

August 2018

## Upcoming Events

### September

21-23 Area Serenity Weekend, Camp Wesley Woods, 6:00 PM - 12:00 AM,  
10896 Nixon St, Indianola, IA ([map](#))  
*D7 - Sept 22 @ 2:15-3:15 "The Dilemma of the Alcoholic Marriage"*

### October

7 D7 Birthday Celebration Meeting, 12:45 PM, The White House  
7 D7 District Meeting, 2:00 PM, The White House, 1600 Pennsylvania Ave,  
Des Moines, IA ([map](#))  
12-14 Fall Assembly, Davenport, IA  
19 Thursday Night Step Study 22nd Annual Potluck, (Friday Night), 5:30 PM  
doors open, Lutheran Church of the Good Shepherd, 3820 SW 9th St.,  
Des Moines, IA ([map](#))  
20 Alateen Pizza Dinner fundraiser, 11:00 AM - 5:00 PM, The White House

### November

3 Fall Service Workshop, Park Avenue Christian Church Fellowship  
Hall, 3219 SW 9th St, Des Moines, IA 50315 ([map](#))  
9-10 D4 Be Good to Yourself Weekend

### December

1 D7 Holiday Party, The White House

## District 7 Meeting Minutes - August 5, 2018

Samantha M opened the meeting at 2:01 pm with a moment of silence followed by the Serenity Prayer.

**Introductions:** Introductions of attendees were made.

**Birthday recognitions:** For July and August - Mary - 8 years, Brigid - 6 years, Jessica - 6 years, Joan - 40 years!

**Secretary's Report:** Jessica B - Minutes from June 3rd Meeting were read and corrected.

**District Representative Report:** Valerie B - August 2018 District Representative report was distributed and read.

**District Treasurer Report:** Janice S

Beginning Balance

\$9532.91

Alateen Balance

\$1792.45

Net Income

\$750.09

Prudent Reserve

\$3,956.67

Ending Balance

\$10283.00

District Balance

\$4573.88

**D7AISC Treasurer Report:** Deb S

Beginning Checking Balance

\$2992.71

Savings Balance

\$3,114.56

Net Income

\$1690.40

Petty Cash

\$56.50

Ending Checking Balance

\$4683.11

CD's

\$13757.99

**Board of Trustees Report:** Dorothy for Bob - June and July reports were distributed and read. The volunteer calendar was passed to sign up.

**Alternate DR Report:** Members Present: Mary S - 32 present/ 23 voting

**Answering Service:** Julie N - No report

**Newsletter:** Val for Brigid E - Newsletter deadline for the August newsletter is August 19th

**Alateen:** Sandi L - All 4 meetings are continually getting new participation. However, we have lost a couple of our regular sponsors. Please go back to your groups and let them know we are looking for someone with at least 2 years commitment to Al-Anon and complete extra forms. The Alateen fundraiser is October 20th, 11 a.m. - 5 p.m. at the White House. We are looking for baked goods to sell! The Fall/Winter pop sales can come to your events or groups, please let us know. The next meeting is Sept 28, 6-7 p.m.

**Literature:** Hollie M - check out the new pamphlet and new Intimacy Book. Keep your eyes out for a new daily reader coming soon. Consider submitting a sharing! Check out the website or the service center for more information! Today's literature - using Al-Anon principles to resolve conflicts.

**Forum:** Debbie H - The new price list came with your forum this month. Check out this month's forum!

**Group Records:** Janine J - The Group Records report was distributed and read. You can go online to update your group information! Go to [www.al-anon.org/members](http://www.al-anon.org/members), click on Group Resources, then Group Records. Click Update Online! IF you do so, please also let Janine know for our own manual records.

**Archives:** Ashley C - Thursday Night Step study has been around 38 years this year!

**Public Outreach:** Janine for Bonnie J - Public Outreach report was distributed and read.

Powell - Lutheran Hospital 6:30 pm Thursday

8/9/18 - Saturday Serenity

9/13/18 -

10/11/18 - Monday Night Parents

Mercy Franklin Family Group 6:00 pm Wednesday

8/22/18 - Tuesday Night Altoona

10/31/18 - Warren County

Mercy Franklin Patient Group 5:30 pm Thursday

9/6/18 -

11/1/18 -

**Website:** Jasmine -no report

**Unfinished Business** - Record Retention Committee Update - No Report

### **New Business**

**Service Center Leased Copier/Technology Discussion** - Board of Trustees proposes a copier replacement that will deliver a high functioning, slightly faster, refurbished machine for a lease term of 60 months at \$132.41/month (cost is inclusive of all needed maintenance and service). The BOT also recommends splitting the base monthly rate 50%-50%. Then we will attempt to sell the current machine.

