



Al-Anon/Alateen

District 7 Des Moines and Central Iowa

August 2019

Where's the Billboard? At Fleur & McKinley, headed South

Upcoming Events

August

4 District Meeting - 2:00pm, White House - District 7 GRs will elect a new District Representative

5 Back to Basics - 5 year anniversary, 9:30 a.m., Becky T will be the speaker

22 Open Al-ateen meeting, 7:00pm Church of the Good Shepherd, [3820 SW 9th St, Des Moines](#)

25 2020 Birthday Celebration Planning Meeting - 12:45pm, prior to District Meeting, White House

25 "September" District Meeting - 2:00pm, White House - District 7 GRs will elect a new District Representative

September

20-22 Area Serenity Weekend, [Twin Lakes Bible Camp](#), Manson, IA

October

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

18 Thursday Night Step Study Potluck (on a Friday night), Lutheran Church of the Good Shepherd, there will be speakers

November

2 District Service Workshop - District 7 GRs will elect the remaining officers and chairpersons for the district.

District 7 Meeting Minutes - August 4th, 2019

Welcome - Shelly 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:

Secretary's Report: Jessica B- Minutes from the June 2nd meeting were read and corrected.

District Representative Report: Valerie B - Report was distributed and read. The Area 24 Fall Conference location, has limitations for times to attend events, room availability and disability access. Please plan accordingly! Elections are coming up, please consider standing for District Representative! Finally, time to plan the D7 service workshop in November. The topic is Gratitude in Service. Katelyn will help organize. Ashley will make a flyer. Alateen is planning on selling pop and water.

District Treasurer Report: Janice S -

Beginning Balance	\$10,479.95	Alateen Balance	\$2,063.01
Net Income	\$(281.07)	Prudent Reserve	\$4,000.00
Ending Balance	\$10,198.88	District Balance	\$4,134.87

D7AISC Treasurer Report: Deb S - the Board of Trustees will vote at their next meeting on renewing the 2nd CD. They are also looking at the amount of bond coverage for the \$ we have in CDs as well.

Beginning Checking Balance	\$4180.85	Savings Balance	\$3,116.50
Net Income	\$(1,106.35)	Petty Cash	\$106.50
Ending Checking Balance	\$3074.50	CD's	\$10,771.95
			\$3,273.93

Board of Trustees Report: Melissa for Terri - Reports for June and July were read. Still need 1 member for 2019 and another for 2020! The next meeting is August 15th at 5:15 pm.

Alternate DR Report: Members Present: Mary S - 31 present/22 voting

Answering Service: Julie N - no report

Newsletter: Brigid E - newsletter cutoff is August 10th

Alateen: Sandi L - there are flyers available for upcoming events

Literature: Hollie M - Shared the brochure "Alcoholism the Family Disease" - it's a small version of Al-Anon for \$0.80.

Forum: Debbie H - The July magazine - "Lets keep talking to each other" on page 23, about how to talk to others about group issues. It also highlights that Alateen literature is CALS approved. If you want to keep the forum going, please consider subscribing as a gift.

Group Records: Janine J - There has been a change to the Saturday Serenity Address. The address should be Boulevard NOT Drive. There will be forms for the new GR's to complete, Janine will bring them soon.

Archives: Ashley C - Debbie, Beth, Ann and Ashley will set up another meeting to continue to review archives. Let us know if you are interested in joining.

Public Outreach: Janine for Bonnie J - Report was distributed and read. Billboard is on Fleur and McKinley!

Powell - Lutheran Hospital 6:30 pm Thursday 8/8/19 - Parents (Thurs night) 9/12/19 - Tuesday Nite Altoona 10/10/19 - Parents and Others	Mercy Franklin Family Group 6:00 pm Wednesday 8/28/19 - Thursday Step Study 11/13/19 -	Mercy Franklin Patient Group 5:30 pm Thursday 9/5/19 - Saturday Serenity 11/7/19 -
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Website: Jasmine - 450 hits on the website in the last 30 days.

Birthday Celebration 2020: Jasmine - Question - received the guidebooks from the previous years. What do we pay for outside speakers? Transportation, lodging and meals are covered. The next meeting will be August 25th at 12:45 p.m.!

Unfinished Business

Birthday Celebration - Janice (treasurer) recommends donating \$1200 to the district and \$200 to the Scout Center. The balance would be about \$3700. It is moved by Janice to donate \$1200 to the district and \$200 to the Scout Center, motion was 2nd. Vote: 20 approve - motion is adopted.

New Business

District Positions - General Questions - terms begin in January. GR terms follow the district DR terms (the same 3 years). Also be aware of if your group has a CMA, this person may be the one receiving mail. When are groups supposed to have their GR's voted on, when is the transition? Current GR's vote at the Fall Assembly. We need to provide the names of the new GR's by December 15th. We would like them by the December District Meeting... need name, address, email and phone number. Janine has a form and will bring them the next few meetings.

District Representative and Alternative position votes: open for questions, please consider standing. You have to have been a GR for 3 years.

