




Iowa Reaches Out August, Sept., October 2009

"Iowa Reaches Out" is a within the Fellowship Newsletter. Please respect the anonymity of all whose names appear within.

Delegate Report

Hello Iowa Al-Anon/Alateen members, Is this weather really Iowa weather? Is RAGBRAI really over? Yes, to each of those questions. I love the weather we are having and will enjoy it to the last" no humidity day" and I miss riding on RAGBRAI, maybe next year. So many thoughts are going through my mind. Was there something I missed telling you about at the June Assembly, something I should restate? Well let's see. **TEAM** I thought I should restate what has replaced the old Regional Service Seminar - **TEAM** stands for **T**ogether **E**mpowering **A**l-Anon **M**embers. **TEAM** is the new service event that replaced the Regional Service Seminar. In order to be flexible and meet the needs of the members the WSO made the following changes: the regions are no longer limited to a three-year rotation; the host committees can choose Al-Anon topics that best suite their members needs; the event can be anywhere from six hours to a full weekend; it can be attached to another Area or region service event; it can be hosted by one Area, multiple Areas or a region. Committees Another item that may have skipped your attention is the change of the Committee structures. Since 2006, the Board of Trustees has been reviewing and revising selected (the word used to be standing) Committee structures to determine if each of the Committees is meeting the needs of the fellowship. As I reported at the June Assembly, some Committees have been disbanded on a trial basis, such as "Group Services" and the Committee I was on for "e-Cal" was disbanded after it's three year trial period as it never met it's expectations to engage members to their full potential using words and pictures to enlighten current Al-Anon members or captivate new members to Al-Anon. Also, now the Alateen Advisory Committee is traveling to three selected Areas within the separate regions on a rotating basis. Those Committees will be made up of Alateen members and Alateen sponsors in those Areas. *The Forum* Editorial Advisory Committee, the Public Outreach Committee, and the Literature Committee have five at-Large members each. Due to restructuring, these members can come from anywhere in the World Service Conference (WSC) structure. The Advisory and other selected Committees

are for a one-year time commitment and run from May to April each year. Resumes are sought by the Conference and applicants are notified in May or June as the Committees are formed. Another happening, as Committees were disbanded (on a trial basis or completely disbanded) was the formation of **Thought Forces** which could be appointed by the Board to study an issue or brainstorm ideas. Thought Forces would report to the Board and would be dissolved by the Chairperson of the Board (COB) once their specific task was completed. If the Thought Force ideas are workable, a **Task Force** could be appointed by the Board to develop a plan of action. The COB would dissolve the Task Force when its work is done. Please, if you have skills that can be of service to Al-Anon go to the "Unlimited Abundant Resources Skills Inventory" on the members website www.al-anon.alateen.org/members and fill out the skills survey. A resume will then be sent to you. Regional Trustee: All the DRs received an e-mail from Janine J., our Area Chairperson, reminding them of the deadline to present a candidate for our US North Central Regional Trustee position. A resume form was also included. The deadline for the resumes to be submitted is August 15th, 2009. Executive Committee For Real Property Management The nominating process is the same as for Trustees as large. Members serve one three term and may not be reelected. Again, August 15th, 2009 is the deadline. Janine J., our Area Chairperson, also included this resume. Area Serenity Weekend Sept. 25-27, 2009 Theme: Discovering Choices Yipee! We GET to go to C A M P! This year C A M P is at a NEW LOCATION Twin Lakes Christian Center, 7718 Twin Lakes Rd, Manson, IA.  REGISTRATION DEADLINE September 1, 2009. We can order T-shirts (short or long sleeved) sweatshirts and bags. Check your flyer! Please remember to bring your district "gift basket" to serenity weekend. I will bring a sample for all to view to the AWSC meeting on Aug. 9th. I'm excited to be with good friends, new friends, good food, TALENT (or NO TALENT) and have GREAT sleeping accommodations. See YOU!

