



Al-Anon/Alateen

District 7 Des Moines and Central Iowa

March 2020

Please share the newsletter at your meetings and encourage Al-Anon members at your meetings to subscribe using the link on our website!

Visit Our Website

Upcoming Events

March

- **Saturday, March 21:** Public Outreach Committee Meeting at 9:30 a.m. at the [Service Center in Des Moines.](#)

April

- **Saturday, April 4:** Saturday Night Step Study is holding its anniversary potluck. Former District Representative Val B will be the Al-Anon speaker. See [the flyer](#) for details.
- **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 - March 1, 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: Lyndsey N. 4 years; Michelle 5 years

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

District Representative Report: Samantha M. - Samantha read her report. WSO has revamped their LinkedIn profile in order to take advantage of outreach opportunities that social media offers. She has Ankeny Monday Night and Monday Night AFG calendars that need picked up. May 20th is the registration deadline for the June 5-7 assembly. Serenity Saturday is next Saturday and so far we have 54 registrants. Registration end date for Serenity Saturday is today. She visited 4 groups in February. See below for the DR report in full.

District Treasurer Report: Linda M.

Beginning Balance	\$11,897.18	Alateen Balance	\$2,766.01
Net Income	\$885.57	Prudent Reserve	\$4,000.00
Ending Balance	\$12,782.75	District Balance	\$6,016.74

Linda researched the mileage reimbursement and found out that the area pays \$0.25 per mile and has paid this amount for many years. She would like to raise travel mileage reimbursement from \$0.14 to \$0.25. Val made a motion to raise mileage reimbursement from \$0.14 to \$0.25. Ashley seconded the motion. There was discussion last year when we reduced the amount around the concern that the IRS non-profit minimum was \$0.14 but we are not part of the IRS and therefore nothing restricts us from paying more. The vote passed with a majority vote.

D7AISC Treasurer Report: Cyndi

Beginning Checking Balance	\$3,992.93	Savings Balance	\$3,112.28
Net Income	(\$1,134.20)	Petty Cash	\$106.50
Ending Checking Balance	\$2,858.73	CDs	\$10,889.30
			\$3,310.97

Board of Trustees Report: Teri J. - Teri read the minutes from the February 2020 Board of Trustees meeting. See full report below.

Alternate DR Report: Julie - 38 present / 24 voting

Service workshop: Adrianna explained the Service Center Volunteer List and the After-Hours Service Center Volunteer List. She is asking GRs to take these lists back to their groups and have members validate their information and/or sign up.

Answering Service: Morgan J. - 59 calls for January. 59 calls for February.

Newsletter: Lyndsey N. - The newsletter cutoff date is Friday, March 6.

Alateen: Sandi L. - started with 20 AMIAS and 4 active Alateen groups. 90% of the AMIAS have already re-registered. Tuesday and Thursday groups have 1-10 kids every week. Sunday and Friday groups are needing membership. She asked GRs to go back to their groups and share that Sunday and Friday groups need membership. At the last AMIAS meeting they did have discussion regarding finances. Currently the district is sitting with approximately \$2,700 for Alateen. They discussed whether or not they needed fundraisers. The kids feel a "part of" when they sell pop and water. So they will be selling pop and water at the Saturday Night Potluck and District Birthday Celebration. They have 2 AMIAS going to the Alateen Serenity Weekend with 7-8 kids on April 17-19, 2020. May 2nd at 9:30am will be the next AMIAS meeting at the Service Center. If you want Alateens to speak at your event or sell pop and water, let her know.

Literature: Samantha M. (for Megan) - Megan will be at Serenity Saturday on March 7 th to sell literature.

Forum: Ashley - forum subscription is less than \$1 per month - only \$11 per year. The theme for this month seemed to be about "Intimacy" and about sharing with your sponsor and with others. The back cover has a picture from Veronica from Iowa. Our trustee, Jean L. has a story about her vision as a trustee.

Group Records: Pam A. - Pam has left meeting schedules on the back table. If you have additional changes, email them to her.

Archives: Bonnie J. - Bonnie read the archives report. She went through all group history folders. On the back side of her report you will see a list of all current meetings and if she was able to find a date, she has noted it there. It will also show the last date she found on any group history for each group. She reorganized the history folder and there are a bunch of meetings that are no longer meeting so she put them in a different folder. She will have the history folder of the current meetings at Serenity Saturday if you want to look at it. Our co-founder, Lois birthday would have been March 4th. She was born in 1891 and died in 1988 at age 97. The first Forum subscription was in 1954.

Public Outreach: Becky T. - Becky read the Public Outreach report. Thanks to everyone that participated in the Share the Love campaign. She brought packets if you are near a senior site and can drop one off please let her know. First meeting was held February 8, 2020. They reviewed projects and activities previously conducted and discussed what they wanted to do this year. March 21 at 9:30am at the Service Center. April 21 & 22 we will be attending the Governor's Conference

and they need two volunteers to help with that event.

Mercy Franklin Family Group

6:00 pm Wednesday

- 4/8/20 - Wednesday Noon
- 5/27/20 - Saturday Serenity

Mercy Franklin Patient Group
5:30 pm Thursday

- 4/9/20 - Monday Night Keep It Simple

United Community Services
6:30 p.m. Tuesday

- 4/7/20 - Sunday KISS

Website: Deb M. - The website had 1,236 hits in January and 317 file downloads. If you have flyers, send them directly to Deb electronically and that will ensure the resolution quality of the fliers. We have an updated meeting schedule on the website as well as the information sheet about volunteering at the service center.

