

C.R. SOBER TIMES

Archive Nugget's

Landmarks In A.A. History

1939, April

The book Alcoholics Anonymous published

1951, April

First General Service Conference meets, beginning a five year experimental period, linking A.A.'s Trustees with the entire Fellowship

1973, April

Distribution of the book Alcoholic Anonymous reaches the 1,000,000 mark

Alcoholics Anonymous Comes of Age © 1957 by Alcoholics Anonymous Publishing Inc. (now known as A.A.W.S., Inc.) Pages viii, ix & xi



Don't miss your chance to get your Groups Event in the D8 Newsletter!

Submit your event 90 days in advance.

Email the editor at:
newsletter@aa-cedarrapids.org



For the Newcomer

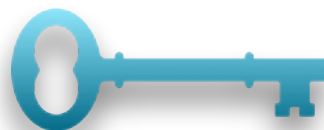
Willingness Is the Key

No matter how much one is willing to try, exactly how can he turn his own will and his life over to the care of whatever God he thinks there is?

A beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.

Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

As Bill Sees It (Page 122) Copyright © 1967 A.A.W.S., Inc.



Spring Event !!!

CROSSROADS
29th Anniversary
Celebration

April 3rd, 2022

Dinner @ 6 pm
Speaker @ 7 pm

Speaker: Greg C.
from Iowa City, IA

In person at:

St. Mary's Catholic Church



St. Mary's Catholic Church
402 Ash Ave in Urbana, IA

***The church is handicap
 accessible**



**This is an open meeting of
 Alcoholics Anonymous**



There were a couple of bumps in the road of losing two jobs in 2010 & 2012. Then there was a medical emergency in 2013 and I had no insurance coverage. Life was happening. I was on God's schedule but I didn't always see it that way.

Also going on at the same time as my life events were that the meetings in Vinton were folding up. I knew of three meetings in this small town and now there were none. So, a woman in AA that lived in the community and I decided we should start a meeting. If we were going to have a meeting, I thought the meeting should have district representation, so I started going back to District 8 business meetings to be the link between the group and AA around the world.

I attended the district business meetings and was the "contact person" for this new group. At the beginning of the new rotation the Alternate DCM resigned due to illness. Elections were held the next month and someone asked if I would be willing to stand. This surprised me but I didn't have a good reason not to stand so I accepted. As fate would have it that night, no one else stood for the position. So, I became the Alternate DCM fifteen years after I had to resign the same position with about the same amount of time left to serve in the position. I'm amazed at how in God's time, all things come to pass as they should. I completed my second commitment as Alternate DCM then was elected as DCM of District 8, Area 24. At the next rotation, I was nominated to stand as Area 24 Public Information (PI) chair. I stood and was elected. At the next rotation, I was again nominated for a position within Area 24. This time it was CPC, Cooperation with the Professional Community.

I'm honored and privileged to serve Area 24 in this capacity today.

Installment 4. Service Talk, Bill H. AKA Big Book Bill
Crossroads Meeting Contributor

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C.R. Sober Times

An A.A. Group Shares...

Cedar Rapids Foxhall Group History

The Cedar Rapids Foxhall Group was founded in the spring of 2000 by Joe H., Joe P., Dana G., Kirk H., Brad D., Tom T., Dave H., Sybil S., and Chris J. The group first met at the Peoples Church Unitarian Universalist, located at 6th Street and 3rd Avenue SE, Cedar Rapids, IA. Original members share that the wall decorations in the meeting room were oddly noticeable! The group now meets at the Unity Center of Cedar Rapids, located at located at 3791 Blairs Ferry Rd NE, Cedar Rapids, IA 52402. The main reason for the move was to have Air Conditioning in the room during the summer months. The Group format was taken from the Foxhall Group in Bellevue, NE.

The Foxhall Group is an open meeting. Therefore, only alcoholics participate in our meeting, but all are welcome to attend. All attendees can expect to be greeted at the door and welcomed. We always have coffee, tea and hot chocolate!! Some attendees like the format, as they can just relax and enjoy the speakers! Our format is a few readings, announcements, a 10-minute speaker, followed by a 30-minute speaker every Wednesday at 7:00pm.

Our Group is registered with the General Service office and has been since six months after we were founded. We have always had an active, participating GSR and hold regular monthly business meetings. Our current GSR is Jeff B. Currently we also have one homegroup member involved at the Area level, but the group has had several members participate at the Area over the years.