Area Love Gifts We will need to be choosing the Iowa "Love Gifts". If you have ideas of what Iowa should send to the 2010 World Service Committee (WSC) for "Love Gifts", please let your DR know. We will want to present some ideas to the October Assembly to choose from. I love being your Iowa Delegate. Thank you for all your work making Iowa Al-Anon what it is, a loving heart with great hands – you carrying the Al-Anon/Alateen message of hope. Your servant, Lorraine R. IA AFG Delegate Panel 48

Alternate Delegates Report

I hope everyone is as charged up as I am for our upcoming Fall events of Recovery through Service, Fellowship, Friendship, and Fun in our Groups, Districts and Area. Check with your DRs or GRs, and refer to your Area Calendar so you don't miss out on a thing. As Assembly liaison, I want to remind you of the fast approaching **2009 Fall Assembly**. "On the Broad Highway", to be held at the West Des Moines Marriott, District 7, on October 9-11. Invited speakers are Judy K - Reno NV, Alateen - Alex P - Altoona, and Sunday Morning - Sandy B - Des Moines. Our Committee Co-chairs, Katy P and Kim H. are working on the final details. The **2010 Spring Assembly** will be held June 11-13, at Buena Vista University, Storm Lake, with the Theme "Keep Comin' Back". Co-chairs, Becky F and Dorothy K, are busy attending meetings with plans well underway. *Hot of the Press*- Zelda R, Lincoln NE, will be our Luncheon speaker and our Sunday morning speaker will be Linda Z, Spencer IA. Mark it on your calendars! The **2010 Fall Assembly** will be held October 8-10, at the Clarion Hotel & Conference Center, in Davenport, District 9. Forum Report: "Will *The Forum* grow-or fade away?" I hope you all took time to read the July personal sharing by Bob S, WSO Communications Director. He shared what *The Forum* means to him and his concern for its future. "...*The Forum* will fade away unless we, as a fellowship, decide that it is worth our support." Subscriptions and readership continue to decline.

Alternate Delegates Report

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Unless this changes, we are at risk of losing our *Forum*. Keep talking and sharing about what *The Forum* means to your personal recovery, encourage groups and members to subscribe, and use *The Forum* in your meetings and as a Public Outreach tool. The future of *The Forum* is in our hands. At the 2009 Spring Assembly the Fellowship Communication ACTION Committee room was filled with laughter, and creative excitement as members had fun completing “*The Forum* Can” project. There were cans created and decorated for every personality and style, from feathers and bright sequins to formal and basic. Members enjoyed the time together sharing and talking about their favorite sections and features of *The Forum*. When displayed, the Cans quickly disappeared as GR’s chose that special Can for their group to start collecting change (or bills) with hopes of generating more *Forum* subscriptions. Inside they found a list of possible subscription recipients. The GR’s smiled and promised to report back, to their DR or directly to me, the number of subscriptions generated and who received them. If your group did not receive a “*Forum* Can”, plan a decorating party of your own. Have fun with fellow members as you support your *Forum*. I am happy to see Iowa Area 18 was published again in the July issue with



pictures on page 4 and a personal sharing on pages 11-13.

Continue to support *The Forum* through your sharing submissions. I am excited about holding a *Forum* Writing Workshop during the Fellowship Communication Action Committee at the October Assembly. WOW, just received and opened my August issue of my *Forum*. Can’t wait to hear all the different ways you use the Instant Meeting topics, “Worry and Fear” and CAL Corner’s “In All Our Affairs”, as you chair your next meeting. And did the personal sharing, “My recollections of Al-Anon’s early days” get you excited to submit your own memories for our new 60th Anniversary history book? I can’t wait to read the rest of the features and articles so I can share the enjoyment and help I receive from *The Forum*. DID YOU KNOW...The idea for *The Forum* was not conceived by Lois W? The first “members” newsletter was called “*The Family Forum*”, started by Ruth G of San Francisco, CA in 1947. Ruth typed, illustrated, mimeographed, collated and mailed out this newsletter to AA groups for spouses of its members. After the Al-Anon Clearing House was founded, Lois and Anne B adapted the concept of Ruth’s newsletter for mailing to groups. A tribute to Ruth G appeared in the April 1954 issue, honoring her newsletter -“Truly a



labor of Love” and clearly a forerunner of all *The Forums* to follow. What idea is your passion today that could impact future Al-Anon generations? Help spread the word and share your enjoyment of *The Forum*. See you all at Serenity Weekend September 25-27th! Thankful for Service, Maddie P., Alternate Delegate

