

C.R. SOBER TIMES

Archive Nugget

In 1948, Sir Philip D., a Scottish farmer who struggled with alcoholism, traveled to the U.S. at the invitation of the invitation of the Oxford Group. There he met A.A. member George R., who acquainted him with the Fellowship's principals.

Sir Philip returned home determined to stop drinking and to carry the A.A. message.

He succeeded, and Scotland's first known groups were founded in *May* 1949 in Edinburgh and Glasgow.

A Visual History of A.A.
Copyright © 2021 A.A.W.S. Inc



***Suggestions on how a new A.A.
Group can be started***

[Click Here](#)

***Suggestions for leading
beginners meetings - Alcoholics
Anonymous***

[Click Here](#)



To The Newcomer

A Different Swinging Door

When a drunk shows up among us and says that he doesn't like the A.A. principals, people, or service management, when he declares that he can do better elsewhere - we are not worried. We simply say, "Maybe your case is different. Why don't you try something else?"

If an A.A. member says he doesn't like his own group, we are not disturbed. We simply say, "Why don't you try another one? Or start one of your own."

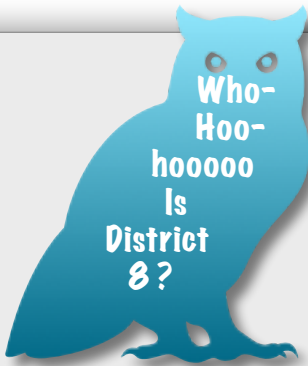
To those who wish to secede from A.A. altogether, we extend a cheerful invitation to do just that. If they can do better by other means, we are glad.

If after a trial they cannot do better, we know they face a choice: they can go mad or die or they can return to A.A. The decision is wholly theirs. (As a matter of fact, most of them do come back.)

As Bill Sees It (Page 62) Copyright © 1967 A.A.W.S., Inc

NEW GROUPS -District 8 Guidelines

1. Proposed protocol for recognition of new Group or Meeting:
 - a. New Groups contact the Alternate DCM. The Alternate DCM will inform the Secretary to list the new meeting in District Minutes.
 - b. Following the notification of the Alternate DCM there will be a six-month trial period during which the new Group will be encouraged to register the Group and elect a GSR.
 - c. After six months have passed, the new meeting will be added to District 8's meeting card and the Group information will be sent to GSO.
2. As soon as a meeting declares itself a Group, it will be listed on the website as soon as possible. (05-16-05)



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

**Crossroads Meeting
Sunday Nights at 7:00 PM**

**St. Mary's Church
401 Ash Ave
Urbana, IA**

**THE SERVICE TALK SERIES**

This AA thing has been happening in my life for over 30 some years now. And I still get to be of service. Not only that, but I'm able to fulfill my commitments in the service structure that I so desperately wanted to back when my kids were young and my life was so busy with other commitments. Here's what I discovered along the way. First, I don't know what's best for me. Also, God is my Director. He is the Principal; I am His agent. He is my Father, I am His child. Having taken this approach to AA, I have been able to be the husband to my wife that she needed during my kids growing up years. (And I still try to be.) I have also been able to be the dad to my kids that they needed during those years. All the while, I was growing up myself in AA.

To the newcomer walking through the doors today, look for the leaders in AA in your meetings. Make that meeting your home group. Attend the business meeting for your home group. **If you don't know when the business meeting is, ask around until you can find out. If your group doesn't have a business meeting or a GSR, make an announcement that you are willing to stand for the position and would like to schedule a business meeting.** Sometimes people just need to see the leadership and they will get on board. Stand for the principals that you see others practicing and volunteer for a service position. When I came in, we were dumping ashtrays and serving coffee. We're still serving coffee but the ashtrays have been put away. I remember standing around talking to people before and after the meeting. I learned that was called being a "Greeter". I thought I was just enjoying talking to others. There are also the service positions that are part of the "service structure". The positions that have titles with them. General Service Representative (GSR), Treasurer, Secretary are a few. There are more.

Yes, God has a plan for my life. My job is to align with that plan and practice patience.

*Last Installment
Installment 5. The Service Talk Series
Bill H. AKA Big Book Bill
Crossroads Meeting Contributor*

Thank you Bill H. For your many contributions to our Newsletter !!