During the Covid lockdowns, we quickly switched out format to zoom only. In July of 2021, we started meeting back in person, while continuing zoom. Therefore, we have a hybrid format now. The first few hybrid meetings were very clunky and frustrating. We have since come up with appropriate equipment and procedures that have the zoom portion running smooth. We felt that we would still be able to reach the still suffering alcoholic by continuing with a hybrid format. Our meeting attendance is typically between 20-30 people each week. Usually there are about 10 on zoom and 15 or so in person.

Continues on Page 4



Iowa District 8 serves:

Anamosa
Cedar Rapids
Center Point
Central City
Coggon
Garrison
Grinnell
Hale
Keystone
Lisbon
Marion
Monticello
Mount Vernon
Tama
Urbana
Vinton
Walford



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MEETINGS AT:**

aa-cedarrapids.org



C.R. Sober Times

An A.A. Group Shares...

Cedar Rapids Foxhall Group History

Our group usually has an annual anniversary in the month of June on a Saturday evening. This event has a dinner, a funny skit, and then an hour long out of town speaker. We also do an annual weekend campout called "Foxhall in the Forest" in the fall every year at Pinicon Ridge Park (Group Campsite) in Central City. This has been a weekend of fun, including tubing on the river, hiking, camping. This event has been known to have a campfire large enough to be seen at the International Space Station. All joking aside, it has been a great fellowship event. Last year, we combined both the Anniversary and Foxhall in the Forest and plan to do the same this year!!

Our group believes strongly in sponsorship, service work and practicing the traditions. Some of our homegroup members wear a tie, some don't. Dressing up is definitely not a requirement to attend or speak at our group. We do our best to create an environment that give the newcomer a safe place to come and have access to recovery. We are grateful for the opportunity to share our story with the District and would love to have you attend our group any time. Love and Service,

Foxhall Group

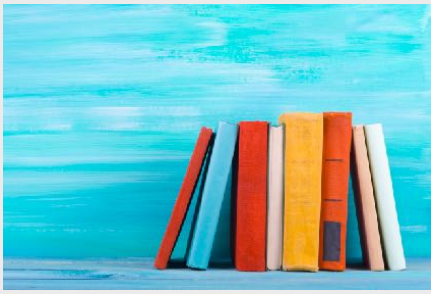


**Cedar Rapids Foxhall Group
Hybrid Meeting Format**

**Zoom ID: 364-806-670
(No password required)**

Wednesdays at 7:00pm

**Unity Center
3791 Blairs Ferry Rd NE
Cedar Rapids, IA 52402
(Masks are required in person)**



Grapevine Interview: Two Class A trustees share some thoughts on CPC service

JUDGE CHRISTINE CARPENTER

is an attorney and a retired circuit court judge in Columbia, Missouri, as well as a Class A (nonalcoholic) trustee on AA's General Service Board.

Her friend and fellow Class A trustee **NANCY MCCARTHY**, 125 miles away in St. Louis, worked in various positions with the Missouri Department of Corrections, Division of Probation and Parole for 35 years, assisting with numerous drug and alcohol programs.

As a public face of AA, these two Class A trustees often work with AA's Cooperation with the Professional Community (CPC) committees, which provide information on AA to professionals (medical, legal, corrections, therapeutic) who may encounter still suffering alcoholics during the course of their work.



*Pamphlet
[Click Here](#)

*Workbook
[Click Here](#)

C.R. SOBER TIMES PRESENTS:

THE READING ROOM



Grapevine Interview - "Operation-Cooperation"

GRAPEVINE: How did you first come in contact with AA and CPC?

MCCARTHY: I worked as a probation and parole officer, and part of that was supervising individuals who may have had substance abuse issues. I didn't really understand all that much about AA. I'd do what any probation officer did—I'd send clients to meetings and check that they had a signed meeting card, but that was about it. But then my brother got sober and I watched him make changes in his life and begin to give back to AA. That's when I started to focus on what AA is, what the value of it is and how I could use it to get my clients into true sobriety.

CARPENTER: When I started working as a drug court judge in 1999, we were very strict about making sure people went to AA, and got their slips signed. We'd call people and follow up and say, "Was this guy really there?" We'd ask the client, "What Step are you working on? Who is your sponsor?" We were completely off track—we had no idea of the spiritual principles of AA. And we were breaking their anonymity, since this was done in a courtroom full of people. We just kind of blundered through it.