Area Chairman Report
Hello everyone! Can you believe the summer is nearly over? Hope you have all had a fun and safe summer. We had a great Assembly in June, and it promises to be just as good in October, in Des Moines. Hope you are all planning to attend. Hopefully, you have all received the information regarding the Regional Trustee position that is open. We will be voting on that position at our AWSC meeting on August 9. Hope you are all planning to attend the Serenity Weekend in September. I am excited to see the new camp in Manson. If you're not coming, we'll miss you, but will see you in Des Moines in October! In grateful service, Janine J Area Chairman

Area Secretary

Greetings fellow Iowa Al-Anons! It is hard to believe our term is half over, where does the time go? It has been very exciting and full of more learning experiences. I would like to remind all of the DR's that the names of the Group Representatives need to be to the Group Records Coordinator, currently Lori R., 1 month prior to the Assembly so this information can be forwarded to be the Secretary, currently me, so they are in the Area Directory for voting purposes. It is important if they are sent by their group as the Group Representative they are able to make their groups voice count if there is something to vote on. I look forward to seeing many of you at Serenity Weekend at a new location; you won't want to miss it! Learning in Service, Dilly P.

Treasurer's Report

Hi everyone, I hope this finds you enjoying the great summer weather we have had lately. Sure beats those 90-degree days with the humidity just as high! I have already gotten several registration forms for our Serenity Weekend in September. Remind your groups that the deadline for registration is September 1. You may also remember that people or groups who are donating baskets for our fundraiser that weekend are to let me know what is the theme of their basket. This is so we can keep track of what we have being donated. They can send me an email. I also want to remind you that making donations at Assemblies is really easy. You just need to hand me your checks and avoid the expense of a stamp. I look forward to

seeing you all in October if not at the Serenity Weekend! With much gratitude, Bonnie J. / Area Treasurer

Alateen Report

Alateen Report August 2009

The Alateen Committee will meet at 8AM Sunday August 9 before the AWSC Meeting. We will look over the Alateen Guidelines for better clarification. The Committee will also take a look at our AMIAS forms for possible improvement. The last issue of Alateen Talk has three sharings from our Young Person's Alateen group in Sioux City. Alex P from Altoona will be our Alateen Speaker at the Assembly in Des Moines in October. I am still in the process of contacting the Alateen speaker for the June Assembly. I will have that information for everyone at AWSC. **Reminder: Alateen Sponsors Workshop** - AMIAS and Everyone Sat. Oct. 11, 2009 @ 9 AM Marriott West Des Moines Sponsor Sharing after the Business Meeting Together we can make it!

Brenda C. Alateen Coordinator

Archives

Hi, Everyone from Monticello, Iowa. All is wonderful. Life has been Great and No major Health issues. I have finished the new Alateen group front sheet for their group history for our group history notebook. On 8-3-09 I will be starting the new Al-Anon group front sheets from 2008-2009. I am still working on finding the start date for Monday Night Ankeny AFG with Group ID#4540. I am working on 2 more districts Notebooks which I hope to have done by August 9. I am still willing to help groups and districts to come up with their history. Please let me know what I can do to help you. Remember my sentences for this year is Archives= Anyone Reading CAL Have Interesting Varying Experience stories. I am working on a special Notebook for something that happened early this year in Iowa. Do you know what it was and where it was? Love and Peace in Service Geri

Group Records

Hello everyone; Things have been busy for me in the Group Records Department! I have made all of the changes that I received from the Bi-Annual Print-Out sheets. There were not near as many as there was the year before! I am grateful to our wonderful DR's for keeping in contact with me! I re-did our Database and put it into an 'Excel' format. It just seems to be easier to enter things in this format. I am also just finishing our new 'Directory', which I will email to all AWSC members by the weekend of the AWSC meeting (Aug. 9).

