



Al-Anon/Alateen

District 7 Des Moines and Central Iowa

September 2018

Upcoming Events

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 Conference/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 [D7 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

February

- 2 [Intergroup Banquet](#), 12 PM - 8 PM,

District 7 Meeting Minutes - August 26, 2018

Samantha M opened the meeting at 2:00 PM with a moment of silence followed by the Serenity Prayer.

Introductions: Introductions of attendees were made.

Birthday recognitions: Lorraine R - 45 years

Secretary's Report: Valerie B for Jessica B

Minutes from August 2018 Meeting were read and approved as read.

District Representative Report: Valerie B

September 2018 District Representative Report was distributed and read.

Upcoming events:

- September 21-23 - Area Serenity Weekend
 - D7 - Sept 22 @ 2:15-3:15 "The Dilemma of the Alcoholic Marriage"
- October 12-14 - Fall Assembly - Davenport
- November 3, 2018 - D7 Service Workshop
- November 9-10 - D4 Be Good to Yourself Weekend
- December 1 - D7 Holiday Party

- January 19 - Area Service Workshop
 - D7 - 3:15-4:00 "Still Haven't Found What I'm Looking For" (Online resources)
- February 2 - Intergroup Banquet

District Treasurer Report: Deb S for Janice S

Beginning Balance \$10,283.00
 Net Income (\$415.57)
 Ending Balance \$9,867.43

D7AISC Treasurer Report: Deb S

Beginning Balance \$4,683.11
 Net Income (\$336.89)
 Ending Balance \$4,346.22

Deb asked that default setting of the copier be set to black and white.

Board of Trustees Report: Bob H

Minutes were summarized from the August 2018 D7 Board of Trustees Meeting. 50th Anniversary ODAT and Intimacy books are available. How Al-Anon Works is changing to paperback; only a few hardcovers left at Service Center. Volunteer Calendar passed around. The BOT please asks that if anyone signs up for a volunteer time but is unable to make it, please notify Volunteer Chair (Jennifer L). Several instances have occurred when a scheduled service or pick-up was made during a time when a volunteer was signed up, but no one was available. BOT has 2 at-large positions open that will be filled by the end of the year.

Members Present: Samantha M for Mary S
 28 present/20 voting

Answering Service: Julie N

Month	# Calls
January 2018	82
February 2018	71
March 2018	74
April 2018	108
May 2018	63
June 2018	93
July 2018	97

Newsletter: Samantha M for Brigid E
 Deadline for next newsletter submissions is September 23, 2018.

Alateen: Samantha M for Sandi L
 Flyer provided for Alateen Fundraiser Saturday, October 20 11 AM - 5 PM at the White House.

Literature: Hollie M
 The pamphlet Alcoholism: A Merry-Go-Round Named Denial was highlighted.

Forum: Debbie H
No report.

Service Workshop: Group Finances, Samantha M
Excerpts from the Service Manual regarding Group Finances/Budget were provided. Group contributions support all service levels. Groups that struggle to do so may want to review group expenses (rent, etc.).

Group Records: Janine J
Summer (revised) 2018 meeting schedule was provided. It includes the new location of the Saturday Serenity Meeting (moving September 8) and the new Casey Caring and Sharing AFG meeting. It was easy to use the online form to make group changes. If you make changes online for your group, please notify Janine so she may update the manual records the district keeps.

Archives: Ashley C
Valerie B gave Ashley C a stack of District 7 papers that were given to us by the Area Archivist. It was surprising to see \$600 was a typical balance for the district in the 80's. Also, there was no Monday night meeting.

Public Outreach: Bonnie J

- The September 2018 Public Outreach report was distributed and read. The following groups volunteered: Fresh Start - 11/8 Powell, Thursday Night Step Study - 9/6 Mercy Franklin, Saturday Night Step Study - 11/1 Mercy Franklin.
- Connie J will deliver Forum magazines to Little Free Libraries in Ankeny. Still seeking volunteers for other locations.
- Stand Down Event will be held Saturday, September 15 in the former Des Moines General Hospital parking lot. The event provides shelter assistance, legal assistance, school supplies, etc. for homeless/indigent people. This is the first year Al-Anon was invited to participate; AA and NA will also be there.
- C.A.R.E. conference is Friday, September 28 at Lutheran Church of Hope. For the remainder of 2018, the committee hopes to call treatment centers in the district that we don't already work with, and reach out to social workers in the district to provide more information.
- 100-150 copies of the 2018 AFA will be used by the end of the year. 800 copies of the 2019 AFA have been received. Next meeting: Saturday, October 6 at 9:30 AM.