MCCARTHY: We invited local AA members to come in and provide training for probation and parole staff. These were members of the CPC committee from Area 38. They'd review what the Steps are, what kind of meetings there are, what to look for when someone is really working the Steps, and in doing so they would also tell their story. And that training got the highest reviews from our staff because they really felt the connection and they had an emotional response to it in terms of understanding the value that AA can have for an individual.

CARPENTER: It's funny, I'm 125 miles away from Nancy and we didn't have that kind of interaction with CPC or AA. In fact, I first became aware of Helpful tools: Find the **pamphlet* "How A.A. Members Cooperate With Professionals," the CPC **Workbook* and more at aa.org (then click on A.A. Literature).

CPC only when I became a trustee. Maybe we weren't looking in the right places for it. We also didn't have anyone on our team who was really very familiar with AA.

GRAPEVINE: In 2019, as Class A trustees, the two of you took a trip through Montana to support a series of CPC events. Sounds like a great adventure.

Grapevine Interview Continues on Page 5



Grapevine Interview "Operation - Cooperation"

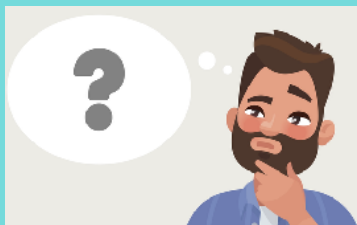
Follow Grapevine and La Viña on
Instagram!

The 2021 General Service
Conference action, AA Grapevine,
Inc. launched Instagram accounts
on July 7 2021 for both the AA
Grapevine and La Viña magazines.

To learn more please visit:

aagrapevine.org/follow-grapevine

What is CPC?



Cooperation with the
Professional Community
[Click Here](#)



MCCARTHY (laughs): We started out at a Cardinals baseball game in St. Louis and then flew to Montana. We drove all over the state—it's a big state! We met hundreds of people in different churches and university campuses and on a Native American reservation.

CARPENTER: We spoke with the CPC committees from a number of areas and they planned who the audience would be and when it would be scheduled. Ten events in nine days, attended by medical personnel, some faith-based people, judges, lawyers, probation officers. If we were near a college campus, students in social work, law school, medical school.

GRAPEVINE: Of course, these days you'd probably be doing it virtually!

MCCARTHY: I think something CPC committees are doing very well now is getting comfortable meeting on-line. There's been an influx of virtual CPC committee meetings. You don't have to pay to travel or rent a hall. I attended a virtual CPC meeting a few weeks ago in British Columbia. Twenty-five professionals were on the call. It's a wonderful way to reach out to people.

GRAPEVINE: Any thoughts about how to make CPC work as effective as possible?

MCCARTHY: I think what we can look at is thinking outside the box. Who are those organizations and entities that can help us? Contact mental health centers, probation and parole, community colleges, any entity that you can think of that would interact or intersect with someone who is abusing alcohol. The professional community doesn't know what they don't know until we tell them.

CARPENTER: One thing I've learned is that the "attraction vs promotion" concept can sometimes get in the way. CPC people need to understand that they are trying to make a connection with professionals, not to Twelfth Step them. You're talking to people in faith communities, health-care workers, pharmacists, judges, probation officers who are in contact with the people who might be potential Fellowship members. It's not like you're chasing down someone. You're trying to be educational.

MCCARTHY: I was at a CPC event once and I had a member say to me that they had to talk to their service sponsor to ensure they were not promoting AA. If you're sitting behind a table and you're talking to a professional about AA and think that's violating a principle, that's a problem

Grapevine Interview Continues on Page 6



Grapevine Interview "Operation-Cooperation"



2022 Carry The Message Project

Grapevine and La Viña are Great Twelfth Step Tools!

Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

To learn more visit

aagrapevine.org/carry-the-message

How do I become a Grapevine Rep (GVR)?

- Offer to be of service - let your home group know that you are interested.
- Register with us online
- You will receive a complete information kit from the Grapevine office.

TO SIGN UP
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MCCARTHY: Another thing I would say is to be cautious about too much AA language, too much "AA-speak" when you're working with professionals. The Steps are important, people have all heard of those and understand them. We love the Traditions and the Concepts and AA history, but professionals often tune that stuff out.

