



# Al-Anon/Alateen

District 7 Des Moines and Central Iowa

June 2019

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

## Upcoming Events

### July

*No District Meeting - enjoy your summer break!*

### 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](#)

### September

10-11 Area Serenity Weekend, [Twin Lakes Bible Camp](#), Manson, IA

### October

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

### November

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

## District 7 Meeting Minutes - June 2nd, 2019

**Welcome:** Samantha M 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 May 5 meeting were read and corrected.

**District Representative Report:** Valerie B - Report was distributed and read. Highlight the Fall Assembly, the Grinnell meeting and the District Workshop.

**District Treasurer Report:** Janice S

Beginning Balance	\$11,359.48	Alateen Balance	\$2,063.01
Net Income	\$293.70	Prudent Reserve	\$4,000.00
Ending Balance	\$11,653.18	District Balance	\$5,590.17

**D7AISC Treasurer Report:** Deb S

Beginning Checking Balance	\$4,584.95	Savings Balance	\$3,116.50
Net Income	\$(850.08)	Petty Cash	\$106.50
Ending Checking Balance	\$3,734.87	CD's	\$10,714.52
			\$3,258.60

**Board of Trustees Report:** Val for Terri - Report was read. There will be a service center open house from 10 - noon on June 22nd. Learn more about volunteering!

**Alternate DR Report:** Members Present: Mary S - 32 present/25 voting

**Service Workshop:** District Representative Responsibilities - Handout shared listing responsibilities.

**Answering Service:** Julie N - received call counts from January: 59, February: 52 and March: 71

**Newsletter:** Samantha for Brigid E - newsletter cutoff is June 8th

**Alateen:** Lorainne for Sandi L - Sunday's Alateen will only have one younger child, there is a new GR for Thursday, spread the word about the 4 meetings a week. There were 26 kids and 10 adults in attendance for the Alateen Serenity Weekend. April 17, 18 and 19th, 2020 is next year's Serenity weekend! We need some AMAIS at the Grinnell meeting, please see Lorainne after the meeting today. The next meeting is June 14 at the service center from 6-7 p.m.

**Literature:** Hollie M - no report

**Forum:** Samantha for Debbie H - The forum is still \$11!

**Group Records:** Janine J - new schedules have been printed. They are the same as the Spring schedules.

Archives: Ashley C - The Archive meeting was cancelled. Are working on rescheduling, please let Ashley know your schedule. Ruth G in June 1949, started a 12 page magazine in California called "The Family Forum".

**Public Outreach:** Bonnie J - Report was distributed and read. Still looking for help distributing to little free libraries.

<b><i>Powell - Lutheran Hospital, 6:30 pm Thursday</i></b>	<b><i>Mercy Franklin Family Group 6:00 pm Wednesday</i></b>	<b><i>Mercy Franklin Patient Group 5:30 pm Thursday</i></b>
6/13/19 - Fri. Night Courage to Change 7/11/19 - Parents (Thurs night) 8/8/19 - Parents (Thurs night)	6/12/19 - Wed Noon Step Study 8/28/19 - Thursday Step Study	7/11/19- Monday Brown Bag 9/5/19 - Saturday Serenity

**Website:** Jasmine - 510 hits on the website in the last 30 days.

**Birthday Celebration 2020:** Jasmine - Will have information to share in August.

### Unfinished Business

Lois and Ann photos - are hanging at the office!

**2020 Serenity Weekend** - Bonnie for Beth - Bonnie will pass on all the information to Beth. She will have date options by August. Decided we will avoid April and May. Looking closely at August 29th and 30th, 2020. Also considering October 31 and Nov 1st. Please let Beth know your thoughts.