#### **Copier Discussion:**

- The proposal is based on averaging the cost over the whole year, however, we have spikes in printing in January, February and March. This means we may pay overage fees for 3 months of the year.
- Question about the leasing. Are we leasing this forever vs. buying one? Answer - at the end of the 60 months we can lease another machine or buy one. 5 years is a long life for a printer.
- The copier we are looking at leasing has a much faster, better scanning capacity. Since we are looking at scanning all our records, this will be impactful.
- The lease includes maintenance and service, have we been paying extra maintenance and service? We have been paying it.

Motion: Debbie moved to go with the recommended suggestion from the board of trustees, Brigid 2nd. Please note, Is everyone ok with splitting the bill 50% - 50%?

Vote in favor - 22, motion is adopted.

**Technology Discussion:** maintaining our current technology is becoming a challenge. Is all the technology we use preventing you from volunteering for a service position? What can we do to prepare new service members? Discussion:

- I like the idea of having a sign-up. I have skills in spreadsheets, but none in other technologies.
- People who have skills could be on a list and be available to help show someone learn a new skill or to participate in the discussion. The sign-up can be taken to our groups as well.
- What about making tip sheets?

- Question: How is this dealt with now? Answer: You are humbled and ask for help!
- Could it be shared at a service workshop that there are others out there who are willing to help.

Fall Service Workshop, Saturday Nov. 3rd @ Park Avenue Christian Church Fellowship Hall - Topics are needed. 1) Conflict Resolution packet, 2) Intimacy - new book, 3) Finances; theme - Game of Life. Would any group be interested in using these topics as a skit, chairing a meeting, or any other idea at the workshop? Ashley will put together a flyer.

Annual Holiday Party, December 1st @ White House - Is there anyone wanting to take on planning the party? Take it back to your group and ask for volunteers.

### **GR Sharing**

Back to Basics - Celebration 4-year anniversary with a speaker meeting and treats tomorrow at

9:30 a.m. at Wakonda Christian Church

Thursday Night - 22nd Annual potluck on Friday, October 19th.

### **Next Meeting:**

Sunday, August 26, 2018 at 2 PM @ the White House

Samantha M concluded the meeting at 3:30 PM with the Al-Anon Declaration.  
SUBMITTED FOR APPROVAL 8/6/2018 by Jessica B.

## **District 7 Representative - August 2018 Report**

### **District Happenings**

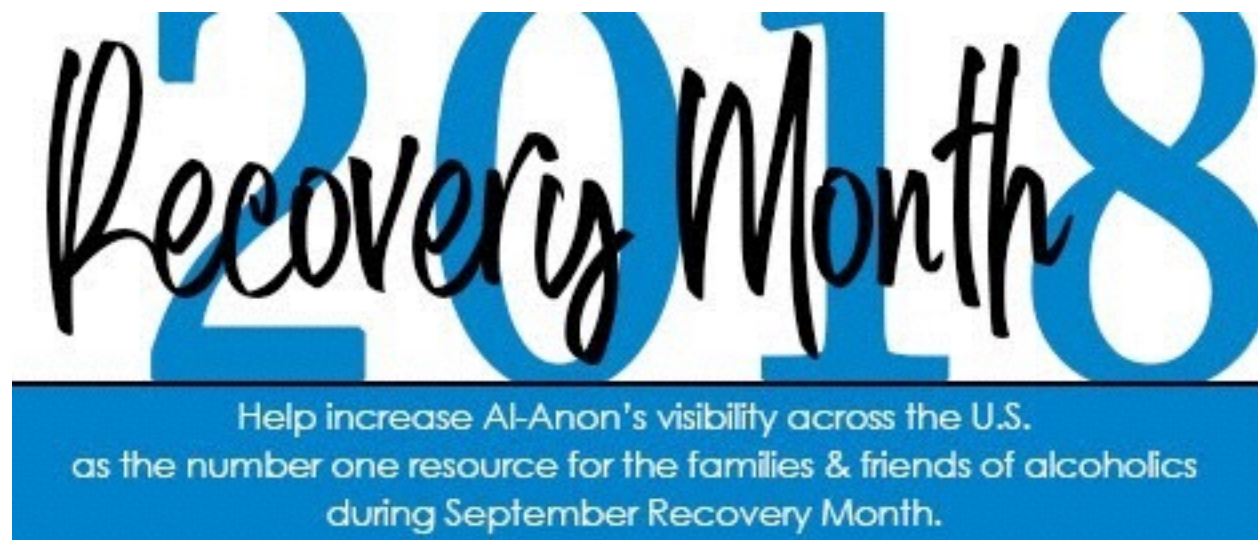
You could be a winner...at The Game of Life! We are planning to have our District Service Workshop on Saturday, November 3rd at Park Avenue Christian Church Fellowship Hall, 3301 South West 9th Street, Des Moines. We are going to be talking about so real-life topics: Conflict Resolution, Intimacy in Relationships, and Finances. It should be a good one - don't miss out!