Group Records Report Cont.

I know that at the last Assembly there were a few mistakes on the roster with the Group Representatives names on it. Some of them were my mistakes and some were not. I do want to remind all of our District Representatives (DR) that changes in your Group Representatives (GR) & Alternate Group Representatives are supposed to be to me 30 days before the Assembly. I, then need to have the list of these people to our Area Secretary (Dilly) two weeks before the actual Assembly. I have been a little lax in this and have allowed some of you to make these changes later than the 30 days. We do need to remember there is a reason why we made these guidelines. I am going to make sure that I respond to the emails I get from the District Representatives, by reiterating to the DR that I received their Group Representative information. That way we will both know what the correct information is. Let's try to have this work for the next Assembly. We do not want any GR's attending the Assembly and not being able to vote. That can happen if I do not have the correct information in my records. I know that we can work together and get this all in order. Thank you all for the work you do to make my job easier. It is all appreciated!
In Appreciation of Service, Lori R.
Group Records Coord.

Literature

I suggest each of you read and review the pamphlet Why Conference Approved Literature? (P-35). This pamphlet can be used as a topic for a meeting. The WSO supplies one copy of the Al-Anon/Alateen Service Manual without charge to each registered group, to serve as a source of reference. It should be passed along to each succeeding secretary, who will act as its temporary custodian. Every Al-Anon and Alateen member is encouraged to own and study this Manual. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions and how it helps us to resolve group problems and maintain unity. Additional copies can be ordered from the WSO or from your Literature Distribution Center. The 2006-2009 Al-Anon/Alateen Manual is downloadable in pdf format. Read and study your Service Manual – you will find answers to most if not all of questions you have about Al-Anon and service. Al-Anon has a wealth of CAL that meets almost every group and individual need. Take a look at a few that I have found interesting in the past few months: Al-Anon is for Men (P-2), Al-Anon Sharing's from Adult Children (P-47) and Why Anonymity in Al-Anon (P-33).

Lila D..Literature Coordinator

Newsletter

Hello everyone! I was so pleased to see all the reports that arrived before schedule and those that sent notes later, thank you too! I like to see the newsletter full of information and YOU are the link that makes this happen. I will be giving you the number of newsletters I send out at the Oct. assembly. With the updated information I received from Lori, we have our fingers crossed to have no returns. I would like to remind you to fill out the forms for Serenity weekend (deadline for registration is Sept. 1) and then go right to the Fall Assembly flyer and fill it out too. Both events will give everyone experiences to remember. Thanks again to everyone for making this position so much fun. Enjoying service, Becky V., Newsletter Coordinator.

Public Outreach

Hello Everyone. Summer is flying by and soon we will all be together for the fall assembly but there is still time to reach out to the public about Al-Anon. I participated in a Public Outreach conference call while on vacation on June 10. One of the best ideas I got was approaching your local chamber of commerce and asking if you can include a meeting list with the information the chamber hands out to visitors to your community. Other ideas included putting a forum or other literature in pockets of airline seat, "post in the potty"-leaving information in public restrooms, and designing a form for each group to turn back in to district and area levels to tell what each group is doing for public outreach. They also mentioned putting information about the pod cast on your meeting cards (put on the pod cast web address www.al-anonfamilygroups.org on cards and let them know that pod cast are available to get a feel for what a meeting is like). Speaking of pod cast, at the AWSC in August you received a press release regarding a new pod cast in which Dear Abby recommends Al-Anon as a safe place for families of problem drinkers. Check out this pod cast and hopefully you will deliver the press release to your local paper, especially if it carries Dear Abby column. Let me know if you send this out and if you see it in your paper. Thanks for all Your help, Jean L. Area Public Outreach Coordinator.