What is an A.A. G.S.R.?**General Service Representative**

**What does an
A.A. GSR do?**

[Click Here](#)

**District 8 Meeting's are
held on the 3rd Monday of
the Month at 7:00PM
Is there any group that
needs a GSR, Alt GSR or
GVR? Just ask District 8!
Join us on Zoom**

[Click Here!](#)

**Hybrid
Kenwood Meeting
Tuesdays at 8:00PM**

**Kenwood United
Methodist Church, 175
34th St. NE, Cedar Rapids**

**Or join us on Zoom
[Click Here!](#)**

C.R. Sober Times

An A.A. Group Shares...

What is the Kenwood Group is doing now?

Read next month's A.A. Group Share!!!

THE KENWOOD GROUP HISTORY

Kenwood Group

Meeting Information August 1960

The first contact I made was with the Kenwood Park Methodist Church, 327 33rd St. NE. Reverend Olson said no smoking in the church. Incidentally this was my home church. Next I went to the Kenwood Park Presbyterian Church, 327 35th St. NE. Reverend Davids gave me a warm welcome and asked what he could do for me. He said he had recently been transferred from Marshall, Minnesota. He then went to the book case and brought me a copy of the AA Big Book. On the fly sheet was a long list of names. They were members of the Marshall AA group. It was a going away gift of appreciation for all the help Reverend Davids had given them. I made this call Thursday, August 25, 1960. He said he would ask for a special meeting of the Trustees and present our request. On Sunday, August 28th, 1960, I received a call from Reverend Davids saying it would be OK to meet on Tuesday evenings. Our first meeting August 30th, 1960. Lawrence Van Note

Charter Members

**Lawrence Van Note, Claude Gregory, Ivan Humble, James McCabe,
Orville Davidson, Robert Schumaker, Harry Rhotigan.**

At our first meeting we drew up some guidelines. What we wanted to do and what we did not want to do. Adopt the table type of meeting where by every person present would have a chance to talk if they so desired. Not limit the meeting to exactly 1 hour. If we grew to where the meetings were running too long we would open the meeting all together and then count off and have two or more table meetings. Open all meetings with the "Serenity Prayer" followed with the reading of the "Preamble" and "How It Works." This format was borrowed from the 2218 Club in Minneapolis. Kenwood was the first group in Eastern Iowa to use it. Decided to follow the Third Legacy Plan, and elected Lawrence Van Note, GSR, he also served as the first treasurer. The Kenwood Group moved to the Lovely Land Methodist Church and then to the Fellowship Club September 20, 1988.

Excerpt from the 2009 Group History Form Dated 3/3/09

Prepared By: Tom K.

We will celebrate our 49 Anniversary this fall. Have had an annual campout referred to as "Kenwood in the Woods". Recognized as the second oldest meeting in Cedar Rapids, and is thought to be the first discussion meeting in Iowa. Many AA members with long time sobriety attended their first meeting ever in A.A. at Kenwood.

Information provided by Rose S., District 8 Archives Chair

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.



Would you like to contribute to the Grapevine?

Guidelines & Upload Instructions:

[CLICK HERE](#)

