lively discussion. It was suggested that we look at other camps.

Consensus was taken and approved to pay the deposit.

Reconnecting with Unrepresented Districts - Task Force

See website for presentation.

Discussion – Why don't they have a DR? Death, conflict, age/health. Suggested that an experienced member could mentor and act as an Alternate DR to help a new member. Suggested that emphasizing that much of the DR responsibilities can be online. Dual Members are ineligible to serve as GR or DR. Can a 1-pager highlighting the duties of a DR be created? Maybe a topic for a salon.

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

New Business:

Area Service Workshop—Katy P. Our Area will hold a Service Workshop on March 8th, 2025, at the Community College in Marshalltown. The day will focus on a variety of topics that emerge from your suggestions. Previous years' workshops from Assemblies, Salons, and Service Workshops were reviewed.

These ideas arise from the topics you shared last October and March through our surveys. The March 2025 Service Workshop is a time to explore topics YOU want to know more about. A survey will be emailed to CMAs so they can indicate interest in the suggested topics.

- Service structure beyond the group level
- Voting Procedures (We will vote in new Officers next year.)
- Attracting members into service.
- Diversity, Inclusion, Equity
- Hidden Norms (You don't know what you don't know.)
- Traditions Workshop
- Inspiring Speaker
- Other ideas:

Equalized Expense - Becky V. The Equalized expense to send the Delegate to the 2025 conference is \$2532, full amount is \$3617.71. The deadline to pay is December 31, 2024. It is scheduled for April 2025 in Connecticut. Includes trip to Stepping Stone. Four days now. Will go to five days in 2026. \$3100 budgeted.

Motion: *I make a motion to send the full amount of \$3,617.71 to the WSO for the Delegate's cost to attend the 2025 WSC.*

The motion was made by Michelle K., and seconded by Sara S. Motion passed with 28 votes.

Alateen Serenity Weekend 2025—Judy V. We have been paying \$30 per night, but it will be \$40 per night in 2025 and \$47 in 2026. We need numbers to help defray costs. The date was set for April 4-6, 2025, but it has been moved to April 11 – 13, 2025, because of Prom commitments. A \$674.50 deposit is due. We are moving forward, but we will need to discuss it in 2026. With less Alateen in the state, the numbers are dropping.

Discussion included the importance of the weekend and suggestions for fundraisers to keep it affordable for kids. In-person and virtual fundraisers were mentioned.

Salon Series - Google Smart! - Katy P. and Virginia P. Review of the decision to move to Google, and what it offers including a secure intranet and shared drive.

All Officers and Coordinators currently have a domain email which is not personally identifiable. To maintain anonymity, policy requires all reports be free of personal information such as cell phone numbers and personal email addresses. Using the domain email allows the trusted servant to be contacted by any member while maintaining anonymity when reports are posted on the website. Domain email addresses will be passed on from term to term to allow members serving in the position to have access to documents housed on the shared drive such as reports, minutes, flyers, skits, workshops, etc.

Our Area is working to foster connections with districts that aren't represented at the Area level. Going forward, we would like to establish a district email for each district. This email can be monitored by anyone in the district (a district CMA) which is especially important when a district is unrepresented. The hope is that this will encourage each district to communicate pertinent information about the Area and Area events with members/groups in their districts.

Our DR and Past Delegates would look like this:
District1@iowa-al-anon.org
PastDelegate54@iowa-al-anon.org

The Area is offering a basic introduction to Google Drive and Docs on October 27, 2024 at 6 PM. The goal is to help our members increase their Google Drive and document skills so they can work and communicate together easily. All are welcome!

Join Zoom Meeting <https://us02web.zoom.us/j/89465459381?pwd=Cphqt59nN9u2i5NdcwYDdyPJva1bV1.1>

Meeting ID: 894 6545 9381 Passcode: 525012

Gratitude and Joy! - Becky V.

Flyers are available. Come meet your neighbors! Speakers: Missouri – Sue K. Nebraska – Lalit J. Minnesota North – Linda H. The link is on the flyer!

The Meeting closed at 4:45pm.

DATES TO REMEMBER:

AREA CALENDAR

December 1, 2024

January 12, 2025

March 9, 2025

June 13-15, 2025

August 10, 2025

Oct 10-12, 2025

Gratitude and Joy - VIRTUAL

AWSC Meeting - VIRTUAL

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

Spring Area Assembly - Clear Lake, IA

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

Fall Area Assembly- Fort Dodge, 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