



# Al-Anon/Alateen

District 7 Des Moines and Central Iowa

October 2018

Where's the Billboard? On Merle Hay Road facing South

## Upcoming Events

### November

- 3 [D7 Fall Service Workshop](#) , 8:00 AM - 2:00 PM, Park Avenue Christian Church Fellowship Hall, 3219 SW 9th St, Des Moines, IA 50315 ([map](#))
- 9 [Madison County 42nd Anniversary](#), 5:00 PM, Saint Joseph Catholic Church, 1026 N. 8th Ave, Winterset, IA ([map](#))
- 9-10 D4 Be Good to Yourself Weekend
- 11 Birthday Celebration Committee Meeting, 1:00pm, Al-Anon Service Center
- 13 [Tuesday Morning B-Day Celebration](#), 9:30 AM, Hope United Methodist Church, 4525 Beaver Ave., Des Moines, IA ([map](#))

### December

- 1 [D7 Holiday Party](#), 10:30 AM, The White House, 1400 Penn. Ave., Des Moines, IA ([map](#))
- 3 Central Presbyterian Holiday Party, flyers to come

### January

- 19 Area Service Workshop, Iowa Valley Community College, Marshalltown, more details to come

### February

- 2 [Intergroup Banquet](#), 12:00 PM - 8:00 PM, Forte Banquet & Conference Center, 615 3rd Street, Des Moines, IA ([map](#))

**2019 meeting Dates:** 1/6, 2/3, 3/3, 4/7, 5/5, 6/2, 8/4, 8/25, 10/6, 11/2, 12/1

## District 7 Meeting Minutes - October 7, 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:** Johanna - 3 years, Tammy - 4 years, Janine - 36 years

**Secretary's Report:** Jessica B - Minutes from August 26th Meeting were read and corrected.

**District Representative Report:** Valerie B - October 2018 District Representative report was distributed and read. Please attend the Fall Assembly (October 12-14, Davenport) to learn more about a "Do No Refer" policy. We are still looking for someone to fill Board of Trustees open positions of Alternate Secretary and Alternate Chair.

**District Treasurer Report:** Janice S

Beginning Balance	\$9867.43	Alateen Balance	\$1716.20
Net Income	\$(250.79)	Prudent Reserve	\$3,956.67

Ending Balance \$9616.64 District Balance \$3943.77

**D7AISC Treasurer Report:** Deb S

Beginning Checking Balance \$4683.11 Savings Balance \$3,115.34

Net Income \$(718.97) Petty Cash \$106.50

Ending Checking Balance \$3901.14 CD's \$13757.99

**Board of Trustees Report:** Bob - September report distributed and read. It has come to our attention that the Service Manual states the Alternate DR attend the Board of Trustee Meetings. Are there any concerns about us starting to do that? We want to confirm that we will have a BOT member still attend this meeting... yes we will still have a BOT member attend. We will give it a try and see how it works.

**Alternate DR Report:** Members Present: Mary S - 36 present/ 25 voting

**Service Workshop:** *Area Assembly:* Questions (none), Car Pooling (some are still working on details), Action Committee vs. GR Roundtable - Would you be more likely to stay for a roundtable discussion on your role as a GR? Statements of yes, they would be more likely to attend. Please give Val any other ideas you have that would make the Area Assembly for valuable for you as a GR. Other ideas, Group Conflict facilitation, Group Inventories, Action committees and GR Roundtable,

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

**Newsletter:** Brigid E - Newsletter deadline for the newsletter is October 25. Our click rate is rather low. GR's used to print them and share at their meetings, if there are any GR's who are willing to print it on your own, or request of Brigid to make a copy to share with your group. Individuals can sign-up online to get the newsletter as well.

**Alateen:** Samantha for Sandi L - Our Area Alateen chairperson has stepped down, so we are looking for a new chairperson. Amaises have been asked to attend the serenity weekend next weekend to meet with area officers in regards to there not being an Alateen Chairperson to get there thoughts. Amaises have asked to be reimbursed for their travel and registration. We don't know how many Amaises there are, but 3-4 have requested reimbursement. Could it be held on a conference call? We were told that's not an option. Could the meeting be held at a more central location? No. Concern about using Alateen money that Kids earned for themselves. The Alateen budget is \$60. Can we evenly divide the \$60 among those requesting reimbursement? When the Amaises go for training now, who pays for it? No one does. This appears to be an Area issue not a district issue, the Area needs to do a better job of coordinating it. Some of the Amaises in the room are going, and there is a thought that getting all the Amaises together from other Districts to get opinions. Samantha will email Amaises that they can ride with Pat! There are 4 more events Alateen will be selling pop!

