



# Al-Anon/Alateen

*District 7 Des Moines and Central Iowa*

**December 2018**

**Where's the Billboard? On Douglas**

## Events

### January 2019

- 6 District Meeting, 2:00pm, The White House
- 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](#))
- 3 District Meeting, 2:00pm, The White House

### March

- 9 District 7 Serenity Weekend

### April

- 27 Birthday Celebration; 4:30 PM, Boy Scout Center, online ticket sales beginning in January, more details to come!

**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 - December 2, 2018

Samantha M opened the meeting at 2:04 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 November 3rd Meeting were read and corrected.

**District Representative Report:** Valerie B - Report was distributed and read. Asking officers and chair people to send your end of year report to Jessica.

**District Treasurer Report:** Janice S

Beginning Balance	\$10,256.71	Alateen Balance	\$2570.84
Net Income	(\$232.89)	Prudent Reserve	\$3956.67
Ending Balance	\$10,023.82	District Balance	\$3496.31

**D7AISC Treasurer Report:** Deb S

Beginning Checking Balance	\$3489.14	Savings Balance	\$3115.34
Net Income	46.14	Petty Cash	\$106.50
Ending Checking Balance	\$3,535.28	CD's	\$10,600.57 \$3,236.48

**Board of Trustees Report:** Bob - Report was distributed and read.

**Alternate DR Report:** Members Present: Mary S - 25 present/16 voting

**Service Workshop:** Forum Writing - Guidelines were printed on the back of the agendas. The easiest way is through the WSO website, or you can send it in the mail. Please acknowledge yourself to give you credit. Please take this back to your groups. They will edit your submissions.

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

**Newsletter:** Brigid E - Newsletter deadline for the newsletter is December 28, 2018

**Alateen:** Sandi L - pop sales today, please buy some to help the kids.

**Literature:** Hollie M - Brought the Alateen Talks Back on Slogans, \$2 each.

**Forum:** Debbie H - No report

**Group Records:** Janine J - No report

**Archives:** Ashley C - found that in June 1954, the Al-Anon clearinghouse newsletter changed its name to Al-Anon Family Group Forum.

**Public Outreach:** Bonnie J - Report was distributed and read. Confirmed dates for treatment center schedules. Next Meeting Saturday, January 12, 2019 at the Service Center.

Powell - Lutheran Hospital 6:30 pm Thursday	Mercy Franklin Family Group 6:00 pm Wednesday	Mercy Franklin Patient Group 5:30 pm Thursday
12/13 - Tuesday WDM 1/10/19 - Monday Brown Bag 2/14/19 - Saturday Night Step Study	1/9/19 - Keep it Simple AFG 3/27/19 -	1/3/19 - Tuesday Night White House 3/7/19 - Tuesday Night Step Study

**Website:** Jasmine - no report

**Birthday Celebration 2019** - April 27, 4:30 p.m. at the Boy Scout Center: Lyndsey - Flyer provided, registration available online January 1st. Next committee meeting (decorations and logistics) 12:45 p.m. on January 6th at the White House.

**Unfinished Business**

**2019 Budget** - Question - What do we pay for mileage now when reimbursing the DR? Answer - used \$0.14/mile. Can we check what the Area is paying? What are the tax consequences of paying more than the non-profit rate? The burden is on the individual accepting the reimbursement. Deb will find the consequences and report on next month. Motion to approve the budget by Bonnie 2nd by Lindsey, 15 voted yes, 1 abstain, motion adopted.

**Records Retention Policy Committee** - BOT talked about who to designate to be in charge, proposed the 2 secretaries, the 2 treasurers and the archivist. Val - can we remove the portion referring to employees and about removing or terminating people from the committee? Change "in addition" to "if applicable" in #3. Beth moved, Ashley 2nd the motion as amended. 15 voted yes, motion is adopted.

**2019 Serenity Weekend** - March 9, 10, 2019 at Wesley Woods Camp & Retreat Center. Flyer provided. Theme - Let it begin with Me, yesterday, today and tomorrow. Need help with session on Sponsorship (need a group or person to plan), with the session on Steps, the session on Slogans. If you are interested in doing a skit, Bonnie has a lot of ideas. Need people to sign up to chair the Buzz sessions on intimacy, grief, serenity and humor. Registration due by Feb. 15, dietary restrictions emailed by Feb. 22nd. Next Committee meeting Tuesday, January 15 at 5:30 pm at the service center.

Signed up:

Buzz session - Humor - Megan, group Caring and Sharing

Buzz Session - Grief - Holly

### **New Business**

**Board of Trustees Copier Proposal** - Motion regarding payment of invoiced for the service center copy machine. Motion by Bob, 2nd by Janice. 16 votes yes, motion adopted.

**Holiday Party 2019** - motion to have a 2019 party by Ashley, Lorraine 2nd. 16 voted yes, motion is adopted.

### **GR Sharing**

WILL MEET on Christmas Eve/Christmas & New Year:

- Tuesday Altoona Step Study
- Back to Basics
- Alateen Courage to be Me
- Tuesday AM Meeting at United Methodist (Meeting on Christmas)
- Monday Night Keep it Simple hosting Christmas 6 AM meeting at the White House.

