

Hello from District 8!

March 2026 AWSC

We have had two District meetings which were well attended by new GRs, officers and chairs.

One big change we have made is redoing our District website. This was a big undertaking, but our website chair, David S, made this seem seamless. We were facing a large domain fee of around \$1400 with possible more fees to be incurred. As a district we felt if there was a cheaper option, we should look into a change. That money could be better served in outreach. What David was able to do was change our website platform to a cost of under \$11/year! The website looks great and runs amazing.

For the past two years we have tried to hold a monthly Al-Anon meeting at Crush recovery center. There was very low participation, so the meetings have been put on hold until later in the Spring. Outreach at Sedlacek treatment facility at Mercy Medical Center has been put on hold as well as they have had low attendance to their Monday meetings. The social worker at Sedlacek has Al-Anon material and has been handing it out and educating family members about Al-Anon and the meetings available in the area. Monthly outreach at ASAC in Cedar Rapids continues with each District 8 AFG taking a month to share our experience, strength, and hope to families affected by the disease of alcoholism.

We are looking forward to two speaker meetings coming up this Spring. On March 12 at 9:45 AM, Mary R will be speaking at the New Creations meeting at St Marks United Methodist Church. On April 29<sup>th</sup> from 7-9 PM at Prairiewoods, there will be an open speaker meeting with Judith S being the Al-Anon speaker and Ericka being the AA speaker.

WE continue to have a book study on grief hosted by The Monday Morning Boosters AFG. The book is Opening Our Hearts and Transforming Our Losses. This book study meets the first and third Saturday of the month. Each month one chapter of the book is discussed.

This past weekend our District enjoyed Cedar River Roundup here in Cedar Rapids. There were amazing AA and Al-Anon speakers. District 8 had a table where one of our literature chairs, Mary R, had literature available for ordering/purchase.

We are also in discussion about how our district is going to celebrate the 75<sup>th</sup> anniversary of Al-Anon.

Together in Service,

JaneAnne P

DR District 8