Website: Jasmine G
No Report

2019 D7 Birthday Celebration: Samantha M/Lyndsey N
Motion was made by Hollie M to elect Lyndsey N as chair and Adrianna Bas co-chair of the 2019 Birthday Celebration. Seconded by Deb S. Motion passed. Lyndsey N reported that the event will be held April 27, 2019 at the Scout Center. Committee is still seeking Al-Anon Host, AA Host, and Ticket Chairs. If anyone has idea for event speakers, please see Lyndsey N or Brigid E (Speaker chair).

Unfinished Business

Records Retention Committee

No Updates

2018 D7 Fall Service Workshop

Volunteers for the event:

- Conflict Resolution - Lyndsey N and Thursday Night Step Study, Intimacy - Bonnie J and Friends, Finances - Katelyn T and Grinnell Step Study. Decorations: Katelyn T. Schedule: 8:30 Registration, 9:00, 10:00, 11:00 - Topics, 12:00 Potluck lunch, 1:00 District Meeting.

- 2018 D7 Holiday Party
- Jasmine G and Katelyn T volunteered to chair event.

2019 District Meeting Dates

Samantha M reminded GRs that next month we will vote on 2019 meeting dates; please check your calendars for conflicts.

GR Sharing

A Merry-Go-Round Named Denial

Jerry E shared that the pamphlet is used at a Beginner's meeting and is well received.

White House Conference - September 29, 2018

Katelyn T reported that a member of the Grinnell Al-Anon meeting would be speaking at the event.

Intergroup Banquet - February 2, 2019

Shelley P reported that preliminary flyers are available. An updated flyer with PayPal instructions will be available later.

Fall Service Workshop Car Pooling

Valerie B will send an email via Constant Contact for those interested in Carpooling to the event.

Next Meeting:

Sunday, October 7 at 2PM @ the Whitehouse

Samantha concluded the meeting at 2:54 PM with the Al-Anon Declaration.

Submitted: Katelyn T and Valerie B

SUBMITTED FOR APPROVAL 08/27/2018

District 7 Representative - September 2018 Report

Val B.

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: 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.

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 - Ten months from now, you will be voting in the next District Representative. It is never too early to start praying about this service position!! :)

D7 Board of Trustees Meeting Minutes - Septeber 20, 2018

Present: Bob, Deb, Jennifer, Val, Melissa, and Dorothy. Absent: Terri

Bob opened meeting at 5:17 PM with the Serenity Prayer

Secretary report - Bob for Terri J

Bob read minutes from August 2018 meeting. Minutes were read and approved.

Treasurer report - Deb S

Deb read and distributed Treasurer report. Report was read and approved.

Beginning Balance \$4,683.11

Net (\$718.97)

Ending Balance \$3,901.14

Savings and Certificates of Deposit balances: \$3,109.95, \$5.00, \$56.50 + \$50.00 Petty Cash, \$10,543.43, and \$3,214.56. ~\$635 Group Contributions collected for the month. Approved renewal of Forum subscription.

April 26 was scheduled date to switchover from Century Link to Mediacom. Both Century Link and Mediacom claim to provide services for 2 months (April-June). It is not possible to provide duplicate phone services. Mediacom bill has been paid; Century Link has not and still wants reimbursement. Dorothy suggests writing letter to Mediacom stating that both could not have been providing service at the same time. Century Link states if payment is not made by September 21, they will send to collections. Group agreed Century Link should be paid as it was Mediacom's failure.

Literature report - Melissa D

Net profit for month was \$998.30. Literature purchases for September will be high. One large order will be delivered out of district at upcoming Area Serenity Weekend, including 50th Anniversary ODATs. We have Intimacy book, but they are out of stock at WSO. One group has chosen to study Intimacy book. WSO is having issues shipping literature: shorting pamphlets has happened frequently.

Site Report - Dorothy L

Deb will place Access Contract in the Safe Deposit Box.

Dorothy distributed and read Site Report. For September B/W copies = 1,343; Color copies = 505. Total income: \$11.80 pop water/sales and can return.