We have two open district positions for Alternate Secretary and Alternate Chair. As both are alternate positions, it doesn't require a full-time commitment: just the ability to fill in when the Secretary or Chair is not available to attend the district meeting. It's a great opportunity for someone who would like an introduction to an officer position. I have attached excerpts from the D7 Bylaws regarding these positions. Please share with your groups, and let us know if you or anyone else is interested.

## **WSO News**

WSO announced the electronic version of the 2018 World Service Conference is available online at [www.al-anon.org](http://www.al-anon.org): Hover over the "Members" tab, then click "World Service Conference (WSC)." Printed copies will be available in late August or early September.

WSO is has also created some marketing materials for Recovery Month!



WSO also sent out In The Loop Newsletter earlier this week. Included were tips on how you can carry the message of Al-Anon on social media without breaking your anonymity. "Following" or "liking" on a social media page does not represent membership. They also suggested avoiding commenting on your direct experience. Instead of saying "I have been in Al-Anon for 9 years and it really helped me, " speak in the third person. For example, "I know a lot of people who were helped by Al-Anon" doesn't break anonymity, yet it carries the message to others.

## **Area News**

District 4's Be Good To Yourself (BGTY) weekend may have the wrong date on your calendars. The event is to be held November 9-10.

Founder Lois W's passing was 30 years ago on October 5. Beth would like Iowa give memorials in Lois' name for her to bring as a monetary donation to the WSC. I provided a copy of a Memorial Issue from about Lois near the time of her passing. Please share with your members and encourage them to offer a donation in the "Shoe" envelope provided.

The Area Serenity Weekend will be held September 21-23 at Camp Wesley Woods in Indianola. The theme is "Mission: Possible." Flyers are now available, and registration is due August 31. Our district will be leading a meeting on the book *The Dilemma of the Alcoholic Marriage* on Saturday from 2:15-3:15. Ashley C has volunteered to make nametags and decorations for the event. Let her know if you would like to help out!

Also, mark your calendars for Fall Assembly, October 12-14 in Davenport. Flyers are available, and pre-registration is due by October 1. I am also seeking some suggestions on what I can do to help get you the reports only DRs are given for the business meeting. I know how frustrating it is as a GR to have no copies of the reports and it is difficult to follow along. The Area Chair is planning to make additional copies of the agenda. But, it would be difficult for me to make copies of the reports before the meeting starts. Could I snap a picture of them on my phone and text/mail them to those who attend? What other ideas do you have?

Area Service Workshop is scheduled January 19 at Iowa Valley Community College in Marshalltown. Get out your hairspray and spandex - the theme is "Welcome to the Jungle!" Our District will be leading a workshop on online resources entitled "I Still Haven't Found What I'm Looking For."

Also, next February the Intergroup Banquet will be held in Des Moines. Al-Anon speaker is former District 8 DR and Current Area Public Outreach Chair, Lisa G. Don't miss out!

### **D7 Group News**

Happy 10 Year Anniversary to the Newton's Hope meeting. I had a chance to visit them for the second time, and it happened to be on their anniversary. Many of the founding members were in attendance. Congratulations!

PS - Eleven months now, you will be voting in the next District Representative. It is never too early to start praying about this service position!! J

### **Excerpts from D7 Bylaws Regarding Alternate Chair and Alternate Secretary**

All Officers and Alternates of the D7AIS shall meet the same qualifications as those of GR.

All Officers and Service Committee Chairpersons shall have a minimum of two years of active membership in Al-Anon with service experience and shall possess a working knowledge of the Twelve Steps, the Twelve Traditions, the Twelve Concepts and the Service Manual and shall be willing to disclose his or her name, address and phone number as it pertains to the conduct of business of the D7AIS. In the event of an incumbent's resignation or absence from more than

two monthly meetings a year without good cause, new officers or chairpersons shall be elected by a vote of the D7AIS voting membership at the regular meeting. When an officer or chairperson completes a portion of a term due to a vacancy, that officer or chairperson is eligible for re-election to one succeeding full term of office. Nominations will be considered from among members who have met the stated qualifications and have expressed a willingness to serve and that willingness has been communicated to the Chairperson.

