



Al-Anon/Alateen

District 7 Des Moines and Central Iowa

April 2019

Where's the Billboard? On East 15th, going West on Euclid

Events

May

- 5 District Meeting, 2:00pm, [The White House](#)
- 7 Tuesday Night Step Study (Altoona) Birthday Celebration, 7:00pm-8:00pm, [Lutheran Church of the Cross](#) Fellowship Hall, 1701 8th St. SW, Altoona, IA

June

- 2 District Meeting, 2:00pm, [The White House](#)
- 7-9 [2019 Spring Conference, "Keys to the Kingdom"](#), 3:00 pm Fri - 11:15 am Sun, [Grinnell College - Joe Rosenfeld Center](#), 1115 8th Ave, Grinnell

October

- 11-13 [Fall Conference](#), Carrolton Inn, Carrol, IA

District 7 Meeting Minutes - April 7th, 2019

Welcome - 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: David - 5 years, Pat 60 years

Secretary's Report: Jessica B- Minutes from March 3 meeting were read and corrected.

District Representative Report: Valerie B - Report was distributed and read. Highlighted upcoming elections to attend.

August District Meeting (8/4), Area Fall Assembly (10/12, Carroll, IA), and District Service workshop (11/2).

District Treasurer Report: Janice S -

Beginning Balance	\$12,721.37	Alateen Balance	\$2,693.84
Net Income	\$(1,445.83)	Prudent Reserve	\$4,000.00
Ending Balance	\$11,275.54	District Balance	\$4,581.70

D7AISC Treasurer Report: Deb S

Beginning Checking Balance	\$3404.44	Savings Balance	\$3111.11
Net Income	\$427.85	Petty Cash	\$106.50
Ending Checking Balance	\$3,832.29	CD's	\$10,714.52 \$3,258.60

Board of Trustees Report: Terri for Larry - Report was read. Still looking for a new Board member.

Alternate DR Report: Members Present: Brigid for Mary S - 30 present/23 voting

Service Workshop - My Service Journey - Shared a handout to jumpstart the conversation about service roles in your group. You can also reflect on it yourself.

Answering Service: Julie N - no report

Newsletter: Brigid E - newsletter cutoff is April 22

Alateen: Sandi L - made \$147.25 at the Serenity Weekend. Looking at an Sept 14th or Oct 19th date for upcoming back sale. The next Sponsor meeting is May 10th, from 6-7 p.m.

Literature: Hollie M - Sold out of the new relationship book at Serenity Weekend! Will have books set up at the Birthday Celebration. Also shared the brochure "Alcoholism, Marry-Go-Round of Denial".

Forum: Debbie H - It's still \$11! Highlighted article on the 3rd Legacy, Concept 4 - participation is the key to harmony.

Group Records: Janine J - no report

Archives: Ashley C - no report

Public Outreach: Bonnie J - Report was distributed and read. Commend you all for your willingness to go to these institutional meetings! The next meeting is Saturday, May 4 @ 9:30 a.m.

Powell - Lutheran Hospital 6:30 pm Thursday 4/11/19 - Parents and Others 5/9/19 - Fresh Start 6/13/19 - Fri. Night Courage to Change	Mercy Franklin Family Group 6:00 pm Wednesday 6/12/19 - Wed Noon Step Study 8/28/19 - Thursday Step Study	Mercy Franklin Patient Group 5:30 pm Thursday 5/2/19 - Sunday Night KISS 7/11/19- Monday Brown Bag 9/5/19 -
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Website: Jasmine - no report

Birthday Celebration 2019 - April 27, 4:30 p.m. at the Boy Scout Center: Lyndsey - Only 25 people have registered! We have until April 19th for pre-registration price. We also still need volunteers, sign up on the website. Also shared the flyer with information on the silent auction baskets. Question, do we need to bring desserts? Yes, please bring desserts!

Unfinished Business

2019 Serenity Weekend Recap - Bonnie - We came out \$562 ahead. 57 people registered. 46 attended. A notebook was put together with all the information for the weekend, including minutes, flyers and photos that the next committee can use. Survey results showed everyone had fun and fellowship. Suggestions for next year - more events the second day, break out smaller group sessions, planned group activity, promote upcoming events. Lessons learned are also in the notebook. Recommend treating Serenity weekend with a planning committee like we do the Birthday Celebration.

Wesley Woods for next year - Val - on their website, they are changing their required minimum of rooms. We will also need evidence of insurability. She is trying to get more information.

New Business

2020 Serenity Weekend - recommendation to wait until next month hopefully knowing we will have more information on the location. Suggest we take it back to our groups to talk about and inquire if anyone is interested in serving on the committee. Deb and Janice will look at our insurance policy.

We have big pictures of Lois and Ann - in glass frames. Lois's frame broke. Bonnie wanted to know who we could get new pictures from. We received 8x10 photos to replace the poster sized big pictures. We could replace the broken frame for \$20-\$30. OR we can enlarge the photos (Lyndsey can do this for free). We can replace the glass with acrylic for \$60/picture. Bonnie talked with Val, Janice and the Board who agreed it should be paid for by the District. The raffle at Serenity Weekend earned \$172 for the District.

Motion to redo the photos at a smaller size (18 x 24) with Acrylic. Motion 2nd. Discussion - can we get a standard sized frame. Michaels has 18 x 24 black frame with acrylic glass for \$39.99 buy one get one free. Vote: motion passes. Other idea - fix the one to leave at the service center and buy new ones to travel.