Amanda from Access System would like to provide training on new copier. Differences noted: 2 paper trays instead of 3 like before, etc., emailed scanned documents, Wi-Fi printing. Dorothy will call to find if there is a manual. If we find that we still need training, later will follow-up with Amanda.

Volunteer Report - Jennifer L

Last month people signed up/cancelled/signed up/cancelled. It was difficult to manage. Jennifer will reach out for upcoming open spots. Janine J was selected as volunteer of the quarter.

District - Valerie B

September 21-23 - Area Serenity Weekend
October 12-13 - Area Fall Assembly - Davenport
October 19 - Thursday Night Southside Potluck
November 3 - D7 Fall Service Workshop

Old Business

Sell Old Copier

Deb will place copier + remaining toner on Facebook Marketplace. Deb found similar examples on Facebook Marketplace priced at \$450, \$135, \$300, \$2000, \$1495, \$100, \$450. Similar models on Ebay \$850-\$1300. We paid \$1800. Dorothy will check with Amanda if Access would like the cartridges returned. New cartridges are \$59-\$99 each, and we have 6. We will not offer delivery. Concerns about ethics of selling were brought up. Stuff was offered as an option to consign the copier. Deb will check with Stuff on the possibility.

Resumes for 2 open BOT positions

Resumes are available. None have been submitted yet. Invite those you would think would be good.

Information on SC Computer - Organize Content

Topic is on Site Manager job description. Dorothy does not want to manage files. Dorothy will inventory the files and bring back to the group to decide what should be maintained and what should go.

BOT Job Descriptions

Purpose is to provide information to those interested in a position. Bob updated Chairperson job description. Melissa updated the literature chair job description. Site Manager: Update the computer on a regular basis, doesn't think it belongs on this position. Change to "oversee;" could ask technology liaison

to complete. Inspect office furniture and make repairs. Change to "oversee repairs." Update Job Descriptions will be completed by October. Changes will be sent via email to the group.

Service Center Archives - Responsibility

Not on anyone's list currently. Suggest it should be added to the Secretary's responsibilities, could collaborate with District Archivist.

New Business

BOT representative - DR or Alt DR

Val learned from AFG Connects that another DR's Alternate DR cited references from the service manual and guidelines that the Alternate DR may attend Service Center meetings as a liaison between the district and service center. Other DRs responded that this was the practice in their district. Val thought the Alternate DR attending the BOT align with the Alternate Treasurer. Also she has concerns that the time commitment of the DR will be a concern for anyone standing for DR and may limit candidates. Val emailed Bob and Mary S (Alt DR), and both thought it would be a good idea, and should be discussed at BOT. Concern was brought up about dual signature checks. Checks could still be signed by DR; may need to arrange time outside meeting. Will need to check ByLaws and Policies and Procedures. Group was in favor of proposal. Val will discuss with District members. Further discussion may be had if Alt DR would read/distribute BOT report at district meeting instead of BOT chair.

Next Meeting

Thursday, October 18 at 5:15

Meeting adjourned at 6:40 PM with AI-Anon Declaration

Submitted by: Valerie B 9/20/18

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, see the application below

Al-Anon Service Position Resume

Date: _____

Name: _____ Years active in Al-Anon: _____

Address: _____

Phone: _____ Email address: _____

Service Position(s) Preferred: _____

Please reference District 7 By Laws and Policy and Procedure Manual for eligibility and further details about elected service positions: <https://al-anondesmoines.org/resources>

Al-Anon activities (group, district, area)

Current

Previous

Personal History

Relevant skills or training

Please tell us about your interest in serving District 7:

Please reference District 7 By Laws and Policy and Procedure Manual for eligibility and further details about elected service positions: <https://al-anondesmoines.org/resources>

Email completed resume to dr@al-anondesmoines.org

Al-Anon Technology-Based Resources



Instagram icons

located on the WSO Public Outreach website,
www.al-anon.org.

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

Other Technology-Based Resources:

- [AI-Anon District 7 Website](#)
- [AI-Anon Service Manual \(2014-2017\)](#)
- [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](#)
- [AI-Anon on Facebook](#)
- [AI-Anon on Twitter](#) - used for communication purposes only and does not allow users to "tweet" back
- [Service Center Volunteer Signup](#) - use this link to electronically volunteer to work at the Service Center; you will receive email reminders as well

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 Al-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 Al-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