

Greetings from District 8. We have been busy in our district, continuing the celebration of Al-Anon's 75th year. Serenity Sunday had their annual speaker meeting with Judith S and Mike F sharing their experience, strength, and hope in their years in Al-anon and AA, respectively. Judith brought over 50 years of Al-Anon to her talk and had us laughing in our seats. Speaking of seats, the room was full on a Sunday night at 7:00 pm.

In September, New Creations had their speaker meeting with Rosemary G speaking. I was unable to attend, but I must believe the meeting was filled with the spirit that our Higher Power brings when we gather. New Creations is also known for amazing treats to share.

Our district's Annual Fall Festival is planned for Thursday, November 5, 2026, doors open at 4:30 pm. Steve (AA) and Shirley G (Al-Anon) from Dubuque will be our speakers. There will be an Italian dinner, silent auction, and bake sale. All are welcome.

Carolyn O and Bob L have been working with Heart of Iowa, an all women's treatment center in our area, to get an Al-Anon meeting started at their facility. There are some issues that need to be worked out to see if this is going to be possible.

We continue go to ASAC, a men's treatment center, where volunteers, two – three Al-Anon members, go to the family night and share their experience, strength, and hope with the residents and families. Most of our Al-Anon members find this very fulfilling, engaging in meaningful conversations with those participating in the meeting.

We have a new Al-Anon meeting that has started in our district. It is called "The Grass is Greener". They meet on Mondays at 7:00 pm at the Industrial Club in Marion. We are working on getting them registered.

Finally, I had a pastor from a church in Williamsburg, reach out as there is interest in getting an Al-Anon meeting started. There currently is an AA meeting at their church and families would like to have an Al-Anon meeting available. with him to we are looking at how to facilitate this. I have invited him to our Sunday night meeting, as that is my home group but have also given him a list of all our meetings if one of those is better for him to get to. It's very exciting that we have one new group with a possibility of another group being added to our district.

Looking forward to seeing those in attendance at the Assembly.

Yours in Service,

JaneAnne P

DR District 8