

C.R. SOBER TIMES

Archive Nugget

The Word Spread

Bill stayed on in Akron, living at Bob and Anne's home on Ardmore Street. Bill and Bob agreed that the only way to reach most alcoholics was to have one drunk share his story with another - as Ebby had done with Bill, and Bill had done with Bob.

They also agreed that the idea of an entire lifetime without alcohol was simply too overwhelming, so they came up with the 24-hour concept - "one day at a time" - to make it more bearable. And they began to cast about for another alcoholic to help, finally finding "A.A. #3 in Bill D., a patient at Akron City Hospital, who would become known as "The Man on the Bed," after the painting that was presented to Bill and later became a Grapevine center spread in 1955.

In late **August 1935**, Bill returned to New York and sought prospects at Towns Hospital, where he helped sober up two early A.A.s, Hank P. And Fitz M. He continued to attend Oxford Group meetings at Calvary Church, bringing along a small group of sober alcoholics.

*A Visual History of A.A.
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August 2022



To The Newcomer

We Cannot Live Alone

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires; they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than the Fifth. Scarcely any Step is more necessary to long-time sobriety and peace of mind.

A.A. experience. Has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If Step Four has revealed in stark relief this experience we'd rather not remember, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

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

We cannot wholly rely on friends to solve all our difficulties. A good adviser will never do all our thinking for us. He knows that each final choice must be ours. He will therefore help to eliminate fear, expediency, and self-deception, so enabling us to make choices which are loving, wise and honest.

As Bill Sees It (Page 83) 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

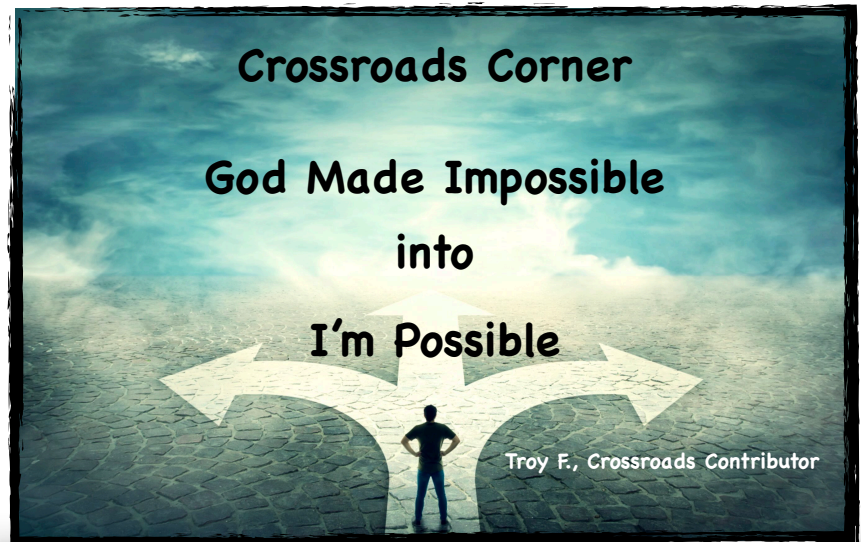
Walford

Crossroads Meeting Sunday Nights at 7:00 PM

St. Mary's Church

401 Ash Ave

Urbana, IA



Before I came to A.A. I thought I was from another planet. I knew who my parents were and that I had a birth certificate, but I didn't feel like I belonged anywhere, and I was unique. I had a sense that no one felt like me or could understand how I felt. I was popular and had many acquaintances, but I used to watch my friends interact and have conversations in awe. I couldn't understand how they could have deep conversations and get to know each other. I just didn't think that was possible for me. I remember looking out of my window at a space between two large trees and wondering when the mothership would come and beam me up to where I belonged. Then I went to my first A.A. meeting and realized that I wasn't an alien. I'm an alcoholic, and I finally found my herd and where I belong.

I started getting drunk around eight or nine years old. I remember as a little kid that everyday was a bright and carefree start. I was always a wild and adventurous child. Everything changed one dark day when I was sexually assaulted by an older teenage boy that lived in the neighborhood. That was when fear began to control my life. I would do almost anything that people dared me to do or when someone would say I bet no one would do that. I had this idea that if people feared me or thought I was crazy, they would either leave me alone or respect and follow me.

My older brother and some friends came up with an idea about God. We called it the Big Daddy Theory. It basically was, there is no God, there is no Satan, it's just you and me, Big Daddy. I remember trying to explain it to my mom in the kitchen. She told me good luck with that. I hope it works out. It didn't, and I carried around that idea of spirituality until I found my way into the rooms.

I started drinking every weekend by the time I made it to middle school, and it increased to at least four days a week by high school. I was bright and could read quickly. I got good grades and there didn't seem to be many consequences. I lost interest in extracurricular activities and only lived to drink and get high. I didn't get into relationships. I was convinced that I would be dead before I was thirty and I didn't want anyone to know who I really was. I thought I was having a great time and thought that the only way to have fun was by getting drunk.

Installment #1

Troy F. Crossroads Meeting Contributor

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

Email the editor at:

newsletter@aa-cedarrapids.org

When does the
Grinnell Group meet?



Tuesday – 7:30 p.m.
Big Book Study
St Paul's Episcopal

Wednesday – 12:00 p.m.
Big Book Study
United Church of Christ

Saturday – 9:30 a.m.
12 Steps & 12 Traditions Study for
Women
This is a hybrid meeting -- people at St.
Pauls
and folks on Zoom
Contact grinnellaa@gmail.com
for access to this meeting

Sunday 12 x 12 – 7:30 p.m.
St. Paul's Episcopal



C.R. Sober Times

An A.A. Group Shares...

