



# Al-Anon/Alateen

District 7 Des Moines and Central Iowa

January 2020

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## Upcoming Events

### January 2020

- 25 [Indianola Anniversary Potluck](#) with Al-Anon and AA Speakers, [First United Methodist Church](#), 307 W. Ashland Ave, Indianola, IA, 5:00 pm - 8:00 pm.

### February

- 1 [Intergroup Banquet](#), AA, Al-Anon, and Alateen speakers will be at this event. Register before January 24 for a discounted ticket. [Forte Banquet & Conference Center](#), Des Moines, 12:00 pm - 8:30 pm
- 2 District Meeting, the White House, [1400 Pennsylvania Avenue, Des Moines](#) 2:00 pm - 3:30 pm

### March

- 7 Introducing ... [Road Map to Serenity](#). This year Serenity Weekend will be a one-day event. It will be held at [Wakonda Christian Church](#) on Fleur Drive from 8:30 a.m.- 5 p.m. It will be only \$10 to attend, and [you can register here](#).

### April

- 25 [Al-Anon District 7 Birthday Celebration](#), there will be speakers from AA, Alateen, and Al-Anon, dinner, raffle, and silent auction. Register early for a discounted rate. [Mid-Iowa Boy Scout Center in Des Moines](#). 4:30 pm - 9:00 pm

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## District 7 Meeting Minutes - January 5, 2019

**Welcome:** Mindy opened the meeting at 2:03 pm with a moment of silence followed by the Serenity Prayer.

**Introductions:** Introductions of attendees were made.

**Birthday recognitions:** Katy - 36 years; Terri J. - 33 years

**Secretary's Report:** Adrianna B. - Adrianna read the December minutes and there were no corrections.

**District Representative Report:** Samantha M. - WSO reported video interview which is now available on WSO Facebook page. Samantha will pick up the 2020 AI-Anon calendars at the Service Workshop next weekend. Holiday party on December 7 th was a great success. The donated quilt was raffled and earned \$170. Thank you to Alateens Johanna, Addi and Kendra for the planning the event.

GR contact information is in the folders for each GR. If your group information is not correct, please get with Pam or Samantha to correct. See below for the DR report in full.

**District Treasurer Report:** Linda M.

Beginning Balance	\$12,072.75	Alateen Balance	\$2,7766.01
Net Income	\$91.98	Prudent Reserve	\$4,000.00
Ending Balance	\$12,164.73	District Balance	\$5,398.72

For 2019, total income was \$1,437.19. Individual contributions are listed on the back and GRs need to confirm their contributions are showing and if not, get with Linda.

**D7AISC Treasurer Report:** Cyndi

Beginning Checking Balance	\$1,874.63	Savings Balance	\$3,117.28
Net Income	\$1,616.61	Petty Cash	\$106.50
Ending Checking Balance	\$3,491.24	CDs	\$10,889.30
			\$3,310.97

**Board of Trustees Report:** Teri J. - Teri read the minutes from the December 19, 2019 Board of Trustees meeting. See below for detailed BOT Minutes.

**Alternate DR Report:** Julie - 43 present / 27 voting

**Service workshop:** Samantha - Samantha facilitated the reading of the District 7 bylaws.

**Answering Service:** Morgan J. - Morgan read the 2019 Answering Service report. Call volume for the month of December was 55.

**Newsletter:** Adrianna for Lyndsey N. - newsletter cutoff is Saturday, January 18, 2020.

**Alateen:** No Report

**Literature:** Megan - no current report but she will be available for the Birthday Celebration and White House conference.

**Forum:** Ashley - Ashley shared there was a picture of a deer from someone in Iowa. She liked the article that compared our recovery to faulty wiring. A forum subscription is \$11.00 per year.

**Group Records:** Pam A. - Pam asked GRs to confirm their information is correct that was provided in the folder as well as the alternate contact information. There are meeting schedules in the back and the only change is that the Newton meeting has added child care.

**Archives:** Bonnie J. - Bonnie read the Archives report for January. She is requesting those meetings where we do not have updated history, she has requested the GRs to get with her to get the history for your meetings updated. Each month she will be providing historical facts that GRs can take back to their groups.

