



February 2020

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Upcoming Events

March

- **Sunday, March 1:** District meeting at 2 p.m. at the [White House in Des Moines.](#)
- **Saturday, March 7:** This year Serenity Weekend will be a one-day event: [Road Map to Serenity.](#) It will be held at [Wakonda Christian Church](#) on Fleur Drive from 8:30 a.m.- 5 p.m. It's only \$10 to attend, and [you can register here.](#)

April

- **Saturday, April 4:** Saturday Night Step Study is holding its anniversary potluck. Former District Representative Val B will be the Al-Anon speaker.
- **Sunday, April 5:** District meeting at 2 p.m. at the [White House in Des Moines.](#)
- **Saturday, April 26:** All are invited to the Al-Anon Birthday Celebration at the Mid-Iowa Boy Scout Center in Des Moines. There will be speakers from AA, Alateen, and Al-Anon. There will be a dinner, raffle, and silent auction. [Register early](#) for a discounted rate. [See this flyer for more information.](#)

District 7 Meeting Minutes - February 2, 2020

Welcome: Mindy opened the meeting at 2:03 pm with introductions.

Introductions: Introductions of attendees were made and then we opened with a moment of silence followed by the Serenity Prayer.

Birthday recognitions: Samantha M. - 12 years; Lisa B. 39 years, Bonnie J. 32 years, Ann 8 years

Secretary's Report: Adrianna B. - Adrianna read the January minutes and there were minor corrections.

District Representative Report: Samantha M. - Samantha read her report. She has the area calendars from the service workshop. She attended her first AWSC meeting. She will be participating on the Public Outreach committee. There is a list of area officers/positions on the back table. The Area will be having a serenity weekend planning weekend on March 7th in

Marshalltown. Serenity Saturday for District 7 is also on March 7th and there is a flyer on the back table. We still need a group to sign up for the "Which Road to Take" session. Volunteers for the buzz sessions are: Boundaries - Lisa; Progress not perfection - Megan and Communication - Jasmine. See below for the DR report in full.

District Treasurer Report: Linda M.

Beginning Balance	\$12,164.73	Alateen Balance	\$2,766.01
Net Income	(\$267.55)	Prudent Reserve	\$4,000.00
Ending Balance	\$11,897.18	District Balance	\$5,131.17

It appears we have kept every tax return we have ever filed. Linda would like to shred those more than 5 years. Bonnie made a motion to shred all income tax returns beyond the past 5 years. Ann seconded the motion. There was a discussion that if fraud is identified, auditors will go back 7 years. Bonnie changed her motion to maintain income taxes for the past 7 years and shred the rest. Heidi seconded the motion. The vote passed by majority vote.

Linda will be researching the mileage amount that we are using for reimbursements to present at next month. She is concerned that we may be reimbursing too little based on the government guidelines.

D7AISC Treasurer Report: Cyndi

Beginning Checking Balance	\$3,491.24	Savings Balance	\$3,117.28
Net Income	\$501.69	Petty Cash	\$106.50
Ending Checking Balance	\$3,992.93	CDs	\$10,889.30
			\$3,310.97

Board of Trustees Report: Teri J. - Teri read the minutes from the January 16, 2020 Board of Trustees meeting.

Alternate DR Report: Julie - 41 present / 26 voting

Service workshop: Adrianna gave an overview of what is involved with volunteering at the Service Center. She shared that the Thursday, 5-7 pm shift is the one most frequently left open. She asked GRs to share the flyer with their groups and encourage members to volunteer. They can contact her if they have questions or need trained. [See the flyer here.](#)

Answering Service: Morgan J. - She has been waiting for a return call from the answering service so she does not have January numbers but will provide both January and February at the March meeting.

Newsletter: Lyndsey N. - She will be transitioning the distribution of the newsletter to a week following the district meeting to ensure a timelier delivery of information. The next newsletter cutoff date is Friday, February 7.

Alateen: Samantha - we did not have anyone stand for this position in November. In the Area, if someone does not stand for the position, they appoint someone. Sandi did not complete a full-term last time so Samantha is appointing her for this term. She is having an AMIAS meeting February 13 at 9:30 am at the Service Center.

Literature: Megan - Yesterday she was able to go to the Inner Group Banquet to sell literature. The turnout was very good. They sold \$102 including both Al-Anon and Alateen books. Samantha shared that if Literature Chairperson is asked to attend an event, we typically reimburse them so she feels we should reimburse Megan for this event. Lyndsey made motion that we reimburse \$40 for the registration. Ellie seconded the motion. Motion passed by majority. The new service manual is out for 2018-2021. The online version has headings in red if you want to see what has changed.

Forum: Ashley - A forum subscription is still \$11.00 per year. The theme for this month seemed to be "How Important Is It?" There were no articles from Iowans this month.

Group Records: Pam A. - Pam asked if anyone is here from Newton. She needs to confirm if they are handicap accessible or not. Casey Caring and Sharing meeting is moving from 8:00pm to 7:00pm start time. The WSO has all of the updated District 7 information except for information she just received. She is still updating Constant Contact. Meeting schedules are on the back table.