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

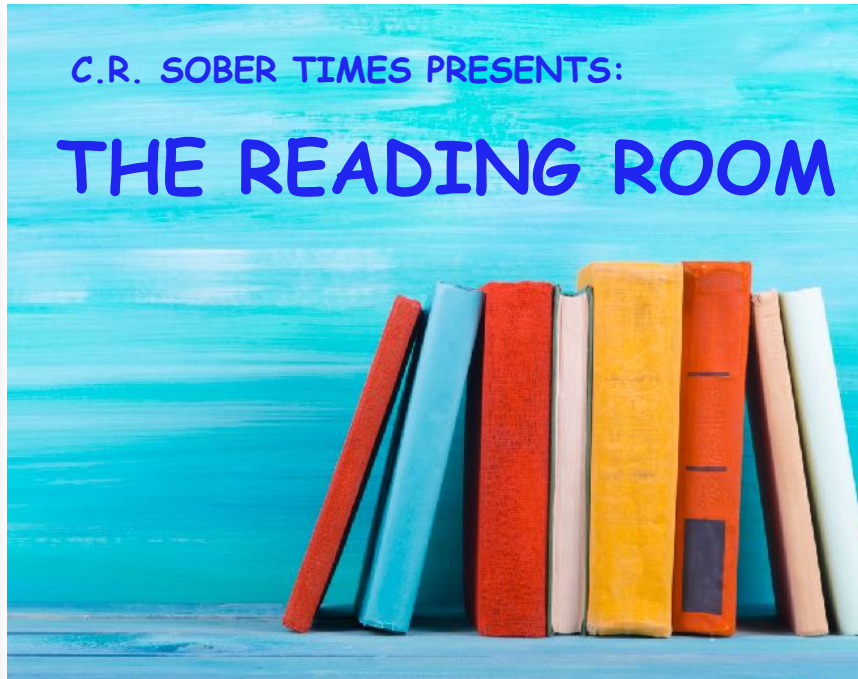
Idea!

Your home group already has a GSR.

Ask to be the Alternate GSR at your next business meeting!

C.R. SOBER TIMES PRESENTS:

THE READING ROOM



The Sponsor Broker - Grapevine Story

One group's ongoing process of sponsorship

Experience shows clearly that the members getting the most out of the AA program, and the groups doing the best job of carrying the AA message to still-suffering alcoholics, are those for whom sponsorship is too important to be left to chance. "Questions & Answers on Sponsorship (pamphlet published by Alcoholics Anonymous World Services, Inc.)

The Loyola Men's Group of Portland, Oregon, has been in existence for over forty-five years, and we have a very strong tradition of reaching out to newcomers. The group moved to a new, larger location in the middle of 1998. During the following months, our attendance doubled in size to about 150 per week. We had so many new alcoholics arriving that we needed to develop better ways to welcome the new people and invite them to be a part of our group. So we took a good look at ourselves during a two-month group inventory in early 1999. Invigorated by that process, we developed a number of ways to improve the quality of our home group—for everyone, not just for the newcomers.

Loyola Greeter Teams are groups of five or six men who reach out to newcomers before and after our weekly meeting. They give out informational welcome packets and their personal phone numbers. They also ask the newcomers for their phone numbers in order to allow follow-up calls. The Greeters are asked to stand up during the announcements at the middle of the meeting so they are visible to everyone, and then they make themselves available for at least twenty minutes after the meeting as well. We have found that old-timers are really energized when they take their turn as Greeters. And, better yet, more of the newcomers are coming back week after week.

Phone Trees are groups of three alcoholics who commit to visiting with each other by telephone, or meeting face-to-face at least once a week, outside of the meeting. The Trees are rotated every three months from a list of voluntary participants, and newcomers are always mixed in with old-timers. The continually expanding communication among group members has been remarkable since we established our Phone Trees. "One alcoholic talking to another" is the foundation of the entire AA Fellowship, and it definitely works in our home group.

Story continues on page 5 ..

How do I become a Grapevine Rep?

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

TO SIGN UP
Click Here!

What should I know about AA Sponsorship?



Questions & Answers on Sponsorship

Click Here

**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

THE READING ROOM



The Sponsor Broker - Grapevine Story

We've also created a better way to encourage sponsorship. Like many groups, we ask newcomers to introduce themselves at the beginning of the meeting. In the past, we'd suggest that they get a sponsor, but we did very little to help them with this suggestion. As a result, many of the newcomers drifted away without ever making a good connection with a sponsor. The simple truth is that many newcomers find it very difficult to reach out to complete strangers. Compounding this problem, many oldtimers are distracted by their own busy lives and their established friendships. One night last year, all that changed for us at Loyola. A long-time member of the group stood up during the announcements and said, "If you want a sponsor, talk to me after the meeting. I'll hook you up with someone." That was the night the Sponsor Broker was created.

It took our new Sponsor Broker about six months of flying blind to sort out an efficient and effective way to get all these different alcoholics connected with each other. On virtually every night since that announcement, our Sponsor Broker has had new people requesting his services after the meeting. He emphasizes that his job is to make a match for temporary sponsorship. It is always up to the individuals to decide if they want to keep working with each other. During the past year, he has put together more than ninety pairs of alcoholics, and well over thirty have evolved into fulltime relationships.