Web Page

Although it has been a very busy summer for me personally, there has not been a lot of action on the Iowa Area website. The Districts are giving Lori R., group records coordinator, and I group changes regularly, dates of upcoming events have been entered and flyers have been posted. Sounds rather blah doesn't it?

Well, believe it or not, *it is not boring but really rather nice*. It means the links of service are working just as they are suppose to with the flow of information passing from hand to hand. Good job Iowa! It is my hope to have the web page committee come together at the AWSC meeting. We may review the guidelines and plan out possible new designs or decide if new or improved information needs to be posted. Basically we will discuss what the web page needs for the future. As always, if you have ideas or suggestions, please let your DR or me know about it. Keep checking the site, review your district cards/meeting locations or use it to find meetings as you take family vacations this summer and fall. After all, it is always fun to have out of town visitors at our meeting! Remember, Service Heals too!
Connie H., Web Page Coordinator

DISTRICT ONE

Greetings from District 1. We had a very successful Serenity Day on June 20 at Stone Park. Our topics were based on Discovering Choices. Our visitors from Holstein presented a lovely program and our Alateens put on an amusing skit along with the usual Sioux City groups. It was a very inspiring day and we all went home with enough serenity to keep us sane for a few days, at least. Thanks to Teresa & Gladys for chairing. We held our district meeting on Sunday, July 26. We had a large number of people attending. We are currently working on our Autumn Awareness, Quilt Raffle, and basket for Serenity Weekend. We missed the deadline for Al-Anon Faces Alcoholism so we will not have any for this fall; but rest assured that we will order next spring. Autumn Awareness is scheduled for Saturday, Sept 12, at St. Mark Lutheran Church in Morningside. Ticket deadline is Sept. 4 and the cost is \$11 for adults and \$9 for Alateens. Our speakers are from Sioux Falls. It sounds like it will be lots of fun. This is also the time for our Pie Extravaganza and we will also be giving the beautiful Al-Anon quilt to the raffle winner. The committee is also diligently working on the basket for Serenity Weekend. The various groups are giving donations to help purchase the goodies for the basket. Five members traveled to Holstein on July 12 for a delicious and fun potluck. We each spoke for a few minutes about how we came to Al-Anon and what it has done for us. Thanks to the Holstein group for a wonderful Sunday evening. Our next district meeting will be held Sunday, Sept. 20 at the Alano Club in Leeds. We are asking that the GR's, officers & chair people bring a job description to that meeting and we will then get together and create copies so that

DISTRICT ONE CONT

we will have them available as guides for those who may want to stand for a position in our district next fall. The AIC is in need of help to work in the office and answer phone. We are still doing a booming business sending out book orders. We would like to thank all of you who order from us. We have a speaker representing Al-Anon at the AA Labor Day Picnic on Labor Day. I almost forgot THE FORUM CAN. We have at least 7 groups who have already raised enough \$ for a subscription. In fact, one group had enough for two. As soon as I find out how they used the subscription, I will notify Maddie. I am so proud of the people in district 1. Looking forward to seeing you in Oct. at Assembly. (I have already seen you at AWSC). In love & Service, Judy S., DR #1 (District, that is.)