WILL NOT MEET on Christmas Eve/Christmas & New Year:

- Tuesday AM Meeting at United Methodist (Not meeting on New Year)
- Monday Night Parents - no Christmas Eve meeting

Next Meeting: Sunday, January 6, 2019 at 2 PM @ the White House

Val B concluded the meeting at 3:13 PM with the AI-Anon Declaration.  
SUBMITTED FOR APPROVAL by Jessica B 12/2/2018

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

### **District Happenings**

We have one open district positions for Alternate Secretary and we are still looking for members to stand for Board of Trustees. Let me know if you are interested!

Thanks so much Jamine, Terri, and Beth for putting on the Holiday Party yesterday! And thanks to all of you for bringing food and gifts to share. What fun it is to spend time in fellowship and fun!

December means it is holiday time, which could mean that your meetings may come in conflict with other events. If your meeting has a change of plans due to holiday conflicts, please let me know so that I may send out an email via Constant Contact so that members will know. Also, with unpredictable weather, let me know if you'd like me to send out an email if you should decide to cancel a meeting.

### **WSO News**

WSO is reviewing Do-Not Refer policies from Areas who provided their materials. Iowa does not have a Do-Not Refer policy. If you have any thoughts, feelings, or concerns about this, please speak to me so that I may bring them to the January AWSC meeting for discussion.

The October 2018 Chairman of the Board Letter was published. You can find a copy on the WSO website. Our delegate Beth did a great job of summarizing the information:

1. Committees have been working hard in narrowing down candidates for Trustee at Large, Regional Trustee, and ECRPM. The letter provides more details on this process.
2. There is an update regarding the Strategic Plan. The Core Purpose, Mission Statement, and Core Values have been updated. Also included is an Envisioned Future and new goals for the Al-Anon Family Group Headquarters, Inc.
3. At-Large member resumes for the Executive Committee are due January 1, 2019. This is for a one-year term. The CoB letter recaps the duties of the Committee.
4. There are other At-Large Committee positions open! Resumes for these positions are also due January 1, 2019. There is more detail in the letter. You may be just the person to fill an open position. Do you love the Forum; stand for the Forum Editorial Advisory Committee. Do you love the literature; stand for the Literature Committee. Do you love Public Outreach; submit a resume to stand for this committee. PLEASE CONTACT ME IF YOU ARE INTERESTED.
5. The "Just for Tonight" Bookmark is complete and will be available soon!
6. There is additional information in the letter updating us on the highlights from the October 2018 Board Week.

### **Finance Committee Update:**

1. Updates are from the 9/30/2018 Statements
2. Income: Literature Sales were above budget by \$304,500. Contributions were below budget by \$80. Forum Subscriptions were \$7,000 below budget.

The CoB letter indicated total contributions for October, November, and December needs to be \$558,000 to meet our 2018 Contribution budget of \$2,000,000. If registered groups gave \$50 each and 5,000 members gave \$10 each and 55 Areas Contributed \$400, we could meet budget. HAVE YOU OR HAVE YOUR GROUPS SENT IN THE MEMORIAL DONATION TO HONOR LOIS' PASSING? NOW IS THE TIME TO DO IT!

3. Expense: Most expense line items are in line with budgeted amounts for the year to date.

Also, the WSO added a "Slogans" page to its website. You can find a list of 17 slogans with a short description here: <https://al-anon.org/for-members/members-resources/literature/al-anon-slogans/>.

WSO also announced that the WSO Group Records team has been renamed to AFG Records. The new name reflects all the services they provide. They register and update group and electronic meetings worldwide, maintain data for the Al-Anon Information Services, Literature Distribution Centers, updating contact information for area trusted servants, AMIAS, General Service offices, and International Delegates. Their email address has changed to [AFGRecords@al-anon.org](mailto:AFGRecords@al-anon.org).

### **Area News**

2019 Area Calendars are in process. Any group activities you would like to be included in the calendar are to me today (December 2) so that I may pass them along to Kristine to be included. Many groups use these calendars to keep track of who is chairing the meeting as well as other special events. They are a great deal at \$4.00 each. The deadline to send in your orders is December 15. If you have copies of the order form and would like to save a stamp, you can pass them along to me and I can send them as a group (or you can mail yourself). I will be given all calendars ordered from our district at the January Area Service workshop.

*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." Registration is only \$5!

*2019 Spring Assembly* will be June 7-9 in Grinnell. It will be hosted by district 8, but the Grinnell meeting is part of District 7. Katelyn has been keeping in contact with the planning committee. I encourage you all to go! It is your last opportunity to attend assembly before Area elections in the Fall!

## **District 7 Representative - 2018 Year End Report**

Valerie B

2018 has been a great year! 2 down, one to go!

