

2025 June AWSC
District 8 Report
Mary H.

Greetings from District 8!

Al-Anon Iowa District 8 held its annual Spring Fling at the Cedar Hills Community Church in Cedar Rapids on Thursday, May 1st, 2025. There were just over 40 members in attendance. We had a potluck, and our program focused on the Al-Anon booklet Talk to Each Other - Resolving Conflicts within Al-Anon (S-73) which included a skit. We also learned about and discussed service and the links to service. We even had May Day baskets! Our Alternate District Representative Carrie F. arranged a wonderfully welcoming, entertaining, and informative event.

We conducted a District Inventory which was useful and gave us some insight as to health of our district. Overall, our district is doing well. Strengths mentioned were good leadership, links to service, and inclusivity. Some challenges mentioned were lack of participation among members throughout the district and lack of rotation of service ("new" blood in service roles). All concerns were either directly addressed or left open to discussion as needed moving forward.

Carolyn S, our Public Outreach Chair has been busy working with local treatment/recovery centers (ASAC, CRUSH and Sedlacek) on ways Al-Anon can provide monthly and quarterly support to these facilities. We will facilitate monthly meetings the 1st Monday of the month at CRUSH and continuing our family night at ASAC the 2nd Wednesday of the month. We will meet at Sedlacek on a quarterly basis to support families in their program. Carolyn also attended the 2025 Iowa Governor's Conference on Substance Abuse and has printed business cards for the district. She continues to look for ways to get Al-Anon's message into the hands of schools, professionals, and those most in need.

Currently we have 11 registered in-person Al-Anon meetings and 1 Alateen meeting each week. For more District 8 meeting information please visit <https://www.cedarrapidsareaal-anon.org/meetings/>

Together in purpose!

Peace and blessings,
Mary H.
DR District 8