The first task for the Sponsor Broker is to create a list of willing sponsors. The list was developed by recruiting old-timers, talking with other members for suggestions, and making general announcements at the meeting. We have learned that an effective Sponsor Broker needs to be an outgoing, active member of the group. This is not a job for wallflowers. The next step is to collect some information from potential sponsors and sponsees. We ask for name, address, and phone number so that people can contact each other. We request information about the individual's age, AA history, and treatment history, as well as marital and parental experience—all of which helps the Sponsor Broker make an effective match. We believe it's important that men volunteering to be sponsors have their own sponsor. (In fact, quite a few old-timers who had drifted away from their original sponsors now have new sponsors thanks to the efforts of our Sponsor Broker.) We have also learned that the most productive relationships seem to develop between people who regularly attend the same home group.

Story continues on page 7 ..

G.S.O

A.A.'s General Service Office



What are the two basic functions of

G.S.O.'s TWO BASIC FUNCTIONS**• Publishing****• Services on Behalf of the G.S.B.****G.S.O.?**

Powerpoint slide presented at the Zoom
Area 24 Service Weekend 1/15/22

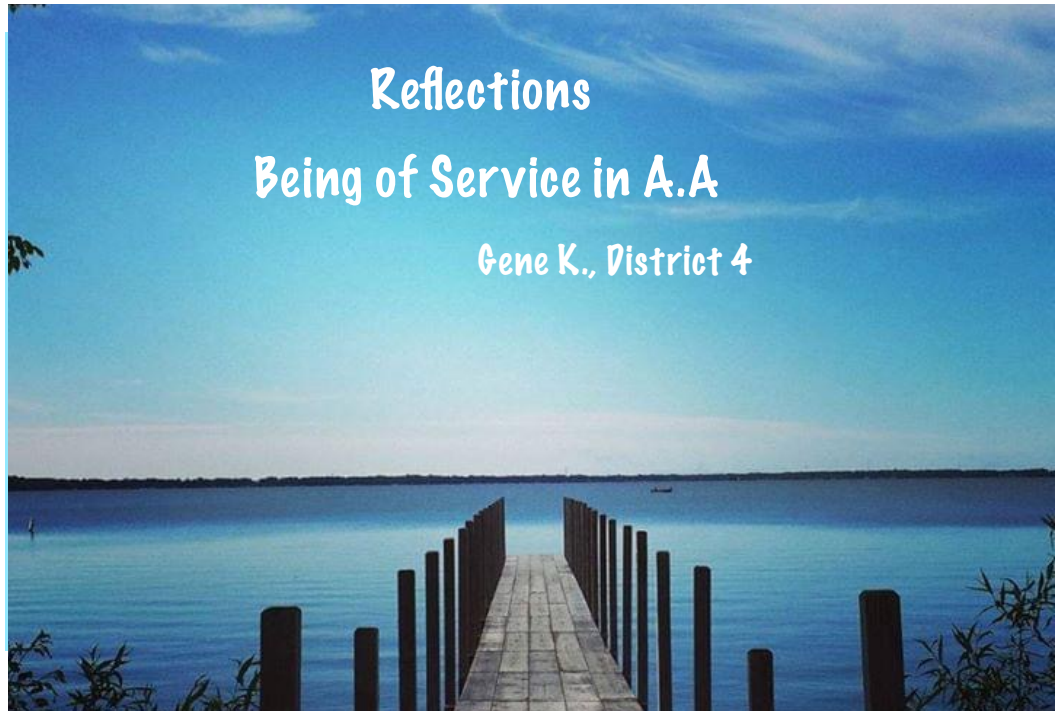
To learn more about the G.S.O[Click here](#)

GSO has a new address to send
contributions to:

General Service Office
PO Box 2407
James A Farley Station
New York, NY 10116-2407
(www.aa.org)

Reflections**Being of Service in A.A.**

Gene K., District 4

**Being of Service in A.A.
Area 24, District 4**

I have been sober for only a little over 4 years, so my service work isn't very much. When I first started going to meetings, I didn't get involved at all with service work. I concentrated with working the steps with my sponsor & going to a lot of meetings.