Motion to fix the old pictures and leave at the office and use the new ones for traveling. Motion 2nd. Discussion - can we mat the old photos to hang on the wall. Vote - motion passes

GR Sharing

Tuesday Nite Step Study - May 7, Birthday - Lutheran Church of the Cross, Fellowship Hall, Altoona - speakers - Flyer shared

Monday Night Al-Anon (Central Presb.) - Please encourage attendance, we may close if we don't get new members.

Next Meeting: Sunday, May 5, 2019 at 2 PM @ the White House

Samantha concluded the meeting at 3:11 PM with the Al-Anon Declaration.
SUBMITTED FOR APPROVAL by Jessica B 4/12/19

District 7 Representative - April 2019 Report

Valerie B

District Happenings

2019 is an election year for our area/district, so the countdown is on! As a GR (or Alternate GR in the GRs absence), you have the authority to vote for several representatives this year. Here's a brief outline of upcoming elections for you to attend:

- August District Meeting (Sunday August 4) - District 7 GRs will elect a new District Representative
- Area Fall Assembly (Saturday October 12 - Carroll, Iowa) - Area GRs will elect new Area officers and coordinators. Be sure to arrive on time to be registered, and no one is allowed to leave the room when voting occurs
- District Service Workshop (Saturday, November 2) - District 7 GRs will elect the remaining officers and chairpersons for the district.

It's not too early to start discussions with your group about who will be the next GR, Alt GR, and Treasurer (if you have one) for your group. I am very grateful for your service to this fellowship over the past 2+ years. And, I am excited for the changes rotation of service brings!

WSO News

The Chairperson of the Board letter came out. I am excited to announce that Jean L's (currently our Area Treasurer) nomination for North Central Regional Trustee will be brought forward to the World Service

Conference for traditional approval. Jean will be our regional trustee effective May 1, 2019. Congratulations to her! The AWSC is currently voting on a replacement for Jean, as she will be required to step away from her role as Area Treasurer. Also, Debbie G's resume will be brought forward as Chairperson of the Executive Committee.

The WSO is also searching for an Al-Anon member with professional Spanish copy editing and translation experience. It is part-time, off-site contract work and requires 5 years of continuous Al-Anon membership. If interested, more information can be found at this link: <https://www.al-anon.org/pdf/Copy-Editor-Translator-Spanish.pdf>.

In The Loop newsletter arrived in my inbox on Wednesday. Included is a video from Sis Wenger, President/CEO of the National Association for Children of Alcoholics (NACoA), sharing about the long-term effects of alcoholism on the family. It also included a link to the results of the 2018 Membership Survey. There is a lot of interesting information about the make up of the membership as well as outcomes. You can find the survey results at this link: <https://t.e2ma.net/click/ngl0lb/rvzk89/73sdqi>

Area News

I attended the AWSC meeting on Sunday, March 10. Beth, our delegate reported that the WSO's group contributions are near \$2 million, but have always fallen short of the \$2 million mark. What can your group do to help us get over the bar?

I also learned that the previous Fall Assembly suffered a loss of approximately \$8,000. The final report hadn't been written by the time of the AWSC meeting, but unofficially this was a result of reserved minimums not being met for the conference hall. Al-Anon had relatively similar attendance as usual; however, AA over-projected their attendance, assume greater attendance because it was a voting assembly for them. I pass this along because committees plan for your attendance at assemblies! When we don't support assemblies through attending the event, eating the meals, and staying in the reserved hotel rooms, it can become a financial hardship for the organization. Besides, we love to see you there!

Don't forget to check out the trivia questions on the Area Website: <http://iowa-al-anon.org/trivia/>. Bring you answers the to Spring Assembly to be eligible for a fabulous prize!

2019 Spring Assembly will be June 7-9 in Grinnell. District 8 will host it, 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! A few tips:

- Parking is limited, so carpooling is encouraged
- Walking will be necessary to get to/from the luncheon
 - A golf cart available if needed
 - Roommates are encouraged to turn in registrations together
 - The meals will be served cafeteria-style, and I've heard the food is excellent!

The area is seeking topics for the Action Committees. Please let me know what topic you would like discussed, and I would be happy to pass that along to the committee chairs.

District Events

Bonnie will share the final report from the District Serenity weekend. I just wanted to extend a huge thank you to Bonnie, Janine, Sandy, and all the volunteers who made that weekend a success. And I am grateful no one got stuck in a muddy puddle.

Last month I shared with you some potential changes to the Wesley Woods contracts. Unfortunately, the retreat coordinator is new, and the camp coordinator has been offsite, so she was unable to answer my questions about the changes. We can discuss further after Bonnie gives the final 2018 Serenity Weekend report and someone brings forward a motion to hold Serenity Weekend in 2019.

Next up is the Birthday Celebration! Lindsay will have some final reminders for us all. I look forward to seeing you all there!

Don't forget to mark your calendars:

District 7 Birthday Celebration - April 27, Mid-Iowa Boy Scout Center - Des Moines, IA

D7 Board of Trustees Meeting Minutes - April 18, 2019

April minutes for the Board of Trustees Meeting will be included in the May newsletter.

AI-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 Al-Anon podcasts, email annette@al-anon.org)
- [Free Electronic Al-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