**Public Outreach:** Becky T. - Becky read the Public Outreach report. The first committee meeting of 2020 will be held Saturday, January 18 at 9:30am at the Service Center. Next month we will once again have the "Share the Love" campaign.

**Mercy Franklin Family Group**  
6:00 pm Wednesday  
02/19/20 - Wednesday Noon

**Mercy Franklin Patient Group**  
5:30 pm Thursday  
01/02/20 - Becky, Bonnie, Linda  
03/05/20 -

**Website:** Deb M. - She has updated all of the email addresses with the new contacts. All upcoming events have been published.

**Birthday Celebration 2020:** Jasmine - April 25 th , "Drop the Rock", at the Boy Scout Center. Smokey D's will be providing food. There will be pork, chicken, macaroni and cheese and green beans. A vegetarian option will be provided. Quilt tickets will be available in February. We also need a volunteer to be the AA host who is local. We also need a dessert chair to organize people bringing desserts, setting up the tables for desserts and cutting the desserts. We also need a volunteer chair. We will not be pursuing a gambling license because it was determined that the raffle we are performing is considered an incidental raffle so we do not require a gambling license.

## Unfinished Business

### Serenity Weekend:

- Courage to Change there was a member who suggested we check the school calendar and that March would still be a better time.
- Another group indicated a one-day event would be preferred.
- Tuesday Night White House would like to keep the event in March.
- Thursday Night Step Study would also like to keep the event in March.
- Saturday Serenity would like to make it a one-day event.
- Winterset has not had participation recently but GR believes they would
- Saturday Night Step Study would be more likely to attend if it were a one-day event.
- Monday Night Presbyterian felt moving it to one day would be fine but March would be preferred.
- Back to Basics would like to have one-day this year but would like to go back to overnight next year.
- Monday Noon does not have a lot of participation but felt attendance should be switched to one day. They were also OK with going to the Area Serenity.
- Wednesday Al-Anon Adult Children also supported a one-day event.

Shelley P. made a motion that we schedule it in March and Heidi gave a second. Motion passed with majority vote. The feedback from those who abstained indicated that the reason was because of snow. Additional feedback was that the location was very muddy so a different location should be considered.

## New Business

**White House conference** - Jasmine - Sept 24-27, 2020 - Leena M. from Arizona will be the Al-Anon speaker; still need volunteers for the weekend and if possible, we'd like to get Alateen to sell pop at the conference. Heidi asked if they could include an Alateen speaker and she said she would be willing to help coordinate as an AMIAS.

**Intergroup Banquet** - Heidi M. - February 1, 2020 - Tickets purchased by 1/24/20 is \$30. All proceeds benefit local, AA office. Nora N. will be the Alateen speaker. Lorraine R. is the Al-Anon speaker. There is also a Traditions speaker and a panel.

**Literature Update** - Shelley P. - Aim for Ames is an AA roundup on March 28, 2020. Ames is not part of our district but because Ames is not part of our district and is not part of the official AA structure, Shelley requested the District to vote on whether or not we should send our literature person. We have attended three (3) times in the past. Adrianna B. made a motion that we take the literature to Aim for Ames. Heidi seconded the motion. The motion passed with a majority vote.

## GR Sharing

- Tuesday Night White House is having Jane L. as their speaker on January 21 at 7:30pm at the White House.
- Saturday Night Step Study is planning their birthday celebration and flyers will be distributed soon.
- Hope Sunday Night Alateen is needing more support and has only had a few attendees per week.

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

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

## District 7 Representative - January 2020 Report

### WSO News

The WSO recorded a video interview of an AI-Anon member at the 2018 AI-Anon International Convention and is now available on the AI-Anon WSO Facebook social media page. The interviewee's anonymity has been protected.

