

November 2019 District 7 Newsletter

District 7 AFG Des Moines and Central Iowa

Nov 27, 2019,
9:03 AM

November 2019

Where's the Billboard? Merle Hay Road across from Merle Hay Mall

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

Thanksgiving Meetings:

- 6 AM - Thanksgiving Meeting at Service Center
- 7 PM - Thursday Night Step Study Candlelight Gratitude Meeting

December

- 1 2020 D7 Birthday Celebration Meeting - White House, 12:45-1:45 pm
- 1 District Meeting - White House, 2:00 pm
- 7 [2019 Holiday Party](#) - White House 11:00 am - 1:00 pm
- 9 [Holiday Party](#) - [Central Presbyterian Church](#), 3829 Grand Ave, Des Moines, Party at 7:30 pm, Meeting to follow at 8:00

January 2020

- 11 [Area Service Workshop](#) - [Iowa Valley Community College](#), 3702 S. Center St., Marshalltown, Iowa, 11:30 am - 6:00 pm followed by optional dinner

District 7 Meeting Minutes - November 2, 2019

Welcome - Samantha opened the meeting at 1:00 pm with a moment of silence followed by the Serenity Prayer.

Introductions: Introductions of attendees were made.

Birthday recognitions: Beth - 14 years, Melissa - 16 years, Megan - 3 years, Morgan - 3 years

Elections: Brigid made a motion for a majority vote for elections, 2nd made. Motion amended to be a simple majority vote. Motion passed. Applicants introduced themselves.

Position	Applicants	Elected
District Representative	Samantha	Samantha
Alternate District Representative	Julie	Julie
Chairperson	Mindy	Mindy
Alternate Chairperson	Beth	Beth
Secretary	Adrianna	Adrianna
Alternate Secretary	Morgan	Morgan
Treasurer	Linda	Linda
Alternate Treasurer	Cyndi	Cyndi
Board of Trustee	Adrianna	Adrianna
Alateen Chairperson		
Answering Service Chairperson	Morgan	Morgan
Archivist	Bonnie, Beth	Bonnie
Forum Chairperson	Ashley	Ashley
Group Records Chairperson	Pam A	Pam A
Literature Chairperson	Megan	Megan
Newsletter Chairperson	Lindsey	Lindsey
Public Outreach Chairperson	Becky	Becky
Website Chairperson	Deb M	Deb M

Secretary's Report: Jessica B- Minutes from the October 6th meeting were read and corrected.

District Representative Report: Valerie B - Report was distributed and read. Next year's Area Serenity Weekend is September 18-20. If your group would like an event on the Area Calendar, get it to Val by the December District Meeting.

Please get your annual reports to Jessica by the December meeting.

District Treasurer Report: Janice S - Provided a budget comparison to budget for 2020. Janice spoke with chairpersons and generally rolled over the same amounts from the previous year.

Beginning Balance	\$12,166.51	Alateen Balance	\$2,704.01
Net Income	\$100.12	Prudent Reserve	\$4,000.00
Ending Balance	\$12,266.63	District Balance	\$5,562.62

D7AISC Treasurer Report: Deb S -

Beginning Checking Balance	\$1972.00	Savings Balance	\$3,116.89
Net Income	\$530.07	Petty Cash	\$106.50
Ending Checking Balance	\$2502.07	CD's	\$10,830.45 \$3,291.18

Board of Trustees Report: Teri - Report for October was shared and read. Please note the new literature price list is available. Alateen newcomer packets will be in a booklet format for \$1.75/packet. The November volunteer calendar is full, please sign up for December! Volunteer booklets will be created and accessible to all volunteers. Next meeting is November 21, 2019 at 5:15 p.m.

Alternate DR Report: Members Present: Mary S - 45 present/ 22 voting

Answering Service: Julie N - no report

Newsletter: Brigid E - newsletter cutoff is November 9th, to try to get it out quicker this month. Reminder, if anyone in your group would like to receive the newsletter, anyone can sign-up through the district website. We're getting a 30% click rate

Alateen: Sandi L - Made \$105.25 at the Thursday potluck, dropped off flyer to Lutheran Hospital Adolescent ward. Next meeting will be next year.

Literature: Hollie M - no report

Forum: Debbie H - New Forum is the "Spark of Light". The back photograph is from here in Iowa. Sign up to get the forum, it's \$11.

Group Records: Janine J - List provided of all District 7 meeting descriptions. The new meeting schedule is also available, with the updated legend.

Archives: Ashley C - next meeting will be November 19th, 5-7 p.m. at the service center.

Public Outreach: Bonnie - Report was distributed and read. Has anyone seen the Al-Anon billboard? On Merle Hay, across from Merle Hay Mall. Bonnie that the Powell Chemical Dependency Center will no longer be needing our services on a monthly basis. They are making changes to their family program.

Powell - Lutheran Hospital 6:30 pm Thursday 11/14/19 - Saturday Night Study Step 12/12/19 - Monday Night Parents	Mercy Franklin Family Group 6:00 pm Wednesday 11/13/19 - Courage to Change	Mercy Franklin Patient Group 5:30 pm Thursday 11/7/19 - Seasons of Hope
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Website: Jasmine - no report

Birthday Celebration 2020: Christy for Jasmine - April 25th, "Drop the Rock", at the Boy Scout Center. Cordy M and Bill from Des Moines, and Johanna. The next meeting is Dec 1st before the District Meeting at 1:15 p.m.

Unfinished Business

New Business

December 1st meeting Discussion - Motion by Lorraine to leave meeting as scheduled, 2nd by Val. Motion passes.

