

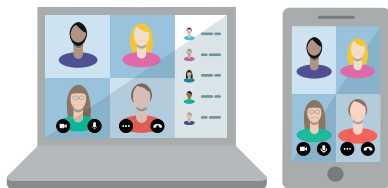
C.R. SOBER TIMES

Archive Nugget

1965

30th Anniversary Convention in Toronto, Canada, in **July**. Attendance 10,000 plus. The Declaration, later so widely used "I am responsible" is the keynote of this gathering.

Alcoholics Anonymous Comes of Age © 1957 by Alcoholics Anonymous Publishing Inc. (now known as A.A.W.S., Inc.) Page x

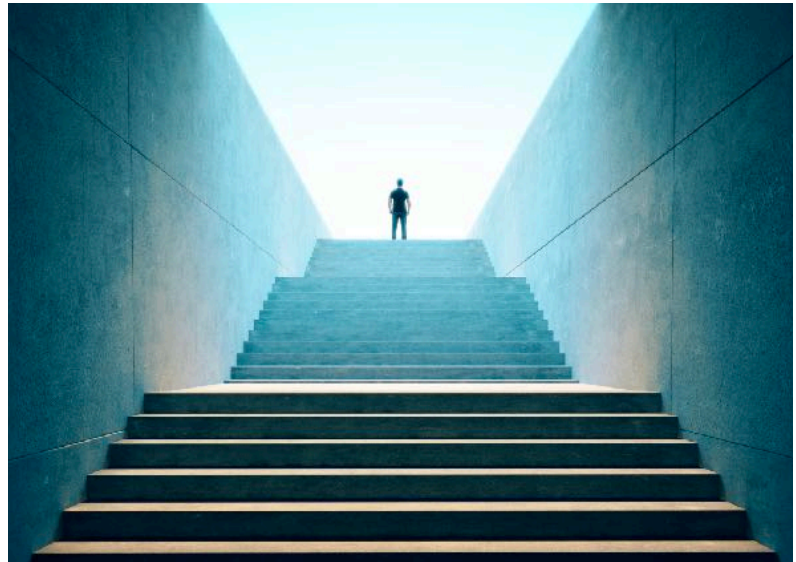
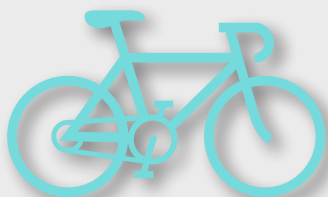


On Vacation this Summer?

Visit some of District 8's
A.A. Meetings
Virtually on Zoom

Click on the **Meeting Name**
For access to the Zoom Room

[Click Here](#)



TO THE NEWCOMER

The Fellowship's Future

"It seems proved that A.A. can stand on its own feet anywhere and under any conditions. It has outgrown any dependence it might once have had upon the personalities or efforts of a few of the older members like me. New, able, and vigorous people keep coming to the surface, turning up where they are needed. Besides, A.A. has reached enough spiritual maturity to know that its final dependence is upon God."

<< << << >> >> >>

Clearly, our first duty to A.A.'s future is to maintain in full strength what we now have. Only the most vigilant caretaking can assure this. Never should we be lulled into complacent self-satisfaction by the wide acclaim and success that are everywhere ours.

This is the subtle temptation which could render us stagnant today, perchance disintegrate us tomorrow.

We have always rallied to meet and transcend failure and crisis. Problems have been our stimulants. How well, though, shall we be able to meet the problems of success?

As Bill Sees It (Page 207) Copyright © 1967 A.A.W.S., Inc.



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



Knee to Knee - Part Two

It doesn't matter where I am in the Big Book it seems that I'm right where I need to be. God works like that. We open with the Set Aside Prayer, we're knee to knee and we're on cue. We have an experience for the next hour or so with whatever God leads us to. We turn the statements into questions, we ask ourselves the questions, we pay attention to where the book states "ask God" and we take a moment to pray and ask God whatever it is that we need to. We pray, we take the steps, we talk about each other and we temper that talk with love and tolerance. We laugh, we cry, we sit in silence and sometimes we look away at the wall or out the window or wherever when we're uncomfortable. We use this time and space to be vulnerable to another person. We build relationships. We grow spiritually to be the people that God would have us be. We become.....