GR Sharing:

Back to Basics - Annual birthday Celebration tomorrow at 9:30 a.m.! Flyers provided.
Tuesday Night KC meeting celebrated 1 year in June!!
Thursday Night Step Study - potluck on Friday October 18th with Speakers!
Tuesday Night White House - speaker this week is Shelly

Next Meeting: Sunday, August 25, 2019 at 2 PM @ the White House

Shelly concluded the meeting at 2:59 PM with the AI-Anon Declaration.
SUBMITTED FOR APPROVAL by Jessica B 8/4/19

District 7 Representative - August 2019 Report

WSO News

I received an email from Beth our delegate in early June notifying us that the WSO Executive Committee, as assigned by the Board of Trustees, passed a motion to cease selling and discontinue S-70 AI-Anon Welcomes Gays and Lesbians as well as P-22 If Your Parents Drink Too Much effective immediately. They have received complaints about the brochures and wanted to avoid public controversy. I passed this information along to our own BOT, who immediately removed these pamphlets, as well as remaining P-85 AI-Anon is for Gays and Lesbians which were available in the free rack. WSO later sent a link with further guidance on using discontinued literature in meetings. I would encourage GRs to review this information with your groups. You can find it here: <https://al-anon.org/blog/can-we-use-discontinued-literature-in-meetings/>

The June "In The Loop" Newsletter from the WSO included a story titled "A Most Meaningful Friendship" about Hildegard V.'s (past Forum Editor) first encounter with Lois W. It also included a brief writing about links of service. Finally, there was a call for men to share stories via The Forum.

The 2019 World Service Conference Summary is now available online at al-anon.org on the members tab. Printed copies will be available for purchase in August.

The WSO also launch a member's blog on their website. Each month a new topic will be posted for members to comment. This month's topic is Spiritual Principles. The blog can be found at the following web address: https://al-anon.org/for-members/members-resources/member-blog/?utm_source=intheloop&utm_medium=email&utm_campaign=20190724ITL&utm_term=EN-textlink3_Read-more-_%amp;utm_content=/for-members/members-resources/member-blog/

I also received a message via AFG Connects from Al-Anon's Executive Director, Vali F. asking that public outreach materials (including posters, flyers, and websites) consider Al-Anon's singleness of purpose, and refrain from mention of friends and family members who problems are drug-related.

Area News

2019 Spring Assembly was June 7-9 in Grinnell. We had about 14 members for D7 attend. We were treated to an opening speaker, Ann, from Cedar Rapids. The next day, we had discussion about the Area Newsletter and a workshop on elections. The luncheon featured Alateen speaker Andrew L from West Des Moines and Al-Anon speaker Rachelle C from Minnesota. Then Beth shared her report from her World Service Conference meeting earlier this year.

Area Serenity Weekend will be held Friday, September 20 - Sunday, September 22 at Twin Lakes Camp in Manson, Iowa. It's all about eggs this year. Our district is signed up to lead a meeting on the topic of Abundance - "Gathering your Eggs" from 1:00-1:45 on Saturday. They are also looking for volunteers to lead 7:00-7:45 AM meetings on Saturday and Sunday mornings, as well as breakout sessions on Saturday from 6:30 - 7:10, 7:30 - 8:10 on the topics of Honesty, Anonymity, and Intimacy. Is anyone who is planning to attend interested in leading any of those meetings?

October 11-13 is the Fall Assembly in Carroll, Iowa. Don't miss out!

District Happenings

At the time of writing this report, I had not received any resumes for District Representative for next term. I do hope that you are praying about this opportunity to serve this organization and its members.

Fall Service Workshop

The District 7 Fall Service Workshop will be held Saturday, November 2 at New Hope Methodist Church located at 4525 Beaver Ave, Des Moines, IA 50310. Recall that district meeting will be held immediately following the service workshop, with elections for next term officers and coordinators. Please volunteer to help make the day a success!

Also: recall that the September District Meeting will not be held the first Sunday of September, but rather August 25.

Mark your calendars

Area Serenity Weekend - September 20-22 - Manson, IA
Iowa Area Fall Assembly* - October 11-13 - Carroll, IA
District 7 Service Workshop* - November 2 - Des Moines, IA
*Election Events

D7 Board of Trustees Meeting Minutes - July 19, 2019

Present: Melissa, Larry, Terri, Deb, Mary

Meeting was opened at 5:15pm with the Serenity Prayer

Secretary report: Melissa read minutes from the June 2019 meeting. There were a couple of grammar errors that were corrected and approved.

Treasurer report: Deb read and distributed Treasurer Report which was approved. It was noted it was a light month with incoming donations.

Beginning Balance	\$ 3,734.87	Savings Balance	\$3,111.50
Receipts	\$1,351.69	Savings Balance	\$5.00
Disbursements	\$905.71	CD Balance	\$10,771.95
Ending Balance	\$ 4180.85	CD Balance	\$3,273.93

Literature: Melissa read and distributed the Literature Report. Report was approved.

Total Sales - Literature, S&H, etc.	\$1,493.09
Total Purchases	\$1103.08
Net	\$390.01

Site: No new concerns, plenty of copy paper on hand if needed.

	Copies	Prints	Total
B/W	1266	219	1485
Color	319	16	335

Volunteer: Terri reporter all remaining slots in July and August are currently filled. There were three attendees to The SC Open House held on Saturday 6/22 from 10-12. The attendees have been trained to volunteer and help as needed in the future.

District: Alt. DR, Mary reported No July meeting so no new business. There was a past issue with invoices not being paid in a timely manner. An online electronic payment system of invoices has been implemented for future payments to prevent any delays. Donations currently are down and groups are encourage to donate as able.

Old Business

- One BOT member for 2019 is still needed no resumes have been turned in.
- Bonding Fee/Coverage- Deb will pull the information she has and send to BOT members for review. This will allow the BOT to review and let district know if there are any concerns.

New Business

The savings CD of \$3,273.93 is due on 08/20/2019. Deb brought current rate sheet from the bank and distributed to the BOT for review. Will discuss options presented at the August meeting on how to proceed with the investment to obtain the best return.

Next Meeting - August 15, 2019@ 5:15 PM

Meeting adjourned at 6:12 PM with the AI-Anon Declaration

Submitted by: Larry E. 08/02/2019

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 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