In December of 2018, I was asked and accepted to be the Assistant GSR for my home group. After a couple of months, I attended a few District meetings.

In September of 2019, the GSR for my home group had to step away from his duties and I assumed that position for the rest of 2019 and all of 2020.

In December of 2020, I was asked to be the GSR and I accepted for the next 2 years. Also in December of 2020, I was asked to be and accepted the District Archives position. I have been working on updating our current district archives & I chaired the District Archives workshop held on Zoom, June 26, 2021.

Gene K., GSR & District 4 Archives Chair

In A.A., we are all part of something
that is greater than ourselves

A.A. SPRING EVENT

Area 24 Spring Conference
June 10 -12, 2022

Many Agenda Items will be discussed at the Spring Conference.

Here's one of the AA Grapevine Conference items:

Consider the list of suggested Grapevine book topics for 2023 or later.

Historical Context: This is a standing agenda item, for the Committee to annually review a list of proposed items at least one year in advance of possible production so that the GSC can provide guidance.

The following are suggested for production in the year 2023 or later:

- * Best of Dear Grapevine
- * Book for Newcomers
- * Best of La Vina II (La Vina Book)
- * Prayer & Meditation (La Vina Book)

Does your Group have any input to offer on GV/LV book ideas, that will possibly be produced?

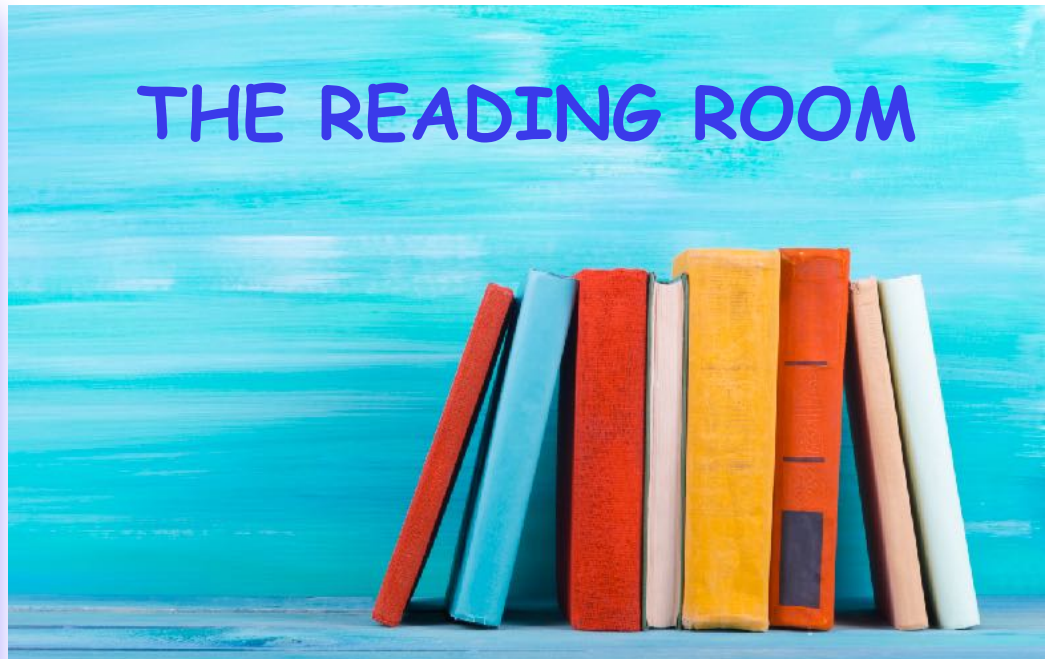
Does it have any book ideas for carrying the A.A. message that it would like to recommend?

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

Area 24 Spring Conference
June 10 -12, 2022

SWCC Campus
1501 W Townline St
Creston IA 50801

See Pg. 8 for more Conference details !!

THE READING ROOM**The Sponsor Broker - Grapevine Story**

Experience has shown that the best time to make a match is right at the meeting. When a new man reaches out, we are ready for him, and can suggest a sponsor who can begin working with the newcomer that night. The Sponsor Broker must be willing to tell people what to do to get things rolling. If the first match is not working for whatever reason, the Sponsor Broker is always willing to make another match to get the new man connected.