DISTRICT TWO

Greetings from District 2, Our last District Meeting was June 24. I have been traveling. I received word from WSO and Lori R that a new group had registered in District 2. I have been in contact with them several times via email and I took a road trip to Humboldt with friends to visit their Wednesday night 7:30 meeting at the Humboldt Library. The Humboldt Group is registered and is receiving their free Forum. I also heard that Algona had started a meeting on Tuesday nights at 5:30 p.m. at the Finn House. I took another road trip with friends. They are struggling with attendance and have decided not to register at this time. I will continue my contact with them. Both were great meetings with many in attendance when we visited! I have also traveled to Spirit Lake on Sunday night for a new 7:00 p.m. meeting at the Discovery House. I believe this to be a great opportunity for our area as there are no Al-Anon groups on Sunday nights! After much success last year, our District is planning a fundraiser for 'scholarship' money for first time attendees and returning attendees! It will be held in conjunction with an Open AA meeting on July 31 with an AA and Al-Anon speaker (Jerry E and Sandy E from Ames). Maid rites will be served, a silent auction of homemade goodies, and ending with an ice cream social. Come join us! We have ordered our supply of Al-Anon Faces Alcoholism 2010. We are trying something new; our next District Meeting will be August 30 in Algona at 2:00 p.m. Grateful for Service,
Virginia B.

DISTRICT THREE

Hello from District 3! Our last district meeting was 7/19/09. We want to let Bonnie know our district will be making a basket for Serenity Weekend and it will have the theme of "Life is a Beach". We will be putting this together at our next district meeting on 9/13/09. Attendance at the district meetings is low and we are working on ways to encourage all to attend. We did not have a report from the May Serenity Weekend committee, but many thanks to the speakers and all who attended a fun filled weekend. Thanks to Geri that presented a workshop and our history notebook! Alateen is still going on in Ames with up to 3 attending the meetings. We hope to get more groups started in our district. Mason City is having an increase in members, with many of the newcomers surprised by Al-Anon literature. Everyone is learning how to "Let go & Let God". Yours in service,
Deb B. Alt. DR

DISTRICT FOUR

District IV is plugging along. We did not meet in July as a district per group consensus. I haven't heard any news good or bad from any of the groups in District IV. We are still present at the two treatment facilities in the Cedar Valley. One on a weekly basis and another on a monthly basis. There are several groups in the district who have volunteered to be part of this activity and our outreach coordinator puts together a schedule for these groups. This has been going on for several years and seems to work well. It's a wonderful way to educate others, promote your group, and Al-Anon as a whole. We distribute old Forums, newcomer packets, and meeting listings at these events and tell what Al-Anon has done for us along with a brief personal background. Plans are underway for the annual "Be Good to Yourself Weekend" in Cedar Falls, IA on November 6-8, 2009. We'll have a flyer soon for this event. Our next district meeting is scheduled for September 19, 2009, 9:30 am, Cedar Falls public library. Yours in service,
Kathie W.
DR District IV

KEEP READING>>>THERE ARE MORE REPORTS AHEAD!!!!

DISTRICT FIVE

I am currently attempting to verify active meetings in our district. I am still awaiting calls back from the Decorah and Ossian contacts I've been given. I did receive a call back, which confirmed that the Monona meetings ended a couple of years ago. There may be a meeting in Ossian, but I'm trying to verify that it's consistent from week to week. Other than that, our only news is that the Oelwein meeting changed this past month from Mon to Wed nights, same time and place, 7pm at the Alano Club. We dearly need to do public outreach if we hope to attract newcomers. This is our goal for the year.
Kathy C., District 5, DR.

DISTRICT SIX

District 6 just had a conflict resolution workshop put on by Maddie and Lorraine. I 100% recommend this to EVERYONE!! They did a wonderful job and it was for informative. We also are trying to have some type of function every month, so for July we had a family picnic. There were about 15 people who attended and said they had a good time. The suggestion was made for a hayrack ride, so they are checking into that now. August was our workshop, again great job to Maddie and Lorraine. September we are having Sundaes on Saturday, a speaker meeting and ice cream to follow. Good for everyone. We had a great time in Clear Lake, and have a group going to Des Moines. I will not be attending this conference as I have a family engagement, but I am sure they will bring me back all the information. And of course, Serenity weekend is coming up, and we are working on getting a carload to go. Looking forward to the new place as this will be my first area weekend.
Yours in Service, Avita M., District 6 DR

DISTRICT SEVEN

We have not had a district meeting since before the June Assembly. I have tried to keep the GRs informed by email about: Trustee positions, Al-Anon meetings during Ragbrai, the new book "Tracing Our Growth" and purchasing the 2010 Al-Anon Faces Alcoholism. Thank God for email. As a district, we purchased 600 Al-Anon Faces Alcoholism 2010 and 25 in Spanish. We added a link to our district's Web site for WSO's Abundant Resources survey and a page for the Fall Assembly in District 7. Katy and Kim have been busy rallying volunteers for the fall assembly.