**Literature:** Hollie M - No report

**Forum:** Debbie H - No report

**Group Records:** Janine J - We have two additional people added so information will be sent to them!

**Archives:** Ashley C - Found a binder that appears to be a check-in book for an Alateen meeting, listing names and dates from 1979-1980.

**Public Outreach:** Bonnie J - Public Outreach report was distributed and read. The committee talked about the 15 treatment centers in our District that we weren't familiar with, committee members volunteered to email the treatment centers about Al-Anon. The next committee meeting is Saturday January 11, 9:30 a.m. at the service center.

*Powell -Lutheran  
Hospital  
6:30 pm Thursday*

10/11/18 - Mon Night  
Parents  
11/8 - Fresh Start  
12/13 - Tuesday WDM

*Mercy Franklin Family  
Group 6:00 pm  
Wednesday*

10/31/18 - Warren  
County

*Mercy Franklin Patient Group 5:30 pm  
Thursday*

11/1/18 - Sat. Night Step Study

**Website:** Jasmine - 200 hits on the website in the past 30 days (this is only new hits, not re-occurring hits)

**Birthday Celebration 2019:** Lyndsey N - April 27, 4:30 p.m. at the Boy Scout Center

Sally volunteered to be ticket chair person, Terri volunteered to help as Volunteer Chair. The committee talked about silent auction logistics and we will have a flyer advertising for groups to donate baskets. Will meet again on November 11, 1:00 p.m. at the Service Center.

### Unfinished Business

**Record Retention Committee Update;** No Report

**Fall Service Workshop:** Saturday, November 3, Park Avenue Christian Church Fellowship Hall -

Discussion on who is needing help on the topic meetings. The Intimacy meeting will be titled "the elephant in the room". Discussion on the Finances topic, the idea is to have information to share with GR's to bring back to their meetings to have a topic meeting on Finances. The budget for decorations is \$200. Registration is at 8:30 a.m., bring food for the potluck, followed by 1:00 pm district meeting.

**Annual Holiday Party:** December 1, White House - Lyndsey has a conflict the day of December 1st, she can help up until the day of, Terri volunteered to co-chair on Lyndsey's behalf.

### New Business

**2019 meeting Dates:** 1/6, 2/3, 3/3, 4/7, 5/5, 6/2, 8/4, 9/1, 10/6, 11/2, 12/1 - Propose moving 9/1 meeting to 8/25, discussion on changing it. Motion by Lorraine to change 9/1 to 8/25 and keep the rest as stated. 2nd by Deb . 24 voted in favor, motion passed.

**Budget committee:** Val - Proposing a budget committee containing the treasurer, the alternate delegate and the chair. Is there interest in moving towards a committee model? Statements of interest were made. At the area level the meetings were done via conference call in the past and that worked. Bonnie Moved that the budget committee consist of the district treasurer, the alternate DR and the chair. Bridgid 2nd the motion. 20 voted in favor, motion passed.

### GR Sharing

**Thursday Night Southside** - 22nd Annual Potluck, Friday, October 19, 5:30 p.m., Lutheran Church of the Good Shepherd

**Tuesday Morning AI-Anon Group Birthday Celebration** - Tuesday, November 13, 9:30 a.m., Hope United Methodist Church

**Madison County AA & AI-Anon** - 42nd Anniversary, Friday November 9th, 5:00 p.m., Saint Joseph Catholic Church, Winterset.

**Central Presbyterian** - Holiday Party, December 3rd - flyers to come.

**Next Meeting:** Saturday, November 3, 2018 at 1 PM @ the Park Avenue Christian Church Fellowship Hall

Samantha M concluded the meeting at 3:25 PM with the AI-Anon Declaration.

SUBMITTED FOR APPROVAL 10/7/2018 by Jessica B.

## District 7 Representative - October 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. Also, don't forget about the two Board of Trustees positions that will be available in January!

### WSO News

The Chairman of the Board Letter was published last month; a copy is available at [al-anon.org](http://al-anon.org). Because the board is aware there is an increase in "stalking, bullying, financial coercion, and presentation of outside issues," further recognizing this could pose a legal and financial risk to Al-Anon Family Groups, they passed two motions: 1) The board directed WSO to send a statement alerting all registered groups the importance of discussing and creating safety guidelines, and 2) the board directed the WSO Staff to utilize criteria established at the 2012 WSC to ensure Areas have a fair and balanced "Do Not Refer" policy. This allows a group to remain active; however, the group's contact information would not be published by the WSO. To the best of my knowledge, our Area does not have a Do Not Refer policy or procedure.