White House Conference: Jasmine - original Al-Anon speaker from Arizona canceled on her. She is pursuing additional speakers out of town. If you know of a good speaker out of town, please reach out to her. She would also be interested in having the Alateens sell pop at this event. The theme for the conference is "A Vision for You." On Thursday there will be an ice cream social.

Birthday Celebration 2020: Jasmine - she will bring dessert signup sheets to the next district meeting so she can receive confirmation that we will have people bringing desserts. The volunteer signup and registration are on the website. If you want to volunteer for tasks at the event, there is a printed list on the back table of the volunteer descriptions. Tuesday Night White House volunteered to do desserts. She will be getting flyers to AA this month. If you sold any quilt tickets or need more, see Teri after the meeting. We will need all tickets and money turned in by the next district meeting. Please re-register for the birthday celebration by April 17th.

Unfinished Business

None

New Business

- If any groups want to sponsor Alateens going to the Birthday Celebration, you can do so for \$10. Please talk to your groups about that.

GR Sharing

- March 10th at 7:30pm, Bonnie J. will be speaking at the Tuesday Night White House meeting.

Next Meeting: Sunday, March April 5 at 2:00 p.m. at the [White House in Des Moines.](#)

Mindy concluded the meeting at 3:10 p.m. with the Al-Anon Declaration.

SUBMITTED FOR APPROVAL by Adrianna B on 3/8/20

District 7 Representative - March 2020 Report

WSO News

The WSO has revamped their LinkedIn Profile in order to take advantage of outreach opportunities that social media offers. In addition to optimizing the profile so that more professionals can locate the WSO, they also began posting new content more relevant to professionals. For more information check out the LinkedIn page: al-anon.org/linkedin.

Area News

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

I still have two calendars that need to be picked up for Ankeny Monday Night and Monday Night AFG. Please see me to pick those up.

The first Assembly of this term will be here before we know it, June 5-7 in Storm Lake. The registration deadline is May 20th and registration forms are on the back table.

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.

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

- February 4th - Tuesday Night White House
- February 7th - Frisky Friday
- February 20th - Thursday Night Step Study
- February 21st - Serenity Kids

D7 Board of Trustees Meeting Minutes

Present: Adrianna, Cyndi, Julie, Larry, Shelley

Adrianna opened the meeting at 5:23 with a moment of silence followed by the serenity prayer.

Secretary: Adrianna read the January meeting minutes; approved as read.

Treasurer: Cyndi read the report; the check register was approved. She has receipts and the statements needed to complete taxes. She will get with Linda M. to coordinate. She had some difficulty logging into the bank account as they had to transition from previous treasurer's email account to hers but she is now able to get in and will be paying literature invoices this week. She also made a deposit for literature sales.

Beginning balance:	\$3,491.24	Savings balance #1:	\$3,112.28
Receipts:	\$1,383.45	Savings balance #2:	\$5.00
Disbursements:	\$881.76	CD balance #1:	\$10,889.30
Ending balance:	\$3,992.93	CD balance #2:	\$3,310.97

Literature: Shelley - We had a loss for January because of the large literature purchase. We sold \$1,273.53 of literature and purchased \$1,978.23. Because of our plans to attend Aim for Ames as well as the upcoming events such as the Birthday Celebration, we made a large purchase to ensure we have adequate materials available for sale.

Site: Larry - The chair rail has been attached and is holding. The calendar in the meeting room is from 2019. Julie texted Sam to see if we had any extra area calendars and we do not. We decided that if the groups that meet in the conference room decide they want a calendar then they can purchase one. The printer has been repaired under maintenance and is working properly now. We were notified that the fire inspection was to be performed last Tuesday and we have not heard anything from the landlord so assuming we passed. Volume of copies for January was higher than normal but we aren't sure what contributed to the increase.

	Copies	Prints	Total
Black and white	1,223	595	1,818
Color	399	217	616
TOTAL	1,622	812	2,434

Volunteer: Adrianna - All volunteer positions were filled in January but we had two dates when weather prevented volunteers from working their shifts. Morgan will be updating the phone list for the answering service. Julie has provided her the list from last year for updating. Shelley recently updated the other materials in the binder so Adrianna will review and update the volunteer contacts list and the order form. Adrianna has updated the paper calendar and included a label at the top of each calendar page indicating people should call or text her if they sign up so she can update the online calendar. She has already received several calls. She is scheduled to train a new volunteer

on Saturday, 2/29/20.

District: Julie

- Next district meeting is on March 1, 2020 at 2:00pm.
- Serenity Saturday is March 7th at Wakonda Christian Church. Registration is \$10.00 online.
- Saturday Night Step Study Anniversary Potluck is April 4th, Val B. is the speaker.
- Alateen Serenity Weekend is the weekend of April 17-19.
- Al-Anon Birthday Celebration is April 25th.
- Meetings have the opportunity to sponsor Alateens going to the Birthday Celebration event for \$10. Shelley sponsored two.

Old Business: None

New Business:

- Non-profit statement - we receive the non-profit statement in the mail and once we receive it, we will go online to confirm our non-profit statement.
- Lease - due in April every 5 years. We have a new landlord so Adrianna will contact Benchmark to see if we should be expecting a new lease soon.
- Bonding - the bill for bonding typically comes in February and is due in May. Cyndi will discuss with Linda M.
- LinkedIn for Public Outreach - there is now a LinkedIn profile from WSO for public outreach. Shelley has already forwarded to Becky, chairperson of public outreach and she will also forward to the website chair, Deb.

Next meeting - March 26, 2020 at 5:15pm
Meeting adjourned at 5:58pm with the Lord's Prayer.
Submitted by Adrianna B. 2/23/20

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 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