In January we traveled to the Area Service Workshop. We led a competition about the Iowa Policy Manual in the Olympics theme. 13 people from District 7 were in attendance. I also attended the AWSC meeting of the term in Marshalltown.

In March we held "March Madness," a basketball-themed Serenity Weekend March 7-8 at Camp Wesley Woods in Indianola. We had 46 people attend; 25 of whom stayed overnight. Financially the event lost about \$130. I also attended my second AWSC meeting of the year.

In April we held "Sharing our Gifts" Birthday Celebration April 14 at the Scout Center. Over 130 people attended the event. Mike D from Sioux Falls, SD and Ramona C from Chicago, IL were the featured speakers. Thanks to Pam and Brigid for chairing the event. We had an excellent silent auction that was very successful!

In June the Spring Assembly was held in Clear Lake. We had some exciting weather, but we were all safe!

In August I traveled to Marshalltown for the 3rd AWSC meeting of the year.

In September we traveled to Manson for "Mission Possible," the Area Serenity Weekend. Our district chaired a meeting using the Dilemma of the Alcoholic Marriage where small groups answered questions regarding the book. We also welcomed Casey Caring and Sharing as our newest group in District 7!

In November we held "The Game of Life," Service Workshop. We shared about intimacy, conflict, and online resources. About 28 people attended the event.

In December we held a Holiday Celebration and Potluck. Many thanks to Jasmine, Terry, and Beth for coordinating and making the fun decorations! About 50 people attended and had fun with the White Elephant Gift exchange and drawing on our heads.

I was able to complete visiting all groups in the district.

It has been a year of change and challenge for me. I am grateful you have allowed me to represent you all.  
Val

## D7 Board of Trustees Meeting Minutes - December 20, 2018

Present: Bob, Terri, Deb, Dorothy, Mary, and Jennifer  
Bob opened meeting at approximately 5:17 pm with the Serenity Prayer

### Secretary report

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

### Treasurer report

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

Beginning Balance \$3,489.14

Disbursements \$1,019.29

Ending Balance \$ 3,535.28

Deb reported that the savings balance was \$3,110.34 and CD balances were \$10,600.57 and \$3,236.48. She said that the record retentions policy was approved at the November District meeting.

### Literature

Bob read and distributed the Literature Report. Report was approved.

End of year inventory is planned for: December 29, at 9 AM

Total Sales - Literature, S&H, etc. \$1,217.84

Total Purchases \$ 982.12

Net \$ 270.91

### Site

Dorothy distributed the Site report. The report was read and approved.

#### October November

B/W Copies 1,908 1,127

Color Copies 235 446

### Volunteer

Jennifer reported that December volunteer schedule is filled and January and February need volunteers. The Volunteer of the Quarter is Hallie.

### District

Alternate DR, Mary reported.

January 26, 2019 Warren County potluck. They changed the location to the Indianola -First United Methodist Church

February 2, 2019- Intergroup Banquet

March 9, 2019- District 7 Serenity Weekend

April 27, 2019 4:30 PM- Birthday Celebration; online ticket sales beginning in January

### Old Business

- The old copier is still available with any offer considered.
- We still need resumes for 2 open BOT positions with 2 open BOT positions going into 2019

- Bob presented a "Thank you" letter to send to our District groups, which was approved for distribution.

### **New Business**

2019 transition discussions were held, no resumes were submitted hence two positions are still open and temporary arrangements were made.

Jennifer will be 2019 Chair and interim Secretary, Deb is Treasurer, Melissa is Literature and Terri will be Volunteer Chair, and Mary is the District 7 representative. The Site Chair will be handled on an interim basis by one of the Board members with assistance from all others.

**Next Meeting** - January 17, 2019@ 5:15 PM

Meeting adjourned at 6:30 PM with the AI-Anon Declaration

Submitted by: Terri J 12/22/2018

## **A Thank You from the D7 Board of Trustees**

Dear District 7 AI-Anon Members:

The District 7 Service Center Board of Trustees extends best wishes for a great 2019 to our AI-Anon friends!

2018 was a productive year for the Service Center and we wanted to express our gratitude to all the AI-Anon members who supported the Service Center through their group contributions. AI-Anon group contributions are a crucial piece of the support that allows us to maintain operations as your source of AI-Anon/Alateen conference- approved literature. Group contributions usually are about 25% of our operating revenues, and without your strong support we would face financial difficulties.

The Service Center Board of Trustees views our primary functions as:

- Maintaining an ample supply of the most current AI-Anon/Alateen conference- approved literature
- Supporting Service Center volunteers
- Maintaining a functional and welcoming Service Center to serve AI-Anon members and others, and
- Hosting AI-Anon meetings and AI-Anon organizational committees.

The Service Center helps District 7 maintain a strong community of AI-Anon members seeking recovery through the Steps, Traditions and Concepts. The members of the Board of Trustees are honored to serve District 7. Again, we want to express our thanks and appreciation to all AI-Anon groups for supporting the District 7 Service Center so generously throughout the year. We wish you a happy and healthy 2019.

Sincerely,  
D7 Service Center Board of Trustees