Let me attempt to summarize what this all means. The only "requirement" to be an Al-Anon Family Group is that a group of people meets for the sole purpose of mutual aid (Tradition 3). Regardless of how a group functions, it will be an Al-Anon Family Group as long as it chooses to. However, if a group has some "unhealthy behaviors" present, the Area may choose to not list the meeting in meeting schedules e.g., list it on the Area website. This is where the term "Do Not Refer" comes from; the group exists, but no mechanism would refer a newcomer to the meeting. Our Area currently does not have policy/process/guidelines developed to de-list or Do Not Refer a meeting. If we did and a meeting was de-listed, the WSO could choose also to de-list the meeting if they felt the Area's process was fair/balanced. In Al-Anon, the ultimate responsibility and authority is the Groups (Concept 1), so the WSO or Board is not in a position to develop those processes/guidelines. The board has legal rights (Concept 7), and is aware of a situation that could pose a legal/financial risk to Al-Anon as a whole, so they are asking the WSO to make groups aware to discuss and create their own processes/guidelines. Likely, more discussion will occur at the Area level regarding these guidelines. I wanted to make you aware of this, because as a district, we publish our own meeting schedules and make them available publicly on our website. Should we create our own process to de-list a meeting? Or, should we adopt the Area's process if they chose to develop one? Hopefully you are planning to attend the Fall Assembly to learn more about this.

DR's received a message from WSO asking us to pass along that Al-Anon has 4 leaflets and 3 DVD's that are public domain. This means that all of these can be used without needing copyright authorization from WSO to reproduce in print/online/social media sites. Those materials are:

- Are Your Troubled by Someone's Drinking? Al-Anon is For You! (S-17)
- Has Your Life Been Affected by Someone's Drinking? Alateen is for you! (S-20)
- Did You Grow Up with a Problem Drinker? Al-Anon is for You! (S-25)
- Detachment (S-19)
- Al-Anon and Alateen's Role in Family Recovery DVD (AV-31)

- Al-Anon and Alateen's Role in Family Recovery with Spanish subtitles DVD (SAV-31)
- Al-Anon and Alateen's Role in Family Recovery with French subtitles (FAV-31)

Also, the Area Public Outreach Chair passed along that the 2018 Member Survey Results are available online at [al-anon.org/surveyresults](http://al-anon.org/surveyresults). Thanks to those who participated!

WSO's In the Loop newsletter was emailed September 19. In it, they shared that articles contributed to The Forum are shared worldwide. Also, they asked members to share their stories for the Al-Anon Faces Alcoholism 2020 magazine; a sharing sheet is available at: <https://al-anon.org/pdf/AFAWritingGuidelines.pdf>.

The television show Face the Truth will recommend Al-Anon to the family of a struggling family member. Episode will air in October or November. Finally the newsletter said that the Al-Anon Group Update Sheet has been mailed to each group. Your group's CMA should receive this document shortly if they haven't already.

### **Area News**

The Area Serenity Weekend was held September 21-23 at Camp Wesley Woods in Indianola. The theme was "Mission: Possible." The weather was beautiful! District 7 had about 15 members attend. Thanks to Lorraine and Helen for their workshop, Jasmine for leading a campfire meeting, and Megan, Kimmy, and Jasmine for leading a meeting on the book The Dilemma of the Alcoholic Marriage on Saturday. It was a great time and I especially enjoyed the fellowship and fun. What a wonderful group of Al-Anon members throughout the state!

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. Last month, 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.

Also, mark your calendars for Fall Assembly, October 12-14 in Davenport. Want to carpool? Check out our online carpool page: <https://www.groupcarpool.com/t/miguahn>. You can add a car or sign up to ride with someone else! If you are planning to attend and would like me to email or text you a copy of the reports I receive to follow along with at business meeting, would you kindly write down your name and your cell phone number or email address so that I can do that?

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."

### **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 Meeting Minutes - October 18, 2018

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

Bob opened meeting at 5:21 PM with the Serenity Prayer

#### **Secretary report** - Val for Terri

Val read minutes from September 2018 meeting. Minutes were read and approved.