### New Business

#### **GR Sharing**

- Grinnell Group - Katelynn - assigned candlelight meetings Friday and Saturday. Looking for volunteers to help. Call 303-819-6966 with questions
- Tuesday White House - June 4th, 7:30 p.m. - Bobby S. will be the speaker
- Back to Basics - 5 year anniversary on Monday August 5th at 9:30 a.m., Becky T will be the speaker
- Tuesday Night - Altoona on June 11th will meet at 7:30 p.m. due to vacation bible study
- Keep eyes open for an Open Alateen Meeting in August!

**Next Meeting:** Sunday, August 4, 2019 at 2 PM @ the White House

Samantha concluded the meeting at 2:59 PM with the AI-Anon Declaration.  
SUBMITTED FOR APPROVAL by Jessica B 6/2/19

## **District 7 Representative - June 2019 Report**

Valerie B

### **District Happenings - Stand Up for Service**

We elected two new chairs last month for next year's Birthday Celebration and Serenity Weekend. Thank you to Jasmine and Beth for their willingness to coordinate these events. Please consider joining them to plan these events. It's great fun to join service for these events. Remember your only responsibility it to be willing!

The Board of Trustees for the Service Center continues to operate one person short since January, as they have had no one stand for this service position. Please consider standing. It is a great group of people who make sure we have literature available for sale, and safe and clean meeting space for groups and activities. If you have ever bought literature or been to a meeting there, this is your opportunity to put gratitude into action.

The election for the next DR takes place at our next district meeting. Please email me at [dr@al-anondesmoines.org](mailto:dr@al-anondesmoines.org) with a copy of your AI-Anon "Resume" if you have any interest. A copy can be found on our website: [https://img1.wsimg.com/blobby/go/5679f5dc-79cc-489a-9436-d55f6ec37349/downloads/1cjlou5f1\\_520339.pdf?ver=1555886256243](https://img1.wsimg.com/blobby/go/5679f5dc-79cc-489a-9436-d55f6ec37349/downloads/1cjlou5f1_520339.pdf?ver=1555886256243).

There will again this year be open Al-Anon meetings at the Iowa State Bar Annual Meeting at the Iowa Events Center: Monday, June 10 5:30-6:30 PM; Tuesday, June 11 7:00-8:00 AM and 5:30-6:30 PM; Wednesday, June 12 7:00-8:00 AM and 5:00-6:00 PM.

### **WSO News**

The Chairman of the Board letter was published and is available at the following link: <https://al-anon.org/for-members/board-of-trustees/chairperson-letter-archives/>. There is some work taking place to validate all electronic meetings using the Al-Anon name are registered with the WSO in order to protect the Al-Anon name. They are also discussing a hybrid conference - a mix of in person and online format. Bylaws revisions are taking place to reflect current laws, simplify and clarify language, and to clarify practice. Also, the list of WSO volunteers given traditional approval was given. Check it out - you might see some familiar names.

The "In the Loop" newsletter said the revised Fact Sheet for Professionals (S-37) is now available. Also, they are seeking out sharings on Sponsorship. Links are included for the April Chairman of the Board, too.

### **Area News**

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. A few reminders to those of you who have registered to attend:

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

Also, if you are planning to attend and would like me to send you a picture of the reports I receive; please sign up on the sheet so I can include you.

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?

### **Mark your calendars**

Iowa Area Spring Assembly - June 7-9 - Grinnell, IA  
Area Serenity Weekend - September 20-22 - Manson, IA  
Iowa Area Fall Assembly\* - October 11-3 - Carroll, IA  
District 7 Service Workshop\* - November 2 - Des Moines, IA  
\*Election Events

## **D7 Board of Trustees Meeting Minutes - June 20, 2019**

Present: Melissa, Jennifer, Larry Terri, Deb and Mary

Jennifer opened the meeting at 5:20 pm with the Serenity Prayer

### **Secretary report**

Jennifer read minutes from the May 2019 meeting. Larry indicated that the number of color prints was 6 not, 600. Report approved with this change.

### Treasurer report

Deb read and distributed Treasurer report It was noted that the \$3,000 CD will be due in August. Deb will bring interest rates to the August meeting. Report was approved.