We have found that the key ingredient for success at the beginning of these new relationships between sponsor and sponsee is the follow-up by the sponsor. If long-time AA members take some of the initiative during those first few weeks, new comers seem to come back more frequently and get active in the group more quickly. The 500-pound telephone that we have all experienced applies only to out-going calls--in-coming calls are light as a feather! When we reach out to a newcomer with a few phone calls, we are teaching by example that reaching out is the way to stay connected and stay sober.

While recruiting potential sponsors, we have discovered that many longtime members of AA do not feel confident in their ability to sponsor other alcoholics. In addition, some members are uncertain about the time commitment involved with sponsorship, while a few others are just plain lazy. Our Sponsor Broker has developed his own gentle and not-so-gentle ways to encourage and guide people past their own reluctance to become sponsors. Some alcoholics actually need a little education, while others just need a shove in the right direction. Like so many things in our Fellowship, the amazing benefits of sponsorship cannot be fully understood until they are experienced.

Sponsorship education has become an ongoing process for our group. We have an audiotape available of a sponsorship workshop given by one of our long-time members at a local convention. Another reliable source of information is a pamphlet from AA World Services, Inc. called "Questions & Answers on Sponsorship." Recently, we have conducted a series of one-hour sponsorship seminars which have been held before the first meeting of the month. The seminars consist of a dozen or so group members each speaking for three to four minutes on their specifically assigned topic concerning sponsorship. Some of the topics from the past four months include: making a place for yourself in AA; start with the First Step; using the phone; daily maintenance; switching addictions; keeping secrets; recovery on the road; slips; thirteenth-stepping; understanding God; and sponsors don't need to know all the answers. These monthly seminars have significantly energized our group and have taught us much about sponsorship. We have also shared the audiotapes of these seminars with other AA members in our area.

Story continues on page 8 ..

Area 24 Spring Conference June 10 -12, 2022

SWCC Campus
1501 W Townline St
Creston IA 50801

Check in 3 to 9

Mail registration to :
Area 24 Spring 2022 Conference
PO Box 38 Creston IA 50801

Speakers:

AA Saturday night speaker: Rick R., Dexter
AA Sunday spiritual speaker: Chris S., Des Moines
Al-Anon Saturday lunch speaker: Sue C., Sioux Falls SD
Al-Anon Sunday speaker Heidi M., West Des Moines
Alateen speaker TBD Registration fees: AA \$15

preregistration/\$20 at the door Al-Anon \$15
preregistration/\$20 at the door Alateen \$5
preregistration/\$5 at the door
Preregistration ends June 1

Room accommodations: On Campus dorm room
\$30/per person 4 person per room must bring own
linen, towels, & pillows Requested roommates

Quality Inn 641-243-4977 mention Area 24 Spring
Coverage for special rate (limited availability)
Supertel Inn 641-782-7873 mention Area 24 Spring
Coverage for special rate (limited availability)

Food:

Saturday – Breakfast \$7
Catered by HyVee (breakfast buffet)
Saturday – Lunch \$9
Little Green Trailer food truck (taco bar)
Saturday – Dinner \$15
LGT food truck (pork loin/chicken breast)
Sunday – Breakfast \$7
Catered by HyVee (breakfast buffet)

Request for special needs for food
(vegetarian/Gluten free/Vegan)

ALL DETAILS SUBJECT TO CHANGE

THE READING ROOM



The Sponsor Broker - Grapevine Story

The Sponsor Broker has become a truly valuable service position at the Loyola Men's Group. Our group has become more vibrant since that night when one man stood up and said, "If you want a sponsor, talk to me after the meeting. I'll hook you up with someone." Long-time members are more involved in the group, reaching out to newcomers and becoming more active with their own sponsors. We see more new people coming to our meetings, getting connected, and staying sober. Our group is more fully experiencing what the Big Book describes on page 89: "Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss. We know you will not want to miss it. Frequent contacts with newcomers and with each other is the bright spot of our lives.

The Sponsor Broker By:
BRIAN F. | PORTLAND, OREGON

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Creston, Iowa Train Station