#### **Treasurer report** - Deb S

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

*Beginning Balance:* \$3,901.14, *Net:* \$125.91, *Ending Balance:* \$4,027.05

*Savings and Certificates of Deposit balances:* \$3110.34, \$5.00, \$56.50 + \$50.00 Petty Cash, \$10,543.43, and \$3,214.56. Group contributions were low for September at \$85.00. Renewal letter received for CD. Interest rates for CDs at Veridian are currently APY 7 months - 1.31%, 9 months - 1.9%, 12 months - 1.81%. Approved to put \$3,214.56 in 9-month CD.

Access wants to know if we want invoices electronically. Traditionally the district pays the copier bill, then Service Center reimburses. It has caused some confusion when a bill was paid twice. BOT agreed would like the bill to be paid by BOT, and remain on paper. Deb will follow-up with Jackie about the refund.

Deb will take over records retention policy work. Letter has been written for Mediacom.

**Literature report - Melissa D**

Melissa ordered additional literature in preparation for Assembly. There was a loss of \$643.42 for month of September. Several out of district orders were delivered to Fall Assembly. Although they were asked to bring a check to pay for the literature, only 2 people brought a check. Melissa has followed up with those with those missing payments. BOT decided to ask for credit card to be kept on file in these situations. If a check is not brought to event, we will process the credit card with a \$1 additional fee.

Deb asked to add a line to be added to the literature report of total inventory. Melissa is concerned the count is not correct in the spreadsheet. There are items over written in the spreadsheet because of the set-up, so it's not perfect. The current spreadsheet is for the 2018 only. Deb said she will take a look at the spreadsheet.

**Site Report - Dorothy L**

Area will reimburse us for copies made at overage rate \$0.012 and \$0.069. Site report: Copies: B/W 1908; Color 235. Total purchases: \$11.20; ending balance: \$19.80. Copier is in the process of being repaired.

*Insurance*

Access should have outlined insurance requirements to lease copier. Janice has copy of the Access letter and our insurance policy. Need to review total insurance needs. Melissa can estimate value of inventory. District may need COI to hold events at Camp Wesley Woods. Current policy covers district and service center: bonding, property, and liability. Deb will review insurance policy and compile what will need for coverage.

**Volunteer Report - Bob for Jennifer L**

One volunteer was trained. Jennifer will put together cheat sheet for volunteers for the copier. Jennifer will follow-up with open volunteer slots. Melissa suggested talking with members about volunteering at Service Center.

**District - Valerie B**

October 19 - Thursday Night Southside Potluck

November 3 - D7 Fall Service Workshop

December 1 - D7 Holiday Party

**Old Business**

**Sell Old Copier**

"Stuff" said they will not consign printers, and likely no one else will accept electronic donations, either. Cartridges will be returned to Access Systems. It was decided to offer the copier to the membership. Flyer created for November district meeting. \$500 or best offer, offers emailed to DR by December 1. Note that copier is available at service center. Val will route emails to Bob. Val will make flyer.

**Resumes for 2 open BOT positions**

Melissa will fill in for Bob at November district meeting.

**BOT Job Descriptions**

All have been updated and approved.

**BOT Representative - Alt DR**

Topic discussed at district and approved.

**New Business**

**Appeal letter for Service Center**

Service Center appeal letter was not done last year. Service Center is ahead of donations from total of last year. Instead of an appeal letter, BOT decided a letter outlining services they provided and thanking members for their support. Bob will create a draft to be reviewed.

**Next Meeting**

Thursday, November 15 at 5:15  
Meeting adjourned at 6:54 PM with AI-Anon Declaration  
Submitted by: Valerie B 10/18/18

**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

**AI-Anon Service Position Resume**

Date: \_\_\_\_\_  
Name: \_\_\_\_\_ Years active in AI-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>*

**AI-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](mailto:dr@al-anondesmoines.org)

**AI-Anon Technology-Based Resources**





### **AIAnon\_WSO and Alateen\_WSO - on Instagram!**

The WSO has launched the official AI-Anon Family Groups and Alateen Instagram accounts. Would you consider joining us in this Public Outreach effort? Become a "follower." By liking and sharing AIAnon\_WSO and Alateen\_WSO Instagram posts, you can help carry the AI-Anon message of hope to many people, including young adults, affected by someone else's drinking that may not have heard about the support that AI-Anon offers. Find us on Instagram by searching for "AIAnon\_WSO," or "Alateen\_WSO" or by clicking on the AI-Anon\_WSO and Alateen\_WSO

Instagram icons

located on the WSO Public Outreach website,  
[www.al-anon.org](http://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](mailto: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](mailto: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