And at the end of the time we have spent together, when we are closing down the time, we say a prayer and go our own separate ways and suddenly I realize that my mind has become quiet. My brain has stopped spinning and racing. And I notice that my heart is full. Once in a while, the thought will creep in from days gone by, when the struggle was so overwhelming of if I'd ever be able to make it like these other people I see. Today I hope and pray that I'm able to be a demonstration as a recovered alcoholic.

Again, In our Big Book in the chapter, Working with Others, the first statement/promise of the second paragraph is made: "Our book says that life will take on new meaning." This is also a promise.

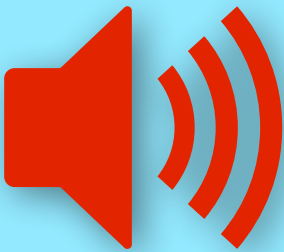
Knee to Knee Part Two of a Two Part Series

Bill H. AKA Big Book Bill
Crossroads Meeting Contributor

How do I
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the
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C.R. Sober

Email the editor at:

newsletter@aa-cedarrapids.org



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](http://aagrapevine.org/carry-the-message)



Find EBUZ on the virtual meeting
list at:

aa-cedarrapids.org



C.R. Sober Times

An A.A. Group Shares...

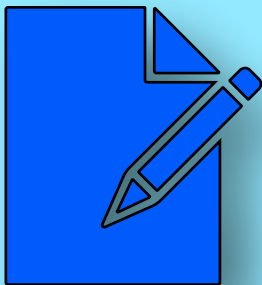
THE EBUZ GROUP

The evolution of EBU Room to EBUZ Zoom

In March 2020, when the pandemic started and The Fellowship Club closed its doors, I started the Zoom meeting, following the lead of other local groups. Many of the members of the early birds upstairs group attended while we were in lockdown. Eventually people who were not able to access zoom or did not want to, began to meet again at the Fellowship Club when it opened, often joining the downstairs Welcome Group at 9 AM. We also decided to continue the zoom meetings and established ourselves as a new group. We formed a committee who met about 10 times over a period of 3 or 4 weeks to organize and establish EBUZ (Early Birds Upstairs Zoom) as an autonomous group. Since then, EBU at the Fellowship club has resumed meeting upstairs, mainly on Tuesday, Thursday and Saturday mornings. EBUZoom has gone on with continued meeting sizes of anywhere from 12 to 20 or more people. Some of these people are from out of town or traveling, others are people who still feel uncomfortable in groups inside, and others for whom this is just convenient. We are a self supporting group and donate regularly to GSO, Area 24, District 8, and to the Fellowship Club as we are able. We have a GSR who is active in District and Area service. We have service opportunities for many members, 7 days a week, and are guided by the spirit of rotation, the 12 Traditions, and other AA wisdom passed along through long time, sober members of AA. There are no plans to discontinue EBUZ.

Submitted by Amy N., EBUZ Group



What is an A.A. G.S.R.?**General Service
Representative****What does an
A.A. GSR do?****Click Here****Many times GSR's are elected
during the Home Group Business
Meeting.****Ask your Group to find out for
sure when they hold elections.****Would you like to contribute your
story to the Grapevine?****Guidelines & Upload Instructions:****CLICK HERE****C.R. SOBER TIMES PRESENTS:****THE READING ROOM****Grapevine Story - GSR=General Service Rainbow**

Where I live, meetings often have the personalities of their neighborhoods—probably where some of you live, too. I got sober in "downtown" meetings where people often belonged to at least one other Twelfth Step program, talked a lot about how they got to be alcoholics, and expected (and often got) jobs and even dates from the meetings. And—significantly for this story—we pretty much ignored the reports made by my predecessor in the job of general service representative.

Why I'll never know, but this is the job I took when no one else wanted it. I thought to myself that I'd make my reports shorter and I complained out loud that the GSR meetings were inconvenient to my neighborhood (the center of the universe). Why must I ride out to the boondocks?

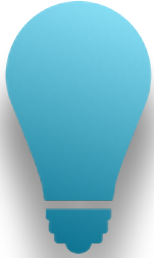
It turned out to be an experience that brought me back to the basics of AA, to an understanding of the Traditions, and to a feeling of connection—both to other groups and the higher power that seemed to join us there.

Before becoming a general service representative, I had no idea what the AA service structure really looked like beyond the images the Big Book evoked, which could have been scenes from an old black-and-white movie. But on that first Saturday morning when I attended the GSR meeting the AA service structure looked like a rainbow. It was the most integrated of rooms.