Archives: Bonnie J. - Bonnie read the archives report. Before the end of the year she would like to have group history from all of the groups. If you don't know when your group was registered, let her know and she can find out for you. She noticed that some flyers don't have the year on them. Going forward, please make sure you include the year so it can be archived appropriately.

Public Outreach: Becky T. - Becky read the Public Outreach report.

United Community Services has a family group that meets the first Tuesday of each month. They are located at 4908 Franklin Ave. They would like us present AI-Anon information at these monthly meetings. She has a packet of information with the information.

Mercy Franklin Family Group 6:00 pm Wednesday 4/8/20 - Wednesday Noon	Mercy Franklin Patient Group 5:30 pm Thursday 03/05/20 - Back to Basics	United Community Services 6:30 p.m. Thursday 2/4/20: Monday Brown Bag 3/3/20: Thursday Night Step Study
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"Share the Love" campaign has started. There are supplies on the back table for GRs to take out into the public. The next Public Outreach meeting has been rescheduled for Saturday, February 8 at 9:30am at the Service Center.

Website: Deb M. - The website had 1,182 hits in January and 373 file downloads. If you have flyers, send them directly to Deb and that will ensure the resolution quality of the fliers.

Birthday Celebration 2020: Jasmine - Registration for the event is now on the website. Groups should start thinking about baskets they would like to donate for the silent auction. In the past groups have just selected a theme and then just bought contents for that theme. You are also welcome to donate personally as well. We are asking if any groups are willing to be the dessert and dinner chairs. Teri has quilt tickets so see her after the meeting.

Unfinished Business

None

New Business

- **Saturday Serenity GR** asked for input regarding the idea of having attendees write their name and number in a book and then having the option for attendees to take a picture to have the contact information. Feedback was that this is no different than providing a phone list but should be stated up front that recording of your name/phone is optional.

GR Sharing

- **New Hope Alateen** can still use more support as they are having small numbers in attendance.
- **Saturday Night Step Study** has an anniversary potluck coming up on April 4, 2020. This group started in 1973. Helen Williams and Mary Wheeler started the group.
- **Friday White House** meeting is a book study starting on Intimacy.

Next Meeting: Sunday, March 1 at 2:00 p.m. at the White House, Des Moines.

Mindy concluded the meeting at 3:28 p.m. with the AI-Anon Declaration.

SUBMITTED FOR APPROVAL by Adrianna B on February 3, 2020

District 7 Representative - February 2020 Report

WSO News

The WSO is working on a new Daily Reader Book. They are asking for sharings to be sent in by June 1st by mail or on their website. They are asking for short sharings on the following topics: abundance, abuse, Concepts 2, 6, 7, 8 or 11, literature, finances/money, general warranties, respect, responsibility, sex, shame, spirituality, traditions 6, 8 or 9, trust and unity.

Area News

I picked up the Area Calendars at the service workshop in January. If you or your group ordered one, please see me today to pick them up.

I attended by first AWSC meeting on Sunday, January 12th . I will be participating on the Public Outreach Action Committee in addition to the Alateen Selected Committee.

I have placed a listing of our Area Officers and District Representatives on the back table, if you haven't already picked one up please do so.

The Area will be having a Serenity Weekend Planning meeting at the Marshalltown Public Library from 1-3pm on Saturday, March 7.

District Happenings

Serenity Saturday: We will have Serenity Saturday on March 7th at the Wakonda Christian Church. Registration will open at 8:30 and we will get underway at 9am. The cost will only be \$10 and will include lunch. I hope to see many of you there.

Newsletter: Our first District Newsletter of term went out January 19th, I hope you all received it! If you did not, please check with Pam to make sure we have your correct email address.

Meeting Visits: I attended the following meeting in the month of January:

- January 7th - Tuesday Night Step Study (Altoona)
- January 8th - Wednesday Noon Step Study
- January 9th - Together Alateen
- January 25th - Saturday Night Step Study

D7 Board of Trustees Meeting Minutes

Due to the early deadlines, the Board of Trustees minutes for the month of February will be available in the March edition of the newsletter.

Al-Anon Technology-Based Resources

- [Al-Anon District 7 Website](#)
- [Al-Anon and Alateen Service Manual \(2018-2021\)](#)
- [Al-Anon Iowa Website](#)
- [Al-Anon World Service Office Members Site](#) - for password, use any word followed by "afg"
- [Iowa Reaches Out Newsletter](#) - to receive the Al-Anon Iowa Area Newsletter, email iowareachesout@yahoo.com - previously published newsletters can be found [here](#)
- [Service Center Volunteer Signup](#) - use this link to electronically volunteer to work at the Service Center; you will receive email reminders as well
- [Al-Anon on Facebook*](#)
- [Al-Anon on Twitter*](#)
- [Al-Anon](#) and [Alateen on Instagram*](#)

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

Many of the following links are on the Al-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 AI-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 AI-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