June 2026 AWSC

District 8

JaneAnne P

District 8 currently has 11 registered Al-Anon meetings and 1 Alateen meeting each week. For more District 8 meeting information please visit our newly constructed website at https://www.cedarrapidsareaal-anon.org/home/meetings.

District 8 celebrated the 75th anniversary of Al-Anon at our annual Spring Fling on May 7, 2026. We celebrated with diamonds galore and a special 75th anniversary cake, donated from two of our AFGs. We watched Lois and the Pioneers and discussed how their bravery, innovation, and dedication brought us to where we are today. It truly was a special evening.

We continue to meet as a district once a month. We have been meeting via Zoom during the winter months, but starting in March, well, April really because the weather affected the meeting in person in March, we starting meeting the Unity Center. It really makes a difference meeting in person. This last month we reviewed our survey of our Fall Festival, which is our annual fundraiser that is held in November. The sense is it may be time to revamp the event. I put out a request for a committee to be formed to start planning the event for this year.

As a district we continue to go to ASAC (Area Substance Abuse Council) to meet with participants and their families, sharing our experience, strength, and hope in Al-Anon. Each month one of our groups has volunteers go and talk about Al-Anon, share literature, and the meeting schedule for those meetings in District 8. One of our members had never gone before and was so moved by the experience she went home and wrote a poem about it. It really goes to show how when is service we often get so much more out of it than what we expected. ASAC has recently changed to an all men's facility. Heart of Iowa is the all-women's facility and they have reached out to Carolyn O, our Public Outreach Chair, to have an Al-Anon meeting at their facility. They have women and young children at their facility. Carolyn O and Bob L are working on a meeting schedule, starting with going out once a month. Our outreach to CRUSH and Sedlacek Treatment Center has been put on hold due to low attendance.

Our Thursday morning group, New Creations, had a speaker meeting in February. Mary R was the speaker. It is such a great way to hear how others were led to Al-Anon and to find commonalities with those around us.

Prairiewoods, our Wednesday evening group, had an open speaker meeting in April. Carolyn O was the Al-Anon speaker and Erica N was the AA Speaker. Both had amazing stories and the meeting was well attended.

Area 24 has accepted the bid for District 8 to host Spring Fling 2027. I am working with the AA committee to put on a fabulous Assembly. The Assembly will be in Grinnell, Iowa at the college there. I wanted to pass on that I would be the contact person for that.

I will finish with I have felt a new energy in District 8 this past Spring. We have new GRs and new people taking on positions in the district. Two of our groups that didn't have GRs for some time, now do, Lindsay K and Vicki B are new GRs to those groups and one group has an alternate GR, Melanie H. We have had great participation these last 5 months as we are learning our roles. I am grateful for the support I receive as I trek through new territory of being DR.

Yours in Service,

JaneAnne P