GR Sharing

- Tuesday Night Altoona - No Christmas Eve service, YES there will be a New Year's Eve service
- Tuesday Night White House - November 19th speaker is Tina V, 7:30 pm
- Monday Night Keep it Simple - 6:00 am meeting on Thanksgiving the service center
- Thursday Night Step Study - Thanksgiving night candlelight meeting, 7:00 pm
- Tuesday morning - November 19th, Birthday Celebration, 9:30 a.m.
- Thursday Fresh Start - No Thanksgiving meeting.

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

Samantha concluded the meeting at 2:42 PM with the Al-Anon Declaration.
SUBMITTED FOR APPROVAL by Jessica B 11/2/19

District 7 Representative - November 2019 Report

Valerie B

WSO News

The WSO announced that the 2018-2021 Al-Anon/Alateen Service Manual version 2 will be available online November 22, 2019. A printed version will ship January 31, 2020. Because of extensive revisions, change pages will not be made available.

The WSO's In the Loop newsletter featured an article on including a visit to the WSO in your travel plans, how and why literature changes, and a call for men to submit sharing for AI-Anon Faces Alcoholism. This month's topic for the member blog is your favorite non-daily CAL book and why.

Area News

October 11-13 was the Fall Assembly in Carroll, Iowa. A big thank you to those GRs who attended the assembly and participated in voted in officers for the 2020-2022 term.

Congratulations to those elected to serve on Panel 60:

Delegate: Katy P

Alternate Delegate: Missy Y

Chair: Virginia B

Secretary: Becky V

Treasurer: Linda A

Alateen: Lorraine R

Archives: Tracy V

Group Records: Tracy HG

Literature: Mary E

Public Outreach: Michelle K

Newsletter and Website: Will be appointed by the incoming Delegate.

There was a lot of discussion held about the 2019 Area Serenity Weekend. 52 people attended the event: 44 package A's, 2 package B's, and 7 package C's. This brought in a total of \$4990 in revenue. However, the contract signed with Twin Lakes Camp had a guaranteed minimum of \$7000. The area will cover the \$2110 difference. Attendance has declined over the years and reasons for the decline were discussed. It was also decided that next year's Area Serenity Weekend will be held on September 18-20, and we will share the camp with another group. This will lower the contract minimum to \$5000. There will also be a KBDM (Knowledge Based Decision Making) group forming next year to review the future structure of the Area Serenity Weekend. Comments may be sent to the Area Chair for consideration.

I included a copy of your groups Area contributions through 10/1/2019. Please review and let me know if you have any questions/corrections.

Luanne T is coordinating Area Calendars. GRs - Please let me know if you have any scheduled events for 2020 you would like listed in the Calendar by the December District meeting. Orders for calendars are due December 13, 2019. They are \$4.00 each. Recall that calendars will not be mailed to you. They will be available at the Area Service Workshop, and the incoming DR or designee will pick them up and distribute them.

The Area Service Workshop will be held January 11, 2020 in Marshalltown. This is a great opportunity for new GRs to learn about their new role, so please encourage them to attend. Registration is \$5, and if you register before the event, you will be eligible to enter a drawing to have your \$5 refunded.

District Happenings

I didn't receive any changes for the Officer and Chairperson responsibilities by October 25, so I assume not changes are necessary.

Holiday Party

Don't forget to join us December 7 at 11 AM for the District 7 Holiday Party at the White House! Bring a dish to share and a wrapped gift valued at \$10 or less.

End of Year Reports

Reminder: Officers/Coordinators - please submit your end of year report to Jessica prior to December District Meeting so that she may compile them into a report.

Group Happenings

GRs - please let Janine know of your new GR/Alt GR by the December District meeting if you haven't already.

Mark your calendars:

- December District Meeting - December 1
- District 7 Holiday Party - December 7
- January 1 - NEW TERM BEGINS
- January 11 - Area Service Workshop - Marshalltown, IA

D7 Board of Trustees Meeting Minutes - November 21, 2019

Jennifer opened the meeting at 5:17 with a moment of silence followed by the Serenity Prayer.

Present: Shelley, Jennifer, Larry, Deb, Melissa, Terri

Secretary - Shelley read the October minutes

Treasurer - Deb read the report, the check register was approved.

Beginning balance	1,972.00	Saving balance	3,111.89
Receipts	2,209.92	Saving balance	5.00
Disbursements	1,679.85	CD balance	10,830.45
Ending balance	2,502.07	CD balance	3,291.18

Literature - Melissa

-September literature net updated to 272.75

- We sold a lot of literature in October

Total Sales, Literature, S&H, etc	1,638.38
Total Purchases-Literature, S&H, etc	479.05
Net	1,169.33

Site - Larry

- Larry will get envelopes
- get rid of old ink, modem
- He will glue the chair rail back on, near the window

	copies	prints	total
B/W	2,011	878	2889
Color	215	736	951

Volunteer - Terri

- November filled, December is filling
- 2020 calendar available

District - Mary

No report

Old Business

- Inventory set for 12-28-19

New Business

- We have been invited to sell literature at Aim for Ames March 2020, we will discuss at January District meeting
- Jennifer will invite; Adrianna(BOT), Julie(Alt DR), Cyndi (ALT D7 Treasurer)

Next Meeting - December 19, 2019 5:15

Meeting adjourned at 5:50 pm with the AI-Anon Declaration

Submitted by Shelley P 11/22/19

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 - 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)
- [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

District 7 AI-Anon/Alateen of Des Moines and Central
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