### Area News

I hope all groups who wanted Area calendars got their orders in on time. I believe there were 16 calendars ordered from District 7. I will pick these up at the Area Service Workshop on January 11. Speaking of, the Area Service Workshop will be held January 11, 2020 in Marshalltown. I hope many of you will be attending with me. If anyone is planning to stay overnight to attend the AWSC meeting on January 12 as well and would like to have a roommate, please let me know as the DR from District 14 is looking to share a room for the night.

### District Happenings Holiday Party

We held our annual Holiday Party on December 7 th and it was a great success! We participated in a few games, gift exchange, laughter and started the holiday season with lots of food. The donated quilt from 1996 was raffled at the event and earned \$170. Thank you to our Alateens Johanna, Addi and Kendra for planning the event!!

### GR Information

I have created a new GR folder for each group, I hope you have all picked them up off the back table. Included in the folder is a listing of all GRs for the term, a listing of the officers and chairpersons for the term, a copy of the by-laws, along with some other useful information. There is also a table tent included in each of the folders. If you are the GR of your group and the table tent does not reflect the correct information or is not included, then Pam A, our Group Records Chairperson, did not receive your information. Please get with Pam or myself today so we can get your information updated. Also included in the folder is a listing of important dates for the year. Please add these to your calendar.

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## D7 Board of Trustees Meeting Minutes - January 16, 2020

Terri opened the meeting at 5:24 with a moment of silence followed by the Serenity Prayer.

**Present:** Shelley, Melissa, Terri, Julie, Cyndi and Larry

**Secretary:** Shelley read the December minutes; approved as read.

**Treasurer:** Cyndi read the report; the check register was approved.

Beginning balance	\$1,874.63	Saving balance	\$3,112.28
Receipts	\$2,697.85	Saving balance	\$5.00
Disbursements	\$1,081.24	CD balance	\$10,889.30
Ending balance	\$3,491.24	CD balance	\$3,310.97

### Literature - Shelley

- An order sent to Iowa City was opened by the Post Office and because there were Newcomer Packets included and not just books, the Post Office charged the recipient additional postage. The recipient does not want to be reimbursed.
- Shelley has placed and received a large order of literature.

Total Sales, Literature, S&H, etc.	\$1,346.85
Total Purchases-Literature, S&H, etc.	\$259.09
Net	\$1,087.76

**Site** - Larry

- He will glue the chair rail back on, near the window
- Two new keys were made for Adrianna.

### Volunteer - Adrianna

- We had some duplicate bookings between the paper and online signup. I have resolved all but one. I left a voice mail for Michelle who is scheduled to work on 2/1 so I have some time to get this one remediated. I confirmed the paper calendar has the corrected volunteers on it.
- Shelley is working with Deb (District website chair) to get a generic email setup for the volunteer coordinator position. Once that is created I will transition the existing volunteer signup stuff to that email address.
- January is booked except 1/23 and 1/30 for the 5-7pm shift so I will need to send out an ask for volunteers for those days.
- I will be scheduling training for the service center in February and will take a flyer to the Feb district mtg.

### District - Julie

- Serenity Saturday is scheduled for March 7 at Wakonda Church.
- Intergroup Banquet is February 1. Norah is the Alateen speaker and Lorraine is the AI-Anon speaker.
- The next District meeting is February 2, 2020.

### Old Business

- Shelley will sell literature at Aim for Ames March 2020. She will be there 7:30 am to 5:30 pm and has a 6' table.

### New Business

- BOT guidelines were read.
- Certificates of Deposits will renew in 2021.
- Larry will take care of the fire extinguisher inspection in April.

Next meeting - February 20, 2020 5:15 p.m.

Meeting adjourned at 5:55 p.m. with the AI-Anon Declaration

Submitted by Melissa D. 1/16/2020

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## AI-Anon Technology-Based Resources

- [AI-Anon District 7 Website](#)
- [AI-Anon and Alateen Service Manual \(2018-2021\)](#)
- [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](#)
- Service Center Volunteer Signup - use this link to electronically volunteer to work at the Service Center; you will receive email reminders as well
- [AI-Anon on Facebook\\*](#)
- [AI-Anon on Twitter\\*](#)
- [AI-Anon](#) and [Alateen on Instagram\\*](#)

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

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 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