DISTRICT SEVEN CONT.

The Knoxville meeting on Wednesdays has registered. As of this writing, I have 3 out of 42 meetings left to visit. Two *potential* meetings to start; Hearing Impaired and Spanish speaking. Our next district meeting will be August 2nd at 2:00 at the White House in Des Moines. "Presuming Good Will" in most situations, Shelley P., District Seven DR.

DISTRICT EIGHT

Summer Greetings from District 8! By the time this newsletter reaches all of you we will have been to our last AWSC meeting for 2009, Whoa the time is moving fast. We have our Annual Craft and Bake Sale planned and there is a flier in each of the District Rep. packages that we got at the AWSC. The date will be NOVEMBER 18th, 2009 with our own Iowa Delegate Lorraine R. and her husband John as our speakers. We will have a meal, Bake sale and Silent Auction. The doors will open at 5:00 and the last speaker will be done by 8:45. District 8 has started a new institutions group including AL-ANON and ALATEEN we are very excited to be of service in these areas. In Service, JOANN H., DISTRICT 8, DR

DISTRICT NINE

District 9 is busy getting ready for lots of activities in September and October! We traveled to Dewitt for our regular district meeting in July, which was a nice change. Most of our meetings are in Davenport since that is where most of the Al-Anon groups are located. After I attend the AWSC meeting in Marshalltown next weekend, our next get together will be for the Area 18 Serenity Weekend. We have 5 people that are going for sure and possibly more. Diane has purchased our raffle basket and we are filling it with all sorts of "JOY". November 7-8 is our Fall Women's Spiritual Experience Weekend at St. Mary's Monastery in Rock Island, IL. With Diane and Shirley as leaders and on Nov. 14th, Anita has planned a great Serenity Saturday with a speaker, videos, meeting, a raffle, food and fun. I have been in contact with the AA DCM about the up coming 2010 Fall Assembly in Davenport and Shirley and Jaki have graciously agreed to be the co-chairs for Al-Anon. They have their first meeting next week. Last but not least, probably the most exciting news.....District 9 will be having an Alateen group starting just as soon as they get all their paperwork completed. Kathy, Amy and Daisy will be our Alateen sponsors. Grateful in Service, Syd, District 9, DR

DISTRICT TEN

District 10 is small and sometimes I wonder if it is worth all the time. But then I find out a new meeting is trying to open in Brighton, the far southwest corner of our district. I would love that for the people of Brighton and hope there is a GR who participates in the district. The Burlington hasn't gotten a GR yet, and we have thought of some ways to "attract" rather than "promote" a GR. (thank you Lila for your participation). Burlington does have a vibrant, & growing, creative group with good Al-Anon meetings. Mt. Pleasant is having consistent membership growing with good fellowship after meetings at different members' houses. Rhagbrai riders stayed over night in Mt. Pleasant one night and the Al-Anon group had a special meeting directly across from where they were camping, the group did a good job at getting the word out. I am anxious to here the outcome, the GR for that group became a new grandpa last weekend and is a little preoccupied, (good for you Dwayne). Washington group has had some newcomers thanks to the Al-Anon faces Alcoholism booklet. Thank you Sue for your public outreach. That group is still open to changing locations to accommodate handicap accessibility. Nothing affordable yet. The district purchased 50 extra Al-Anon faces Alcoholism booklets to circulate the district and to help 2 groups that are small and financially strapped. Our next district meeting is Aug. 12th. at Hy-Vee in Mt. Pleasant at 2:00 pm to 4:00 anyone wants to come, we would love to have you and here your story of service. I am praying for the knowledge of God's will for our district and the power to carry that out and secretly giving God ideas like more participation, He He. I make myself laugh sometimes. Love, Sheila H., District 10, DR

