



December 2019

Where's the Billboard? Do you know?

Please share the newsletter at your meetings and encourage Al-Anon members at your meetings to subscribe using the link on our website!

Visit Our Website

Upcoming Events

January 2020

- 5 District Meeting, the White House, [1400 Pennsylvania Avenue, Des Moines](#)
2:00 pm - 3:30 pm
- 11 [Area Service Workshop - Iowa Valley Community College](#), 3702 S. Center St., Marshalltown, Iowa, 11:30 am - 6:00 pm followed by optional dinner
- 12 Area World Service Committee, Marshalltown, IA, 9:00 am - 2:00 pm
- 25 [Indianola Anniversary Potluck](#) with Al-Anon and AA Speakers, [First United Methodist Church](#), 307 W. Ashland Ave, Indianola, IA, 5:00 pm - 8:00 pm

February

- 1 [Intergroup Banquet](#), AA, Al-Anon, and Alateen speakers will be at this event. Register before January 24 for a discounted ticket. [Forte Banquet & Conference Center](#), Des Moines, 12:00 pm - 8:30 pm
- 2 District Meeting, the White House, [1400 Pennsylvania Avenue, Des Moines](#)
2:00 pm - 3:30 pm

April

- 25 [Al-Anon District 7 Birthday Celebration](#), there will be speakers from AA, Alateen, and Al-Anon, dinner, raffle, and silent auction. Register early for a discounted rate. [Mid-Iowa Boy Scout Center in Des Moines](#). 4:30 pm - 9:00 pm

District 7 Meeting Minutes - December 1, 2019

Welcome: Samantha opened the meeting at 2:03 pm with a moment of silence followed by the Serenity Prayer.

Introductions: Introductions of attendees were made.

Birthday recognitions: none

Secretary's Report: Jessica B - Minutes from the November 2nd meeting were read and corrected.

District Representative Report: Valerie B - Report was distributed and read. Reminder about upcoming events: The Area Service Workshop, January 11, 2020, The Holiday Party on December 7th at 11:00 a.m. at the White House.

District Treasurer Report: Samantha for Janice S

Beginning Balance	\$12,266.63	Alateen Balance	\$2,704.01
Net Income	(\$193.88)	Prudent Reserve	\$4,000.00
Ending Balance	\$12,072.75	District Balance	\$5,368.74

D7AISC Treasurer Report: Samantha for Deb S

Beginning Checking Balance	\$2502.07	Savings Balance	\$3,116.89
Net Income	(\$627.44)	Petty Cash	\$106.50
Ending Checking Balance	\$1874.63	CD's	\$10,830.45 \$3,298.92

Board of Trustees Report: Teri - Report for November was shared and read. We have been invited to sell literature at Aim for Ames in March 2020. Will discuss at the January District Meeting. The next Board of Trustees meeting will be December 19th at 5:15 p.m. Please consider volunteering at the Service Center for January.

Alternate DR Report: Mary S - Members Present: 29 present/ 16 voting

Service workshop: Anonymity - sections of the Service Manual. Something to consider, BCC members when mass emailing your group.

Answering Service: Julie N - no report

Newsletter: Brigid E - newsletter cutoff is December 21st.

Alateen: Val for Sandi L - Report was distributed and read. We are still looking for a District Alateen Chair.

Literature: Hollie M - no report

Forum: Debbie H - shared on Anonymity from the latest Forum.

Group Records: Janine J - email the name of your GR (name, address, and email) and the name of your group to Janine at odatjj@aol.com.

Archives: Ashley C - Thank you to everyone who took their time to go through old documents and files. We found a recipe for Lois Wilson's Coffee Jello.

Public Outreach: Bonnie - Report was distributed and read. The 12/12 outreach is the last time we will be going to Powell. If anyone has seen the Al-Anon billboard, please let Bonnie know. The next meeting is Saturday, January 18th at the service center at 9:30 a.m.