CARPENTER: Using Grapevine as a tool is also quite important. If I'm a judge talking to someone in drug court with a 5th grade level of education, which is often what it is, they are going to run out the door if I try to give them a Big Book. Not gonna happen. But La Viña or Grapevine are easier and much more understandable. If they are going to read anything, that's what it's going to be.

MCCARTHY: Grapevine contains the stories of today. If you give someone a Grapevine, especially if they are professionals, they'll see stories from men and women from all walks of life, all very sharp reads. It may be that a therapist who reads a story about an alcoholic soldier who fought in Afghanistan will be reminded of a soldier being treated and give him or her the magazine.

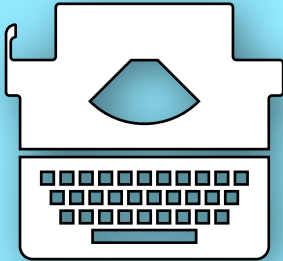
CARPENTER: AA does find a way, though. I remember being in a courthouse that was in the most rural county in Missouri, Shannon County. It didn't have a hospital, a community college or whatever. It's a very poor county. But like every county in the U.S., they did have a courthouse and at the back of the courtroom was a table and it had a revolving rack on it and the rack had every brochure that AA puts out. So someone in AA provided that. The judge would say: "Look at that rack before you walk out of here and see if there's something that might help you."

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Note on anonymity: From time to time in this publication full names and/or pictures of G.S.O. employees, Class A trustees and other nonalcoholics have been used. The anonymity of A.A. members still living is maintained, as they are identified throughout by first name and last initial only.



Local Archive Nugget

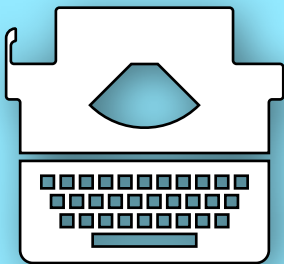


Archives: (Report submitted by
Area 24 Archives)

Big Book History with Iowa
Roots--- A.A.'s Forgotten, Almost
Co-Founder

In the fall of 1935 Bill Wilson
found Hank Parkhurst at Towns
Hospital. Hank was Bill's first New
York drunk who achieved somewhat
substantial sobriety. Bill and
Hank worked together in getting
the Big Book to become a reality. It's
been said that Bill W. wrote the Big
Book and Hank got it published. It
is also believed that Hank wrote the
chapter, To Employers. His personal
story, The Unbeliever, appeared in
the First Edition. Unfortunately,
after Bill and Hank had a falling
out, Hank relapsed in 1939. Hank
Parkhurst was originally from
Marion, Iowa.

Cheryl C.- Archives



Reflections

Being of Service in A.A.

Terry M., DCM

Being of Service in A.A. Area 24, District 8

When I first came into AA, I knew nothing about service. It did not take long for someone to suggest I serve and make coffee. I did this for every meeting I attended. Imagine my surprise when they offered me a key so I could open the door and get the room ready for a meeting. By the time I was a year sober I was the group secretary. When I was 2 yrs. sober (which is the suggested sobriety time for most AA positions) my group elected me GSR. This was scary because I did not know what I was supposed to do. At my first District meeting I met so many great people. They were all willing to help me navigate the politics of the meeting. I was invited to join the Greater Cedar Rapids Event Committee, GCREC which puts together Anniversary and Thanksgiving dinners every year.

When it came time for my first AA conference, I traveled with a group I had become friendly with. There were seven of us that shared the dorm room. The fellowship was wonderful. I never expected to have so much fun in AA. When my time as GSR ended I was sad because I had just started to feel like I knew what the position was all about.

At a district meeting I was nominated to be the Archives Chair. I had worked on the committee, so I had some background on what was to be done. I gladly assumed this chair position for 2 years.

After that 2 year commitment, I was elected the Grapevine chair. I then went on to be the District Secretary, Alternate DCM and now the DCM.

Service has been a big part of my sobriety. I do suggest to all newcomers to get involved. Greet people at the door. Make and pour coffee. What great ways to be of service, meet people and make them feel welcome and comfortable.

I have and still enjoy my service positions; my favorite of course was when I started making coffee and meeting new people. I got to meet so many people in the program and my life has been so enriched by this.

Many people say I am a service junky, and I gratefully accept the title. I hope to be able to be of Service to AA in whatever way possible and as long as possible.

Terry M., Area 24, District 8 DCM