Some of the participants were already friends and some of them I knew to be as irreverent and cynical as I was. But they seemed to be taking this seriously. Others were from "uptown" meetings. Being an African-American living downtown, I had often felt the need to go to a meeting where African-Americans were in the majority. In my city I have that option, and I discovered that those uptown meetings were mostly about liquor and God and I identified. They also talked about service and even asked questions after the GSR report. They shared that their sponsors brought them to their first service meeting. I know those things happen everywhere, but in my limited experience with big-city AA, I was more apt to hear it uptown.

As a GSR I got to hear new slogans and relearn some of the basics of the program. The message sounded new when spoken with a different accent, even though it was the same old slogan or saying I'd been hearing for years.

Grapevine story continues on page 5

HERE'S AN IDEA !!!

If your home group already has a GSR, ask to be the alternate GSR at your next business meeting!

How do I
subscribe
to the
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C.R. Sober
Times?

Email the editor at:
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AA Grapevine
on YouTube!



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C.R. SOBER TIMES PRESENTS:

THE READING ROOM



Grapevine Story - GSR=General Service Rainbow

Representatives of unfamiliar groups talked about their problems and these problems were like the ones we experienced in my home group. And, after much discussion and sharing of experiences, the representative seeking help was usually told that his or her meeting was as independent as the rest of ours. Reaffirming that independence was part of what we learned; our mutual dependence was the rest of it.

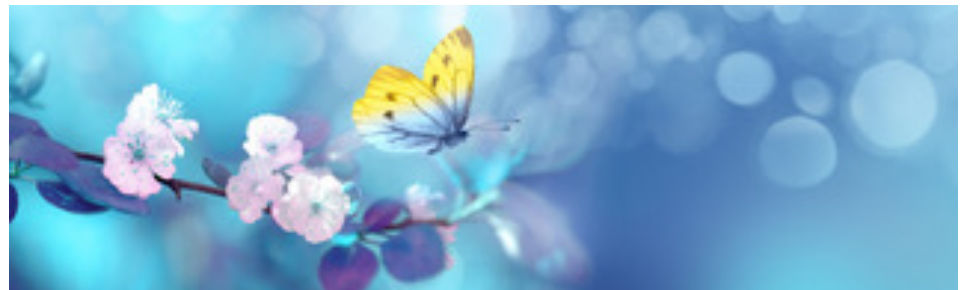
At first I felt superior to my home group fellows because I had information they didn't have. But then, very quickly, I learned from the example of the humility around me. Time after time, we exercised our egos, then came to consensus, whether it was voting for our area representative or planning an event, like the annual back-to-back meetings of a "share-a-day." And I could make the connection between what happened in our big room and what was happening all over the world in other rooms that make up the worldwide Fellowship. Like any group, some GSRs did too little work and some had too many opinions for my tastes. But, like the business meetings at my home group, somehow a bunch of folks who might never have stopped to speak to each other actually got some good work done.

And some of the most important work that got done was my discovery that I was just one among many who had come together for a larger purpose.

And when I give my reports to my home group? Sometimes I get blank stares. But I always put it in the context of an experience not to be missed, and I also get an occasional question.

BY: ANGELA D. | NEW YORK, NEW YORK

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What is an A.A. Group Literature Chair Person do?



[CLICK HERE](#)

GROUP LITERATURE REPRESENTATIVES

The group's literature representative makes certain that A.A. literature, purchased from the local intergroup (central office) or ordered from the General Service Office, are on hand for meetings and properly displayed.

Sharing for a group literature representative can be found in "Does Your Group Have a Literature Chair," Box 4-5-9, Vol. 59, No. 3/Fall 2013, which is available on www.aa.org or...

[CLICK HERE](#)