DISTRICT ELEVEN

Where has the summer gone! I'm especially wondering because on July 16, I fell and broke my right ankle. Then I had a surgery, 7/17, which placed a plate and seven screws into my ankle. I'm hoping I'll be back to "normal" by the end of September. We had a district meeting July 19. Amy H. the Alt. D.R. conducted the meeting. Groups sold raffle tickets for the Serenity Weekend. We collected enough money to draw 1 full scholarship and 3 partial scholarships. Members can't wait to check out the "new" site. We are preparing for our Fall Speaker Supper, September 19. Debbie G. from Al-Anon of Des Moines & Mark R. of AA from Dubuque are the speakers. Come join the fun. Yours in service, Donna P., District 11, DR.

DISTRICT TWELVE

District 12 is happy to welcome a new Group Rep from the noon Fairfield meeting. His name is Matthew B and is happy to represent that group as a GR. We thank Marj D for doing a great job and being so faithful in that position! Other news is that the Pella meeting is currently not meeting and will try again in the fall. Oskaloosa is still meeting on Tuesday and Friday, but attendance is low this summer. A big thanks too to all those faithful to their positions in the Area work. It's good to be part of something bigger than we know.

Carol M., District 12, DR

DISTRICT THIRTEEN

It is summer, Iowa City and surrounding areas are quiet. There have been no new activities or events to report on. Our District Meeting is August 1 and we will begin planning our Fall Workshop. Our institutional meeting at MECCA has increased from two meetings a month to weekly meetings. We have a new MECCA Coordinator, Scott W.

In Service

Mary R., District 13, DR

DISTRICT FOURTEEN

City Editors of Storm Lake Pilot Tribune, Storm Lake Times, Democrat Record, Pocahontas The Advocate, Rockwell City, The Bulletin Press, Sioux Rapids, and The Lauren's Sun received PSAs, asking that they print them with a thank you for their support. The last D14 meeting was held June 27th at my home in Newell, with 1 GR present. We discussed canceling the reserved meeting room in Rockwell City and decided to keep it. We talked about Spring Conference, Serenity Weekend and 2010 Spring Conference. I asked groups, most by mail, to make up a basket for auction and to make "love gifts" for Spring & Fall Conferences. I reported that Ft. Dodge groups had fundraisers to earn money for district 14 expenses. Thank you Ft. Dodge. I urged all groups to have a fundraiser for the district, thereby lessening the burden of expenses out over many. All groups received flyers to copy of the Fall Conference & Serenity Weekend and the (hopefully) complete district meeting fliers. Each of you should have one from your packets. The meeting was closed with "Let it begin with me."

Yours in Service,

Dorothy K., District 14, DR.

DISTRICT FIFTEEN

No Report

**Did you notice? Every district with a DR has a report in the newsletter!!
Way to go DR's**



Dates to Remember!

September 25-27	Area Serenity Weekend, Manson
October 9-11	Fall Assembly, Des Moines
November 1	Iowa Reaches Out deadline
January, 9-10, 2010	Area Service Workshop/AWSC, Marshalltown, IA
February 1, 2010	Iowa Reaches Out Deadline
March 21, 2010	AWSC Meeting, Marshalltown
May 1, 2010	Iowa Reaches Out Deadline
June 11-13, 2010	Area Spring Assembly, Storm Lake, IA
August 1, 2010	Iowa Reaches Out Deadline
August 8, 2010	AWSC meeting, Marshalltown
September, 2010	Area Serenity Weekend
October 8-10, 2010	Fall Assembly, Davenport (election Assembly)
November 1, 2010	Iowa Reaches Out deadline