#### CHAIRPERSON

ADDITIONAL QUALIFICATIONS: Ability to plan and conduct meetings in an orderly manner at the District level. Communication and cooperation with others are elements of a good Chairperson.

#### DUTIES:

- 1 Presides at all D7AIS meetings according to Parliamentary Procedures.
- 2 Presents an agenda for District meetings.
- 3 Appoints such committees as is deemed necessary for the efficient functioning of the D7AIS.
- 4 Responsible for seeing yearly audit is done.
- 5 Reads and disburses By-laws at first D7AIS meeting of the year.

#### ALTERNATE CHAIRPERSON

ADDITIONAL QUALIFICATIONS: Shall fulfill the same requirements as Chairperson.

#### DUTIES:

- 1 Acts as Chairperson in the absence of the Chairperson.
- 2 Assists Chairperson with duties as requested.

#### SECRETARY

ADDITIONAL QUALIFICATIONS: Due to the importance of accurate communications, administrative skills are required. Must have access to a computer and email.

#### DUTIES:

- 1 Records accurate D7AIS minutes.
- 2 Distributes copies of all meeting minutes as directed by the voting body.

#### ALTERNATE SECRETARY

ADDITIONAL QUALIFICATIONS: Shall fulfill the same requirements as Secretary.

#### DUTIES:

- 1 Acts as Secretary in the absence of the Secretary.
- 2 Assists Secretary with duties as requested.

## **D7 Board of Trustees Application**



We will have 3 All-Large Board of Trustees for the Service Center positions open. Please consider if you are qualified to serve, and if you are interested

## **D7 Board of Trustees Meeting Minutes - August 16, 2018**

Present: Bob, Terri, Deb, Melissa, Val, and Jennifer. Dorothy was absent. Bob opened meeting at 5:13 pm with the Serenity Prayer

### **Secretary report**

Terri read minutes from July 2018 meeting. Minutes were approved.

### **Treasurer report - Deb**

Deb read and distributed Treasurer report. Report was approved.

Beginning Balance

\$2,992.71

Net

\$2856.78

Ending Balance

\$4,683.11

Savings and Certificate of Deposit balances: \$3109.95, \$5.00, \$56.50, \$10,543.43 and \$3214.56. Deb reported that the Mediacom bill is still unresolved. Next month there will be an updated report.

### **Literature - Melissa**

Melissa read and distributed the Literature Report. Net literature profit for the month was \$469.17. The "50th Anniversary" book will soon be sold out and the "Intimacy and The Alcoholic Relationships" orders were renewed 3 times and sold out. "How Al-Anon Works" in hard cover is discontinued, soft cover is available only.

### **Site - Dorothy**

Dorothy provided the Site report

June

July

B/W Copies

437

1933



Color Copies

9

192

Our agreement with Access is over when new copier is installed. Bob will be signing the new agreement. Our new agreement was approved in the District 7 monthly meeting August 5th, 2018.

**Volunteer** - Jennifer

The August calendar is mostly filled.

Dorothy asked Jennifer about finding suggestions for volunteers not showing up for shifts that they signed up for. Jennifer is asking for confirmations from volunteers on their commitments to be at the office. This is important because of occasional copier maintenance appointments and individuals looking to purchase literature are scheduled during shifts where volunteers have signed up.

**District 7 Representative Report** - Val

September 21 - 23- Area Serenity Weekend, Indianola, IA

October 12- 13 - Area Fall Assembly - Davenport, IA

October 19 - Thursday Night Southside Potluck, Des Moines, IA

November 3 - D7 Fall Service Workshop - Des Moines

**Old Business** - Bob

- D7 gave approval for the copier leasing proposal.
- Bob contacted Yellow Book to update the information in the Al-Anon Ad to say, Al-Anon Service Center
- BOT technology needs, as well as the District's, will be addressed at the D7 Fall Workshop.
- The resume for BOT positions has been updated by Val and was published in the newsletter and will be distributed at the upcoming District meeting.

**New Business** - Bob

- Service Center Archive items were handed to Val at the District 7 Meeting and she gave them to District Archive person, Ashley. Deb mentioned that we need to make distinctions between historical and legal archives. BOT will discuss responsibility for archives on BOT.

- Board Members Job Descriptions - Bob will distribute current job descriptions to BOT and ask that each person review and make updates to the descriptions. BOT will discuss next month and finalize at next meeting.

**Next Meeting** - Thursday, September 20,th @ 5:15 PM

Meeting adjourned at 6 PM with AI-Anon Declaration

Submitted by: Terri 8/18/18