Powell - Lutheran Hospital	Mercy Franklin Family Group	Mercy Franklin Patient Group
6:30 pm Thursday	6:00 pm Wednesday	5:30 pm Thursday
12/12/19 - Monday Night	02/19/20 -	01/02/20 - Becky, Bonnie, Linda
Parents		03/05/20 -

Website: Jasmine - no report

Birthday Celebration 2020: Val for Jasmine - April 25th, "Drop the Rock", at the Boy Scout Center. Speakers are finalized, Tickets will be printed soon. Catering, we will maybe settle on Smokey D's. The Flyer will go up on the website soon. Additionally, raffles fall under gambling regulations, so we are looking into a gambling license.

Unfinished Business

Serenity Weekend: Beth is planning the District Serenity Weekend being in November 2020 instead of March 2020. Concern with November is the cost, considering Christmas coming up and travel for Thanksgiving. August may be an option, the 29th and 30th in August, school is just starting in August, so that may impact attendance. It was asked if anyone talked to their group about when to have Serenity Weekend? Another option is to encourage people to go to the Area serenity weekend and not have a district one. Attendance at both is declining. We decided to ask our groups about moving the event to August or November; shortening our event to one day; or ending our event and encouraging our members to attend the Area Serenity Weekend instead. We will discuss at the District meeting in January.

New Business

2020 Budget: Pat moved to approve the budget, Debbie 2nd the motion. Motion passed.

December 1st meeting Discussion: Motion by Lorraine to leave meeting as scheduled, 2nd by Val. Motion passes.

GR Sharing:

- Monday Night Al-Anon - Central Presbyterian - Holiday party on December 9th at 7:30 p.m.
- The Holiday Party is Saturday, December 7th from 11 - 1 p.m. at the White House.
- There will be a 6 am meeting at the Service Center on Christmas Day.

Next Meeting: Sunday, January 5th at 2:00 p.m. at the White House, Des Moines.

Samantha concluded the meeting at 2:50 PM with the Al-Anon Declaration.

SUBMITTED FOR APPROVAL by Jessica B 12/1/19

District 7 Representative - December 2019 Report

WSO News

The In The Loop newsletter came out November 13. It announced that a "Welcoming Checklist" is now available on the al-anon.org website. It also answers the question: Does Al-Anon have promises? Sign up and check it out.

It was also announced that the 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) was posted to the Al-Anon website on November 22. The printed version will be available for shipping on January 31, 2020.

Area News

Luanne T is coordinating *Area Calendars*. GRs - Please let me know today if you have any scheduled events for 2020 you would like listed in the Calendar. Orders for calendars are due December 13, 2019. They are \$4.00 each. Recall that calendars will not be mailed to you. They will be available at the Area Service Workshop, and the Samantha M or designee will pick them up and distribute them.

The Area Service Workshop will be held January 11, 2020 in Marshalltown. This is a great opportunity for new GRs to learn about their role, so please encourage them to attend. Registration is \$5, and if you register before the event, you will be eligible to enter a drawing to have your \$5 refunded.

District Happenings Holiday Party

Don't forget to join us December 7 at 11 AM for the District 7 Holiday Party at the White House! Bring a dish to share and a wrapped gift valued at \$10 or less.

End of Year Reports

Reminder: Officers/Coordinators - please submit your end of year report to Jessica if you have not already so that she may compile them into a report.

Group Happenings

GRs - please let Janine know of your new GR/Alt GR today if you haven't already.

Also, please let me know if any meeting changes due to Christmas or New Year's conflicts as soon as possible. I will send a Constant Contact message to let others know of changes on Wednesday, December 18.

Mark your calendars:

- District 7 Holiday Party - December 7
- January 1 - NEW TERM BEGINS
- January 11 - Area Service Workshop - Marshalltown, IA

Final Thoughts

I want to extend a thank you to those who supported me as your district representative over the past three years. I am truly grateful to those of you who helped not only me, but the district as a whole. And welcome to Samantha, the incoming DR. She is a fantastic person, and she will do an excellent job!