Beginning Balance	\$ 4,584.95	Savings Balance	\$3,111.11
Receipts	\$2,288.86	Savings Balance	\$5.00
Disbursements	\$3,138.94	CD Balance	\$10,714.52
Ending Balance	\$ 3,734.87	CD Balance	\$3,258.60

### Literature

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

We received noticed that the following literature was discontinued:

- P22: If Your Parents Drink Too Much
- P85: Al-Anon is for Gays and Lesbians
- S70: Al-Anon Family Groups Welcome Gays and Lesbians
- S37: Fact Sheet for Professionals

These literature items were pulled from the shelves and will be shredded. Groups are encouraged to do the same and this will be mentioned at the next district meeting.

Total Sales - Literature, S&H, etc.	\$1,281.15
Total Purchases	\$1,172.34
Net	\$108.81

### Site

Larry reported.

The desk was cleaned out.

The TV and old shredder were disposed of.

New shredder is under the desk.

	<u>Copies</u>	<u>Prints</u>	<u>Total</u>
B/W	946	244	1190
Color	181	33	214

### Volunteer

Terri reported.

There are still two open slots in June and Terri is working to fill them.

The first two weeks in July are filled and Terri will continue to reach out to volunteers.

The Volunteer Open House is Saturday 6/22 from 10-12. Terri will be at the office to train any new volunteers.

It was discussed that the online signup is limited to one organizer and was proposed that all BOT members be able to access the site, so others can help with keeping the calendar and site in sync if volunteer coordinator is unable to. It was decided that Terri will email BOT members with the login information.

## District

Alt. DR, Mary reported.

Resumes for area positions are due July 1st to the Area Newsletter Coordinator, Mary.

The fall assembly will be in Carroll, Iowa in October.

The Birthday Celebration collected \$950 from the auction baskets and \$500 from the quilt raffle. After expenses (unless more receipts are turned in), profit is \$1300. The district will vote on what to do with these funds at the next district meeting.

Beth R. has volunteered to chair the next Serenity Weekend and is currently reviewing date options.

At the June assembly, it was reported that donations to the WSO 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.
- Insurance Policy-The bill was received and Janice (District Treasurer) will handle payment.
- Yellow Book USA- Some information in the printed Yellow books was correct and some was incorrect, however it wasn't known if we were looking at the most up-to-date version. It was discussed that most individuals are using online resources, which is up-to-date and was determined to leave the printed books as they are.
- New Business

Jennifer will be out of town in July. The BOT will still meet as scheduled. Larry will take meeting minutes and Melissa will chair the meeting. Jennifer will send out an agenda prior to leaving town.

**Next Meeting** - July 18, 2019@ 5:15 PM

Meeting adjourned at 6:17 PM with the AI-Anon Declaration

Submitted by: Jennifer L. 6/23/19

## AI-Anon Technology-Based Resources



AIAnon\_WSO

Instagram icons

### AIAnon\_WSO and Alateen\_WSO - on Instagram!

The WSO has launched the official AI-Anon Family Groups and Alateen Instagram accounts. Would you consider joining us in this Public Outreach effort? Become a "follower." By liking and sharing AIAnon\_WSO and Alateen\_WSO Instagram posts, you can help carry the AI-Anon message of hope to many people, including young adults, affected by someone else's drinking that may not have heard about the support that AI-Anon offers. Find us on Instagram by searching for "AIAnon\_WSO," or "Alateen\_WSO" or by clicking on the AI-Anon\_WSO and Alateen\_WSO

located on the WSO Public Outreach website,  
[www.ai-anon.org](http://www.ai-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:

- [Al-Anon District 7 Website](#)
- [Al-Anon Service Manual \(2014-2017\)](#)
- [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](mailto:iowareachesout@yahoo.com) - previously published newsletters can be found [here](#)
- [Al-Anon on Facebook](#)
- [Al-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 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](mailto: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