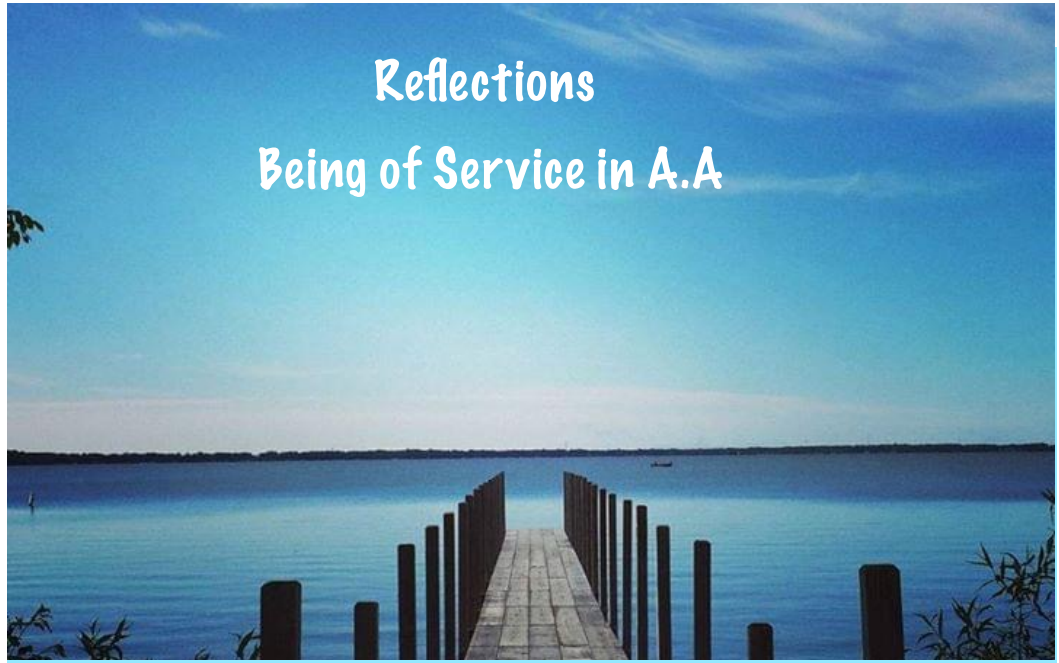
What is C.P.C.????

Cooperation with the Professional Community

A.A. CPC Guidelines

[CLICK HERE](#)

Reflections Being of Service in A.A.



Being of Service In A.A.

Iowa's A.A. District 8

As a newcomer I tried to do all of the things that were suggested of me. I got a sponsor and a home group. Then by my sponsor's suggestion I got a job in my home group. I was the Literature Chair and kept inventory of your books, pamphlets, and our CD collection for borrowing. I was also our set up guy. They gave me a key to the church so I could come early, set up the room, and make the coffee. Then I took my vacation from life for six years, four months, and seventeen days.

When I got out of prison, I went back to my homegroup. My sponsor suggested that I go to District meetings. I told him that I didn't have a position that required going to District. He asked me if I planned on going back to prison. I told him that I did not. He said just go to District and be of service. Even though I didn't have a vote, I was still able to give my experience on motions and business.

After attending for a few months, the District Literature Chair had to step down from their commitment. I suggested that it go back to the groups for there to be an election rather than just taking that position because I was in attendance. The following month I was elected as the District 8 Literature Chair. I got my name on the bank account and did a thorough inventory of Literature. I served as the Chair the remainder of that rotation. I also began attending Area Conferences and business meetings.

I took a new job and changed homegroups. I was elected as the GSR for that group. I attended all district meetings and Area events. It was a great learning experience and the fire for service grew in my heart. I am now the CPC chair for District 8. I have missed two district meetings since 2017. Some people say that they don't like the politics that happen at district and area. My experience is when there is a debate and strong enthusiasm from both sides it is an opportunity for the Group Conscience. Seeing people passionate about the future of AA is what it is truly about. I don't see self-seeking. I see people truly wanting the best for AA as a whole.

I will continue to serve to the best of my abilities. I will stand for whatever position I am nominated for during the next rotation. I will continue to attend district and area functions because I truly love this type of service. I am passionate and I do take a stand, but I know the group conscience and the traditions and concepts. I give to AA because AA gave me the life that I have today.

*Troy F.
CPC Chair District 8*

SAVE THE DATE !!!

Concepts Workshop

When: Saturday

September 10, 2022

from

12:30 – 4:00

Where: Fellowship

Auditorium Purpose:

Service Conference.

Written by

co-founder Bill W.

in 1962

The Twelve Concepts for World Service provide a group of related principles to help ensure that various elements of A.A.'s service structure remain responsive and responsible to those they serve.

This workshop is put on by A.A. Groups from District 8.

This is an open workshop to all members of A.A. and Alanon that would like to learn more about service at the levels of District, Area, and General Service



Iowa's A.A.District 8
Summer & Fall Events

District 8 Delegate Picnic

Location: Ellis Park
Manhattan Pavilion

Date: Saturday, July 30, 2022

Time: 11:00 AM – Picnic

Time: 1:00 PM – Delegate Report

Report given by: Mary Ann G.

Iowa Area 24 Delegate