D7 Board of Trustees Meeting Minutes - December 19, 2019

Jennifer opened the meeting at 5:16 with a moment of silence followed by the Serenity Prayer.

Present: Shelley, Jennifer, Deb, Melissa, Terri, Mary, Julie, Cyndi

Secretary - Shelley read the November minutes

Treasurer - Deb read the report, the check register was approved.

- Many groups have made contributions
- WSO outstanding bill was paid in October, Deb will call them 12-20-19
- New 2020 inventory sheet was emailed

Beginning balance	2,502.07	Saving balance	3,111.89
Receipts	1,071.65	Saving balance	5.00
Disbursements	1,699.09	CD balance	10,830.45
Ending balance	1,874.63	CD balance	3,298.92

Literature - Melissa

- We have sold a lot of literature in December

Total Sales, Literature, S&H, etc 1,150.80

Total Purchases-Literature, S&H, etc 1008.14

Net 142.66

Site - Larry

- He will glue the chair rail back on, near the window
- copier numbers were not available

Volunteer - Terri

- December filled, January is filling

District - Mary

- An email with holiday meetings open/closed has been sent.

Old Business

- Inventory set for 12-28-19
- We have been invited to sell literature at Aim for Ames March 2020, we will discuss at January District meeting

New Business

- 2020 positions: Chair-Terri, Secretary- Melissa, Literature-Shelley, Volunteer-Adrianna, Site-Larry
- Meetings will continue to be 3rd Thursday at 5:15pm

Next Meeting: January 16, 2020 5:15

Meeting adjourned at 5:42 pm with the AI-Anon Declaration

Submitted by Shelley P 12/19/19

AI-Anon Technology-Based Resources

- [AI-Anon District 7 Website](#)
- [AI-Anon and Alateen Service Manual \(2018-2021\)](#)
- [AI-Anon Iowa Website](#)
- [AI-Anon World Service Office Members Site](#) - for password, use any word followed by "afg"
- Iowa Reaches Out Newsletter - to receive the AI-Anon Iowa Area Newsletter, email iowareachesout@yahoo.com - previously published newsletters can be found [here](#)
- Service Center Volunteer Signup - use this link to electronically volunteer to work at the Service Center; you will receive email reminders as well
- [AI-Anon on Facebook*](#)
- [AI-Anon on Twitter*](#)
- [AI-Anon and Alateen on Instagram*](#)

*Please remember to protect your anonymity on social media by not making comments that would reveal your AI-Anon membership.

Many of the following links are on the AI-Anon Member site so if you have not previously logged in, you may be prompted for the password. The password is any word followed by "afg".

- [Conference Approved Literature Order Form](#) - use this form as reference only to see what materials are available for purchase but we encourage you to purchase all of your literature from our local Service Center (versus online)
- Submit [Forum Sharing Online](#)
- [Surveys for Members](#)
- [Blogs and Podcasts for Groups](#)
- [Blogs and Podcasts for Individuals](#) - (NOTE: if interested in participating in AI-Anon podcasts, email annette@al-anon.org)
- [Free Electronic AI-Anon Conference Approved Materials](#)

Electronic Conference Approved Literature for Purchase (available at Barnes and Noble and Amazon):

1. How AI-Anon Works - Nook (incl Spanish); Kindle; AV/Audio version available at Service Center
2. Alateen: Hope for Children of Alcoholics - Nook; Kindle; Spanish Nook; Kindle
3. Forum (can purchase current month or annual subscription) - Nook
4. One Day at a Time in AI-Anon - AV/Audio version available at Service Center
5. Courage to Change (full book) - Nook (incl Spanish)
6. Courage to Change Part 1 - Kindle; Part 2 - Kindle

District 7 AI-Anon/Alateen of Des Moines and Central Iowa,
939 Office Park Road #113, West Des Moines, IA 50265

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