

District 3 2026 Fall Assembly Report

Hello Iowa Area Al-Anon!

Well, the temps are finally cooling, and we've received quite a bit of rain in north central Iowa. I'm excitedly waiting for the leaf color change to become more vibrant!

Serenity Weekend was full of sharing, caring, and laughter! Only 2 of us from District 3 attended this year. Hopefully I can entice more to attend with the thought of sober party games, I mean "mandatory fun"! I thoroughly enjoyed meeting new people from other districts and reuniting with old friends. I hope to see everyone next year!

I had the privilege of being the Al-Anon speaker at the District 11 Fall Supper in Dubuque. I learned this is a fundraiser for their public outreach projects, and with all the great raffle baskets, I hope they received plenty of money to carry out the Al-Anon message. I made my contribution, and was lucky enough to bring home some great gifts. The greatest gift I brought home was that of my wonderful hostess and seeing so many people outside my home group area that have contributed to my recovery. Thank you, D11 for the privilege!

All the groups in District 3 are actively meeting, some with as few as 3-4 attendees and others with 15 or so. Our next District meeting is Sunday, October 25th, 1-3 pm, in Mason City. Time to start planning for next year!

In gracious service,

Jody H
District Representative, D3