THE A.A. GRINNELL GROUP

The first record of an effort to organize a Grinnell AA group was seventy years ago when an alcoholic, who had found sobriety in 1947, moved to Grinnell in 1951. He attended meetings in Marshalltown and was familiar with the program. In those days, the Grinnell meetings were hosted in the homes of members and the host would serve as chairperson and wives served coffee and cake after the sharing.

A meeting in Grinnell is similar to AA meetings throughout the world – it is a place for all who have a desire to stop drinking and to share experience, strength, and hope.

*Warm regards - Jill P. & Dorothy P.,
Grinnell Group Contributors*

Grinnell



Contribute to the
Grapevine

Guidelines & Upload
Instructions:

[CLICK HERE](#)

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
[Click Here!](#)

C.R. SOBER TIMES PRESENTS:

THE READING ROOM



GRAPEVINE STORY - THESE STEPS WORK

When I quit drinking in April of 1988, I was only 20 years old. I went from varsity cheerleading on the collegiate level to living so drunkenly I got kicked off the team for not showing up to any of my classes.

I've never had a legal drink of alcohol in my life. And I was a habitual drunk driver. Somehow when the police pulled me over, I could pass for sober and not get a DUI. This was back in the 80s when such things were still possible. I hit my bottom and entered AA after a Twelfth Step call from my cousin.

AA was meaner back then. Oldtimers told us to shut up and take the cotton out of our ears and put it in our mouths. We were young, wild and free.

Young people in AA saved my social life, which was very important to me when I was that age. But it was the older people who guided me into who and what I am today. We all grew up together, and over the years I witnessed the oldtimers soften. I still love those old nuts, many of whom have passed. Their understanding of how deadly a disease we have has always stuck with me.

I did my first Fourth Step when I was three years sober. I kept putting it off and "focusing" on Steps One, Two and Three. I just couldn't face looking at myself. I still wanted my problems to be about "them," all those people who hurt me and caused me to drink. Looking at myself was hard.

So I went to meetings, talked a big game and took all the praise I could get, because I was so young in AA. Finally I did the Fourth Step, and it was a game changer. Now I felt like I really belonged. I wasn't a fraud anymore. I had finally done it. I did the rest of the Steps in quick succession because, quite frankly, after my Fifth Step I figured that if I could tell another human being all of the sick crap I had done and not explode or get kicked out of AA, then the rest of the Steps were going to be doable.

I now sponsor people who drag their feet on doing their Steps. Not all of them do, but enough do, and I have a lot of experience dealing with foot-dragging. Sponsoring is an honor. I get to learn the Steps from fresh eyes. Sponsoring helps me remember all those little details daily life makes me forget. This is what I tell sponsees who are avoiding the Steps: Have a little faith in yourself and remember alcoholism wants you to postpone the pain. That's why we drank.

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How do I
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to C.R. Sober
Times?

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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



AAGRAPEVINE PODCAST

THE AA GRAPEVINE BEGAN
THEIR PODCAST ON MONDAY,
OCTOBER 4TH AT 8:00 AM
CENTRAL TIME

A new podcast episode is
available in English every
Monday at 8:00 AM CT

To hear the podcasts click the
below link:

aagrapevine.org/podcast

C.R. SOBER TIMES PRESENTS:

THE READING ROOM



Grapevine Story - These steps work

The Fourth Step can seem scary. Releasing our true selves into the universe and giving all the details to God (as we understand him) and to another person is, in fact, the Fifth Step. Breathe. You're not on that Step Five yet. Step Four is simply writing your life down. It is an organized inventory of what we hide inside.

I tell people to follow the diagram in the Big Book. Put the person's name in the first column. In the second column describe what happened. In the third column, tell how all this affected you. Resentments will kill us. Write what you can, but be disciplined about it. When you do the Fourth Step, write something every day. A sentence here and a paragraph there will produce the results needed. Believe me when I say we can do this. Some days we may have 20 pages and other days just a sentence, but we're taking action. I tell sponsees to remember that we're not going to reveal anything to ourselves that we don't already know. Hiding under a blanket is the injured inner child working to ensure her safety. You can be safe and she can be safe, and you can still write the Fourth Step. Once it's over, I promise the relief is worth it.

Step Four is painful, but it is a healing pain, like when you parent a child and the child has a splinter. You must get it out. The tweezers and pressure put on the wound will cause the child to cry, squirm and reject your touch. The parent knows the splinter must be removed or the wound won't heal. That's what the Fourth Step does for us. It applies pressure and it hurts, sometimes a lot. But it's necessary for the wound to heal. That's what the Fourth Step does for us. It applies pressure and it hurts, sometimes a lot. But it's necessary for the wound to heal.

I share my experience, strength and hope. My sponsees and I come up with ideas together to overcome the resistance the Fourth Step seems to bring out. I tell on myself, not just about the past, but my present insecurities and resentments. I've done many Fourth Steps over the years. I've done focused Fourth Steps on sex, relationships, anger and many other topics. I can always tell how much I've healed by what's not on my next Fourth Step. The Tenth Step helps keep the content down, but the value I receive from doing a Fourth Step is so great that I hope I never stop doing them.

If you're stuck on Step Four and you need a push, I just want you to know you're not alone. Believe in yourself and in AA. These Steps work.

BY: VALERIE T. | SAN DIEGO, CALIF.

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



CLICK HERE



HERE'S AN IDEA !!!

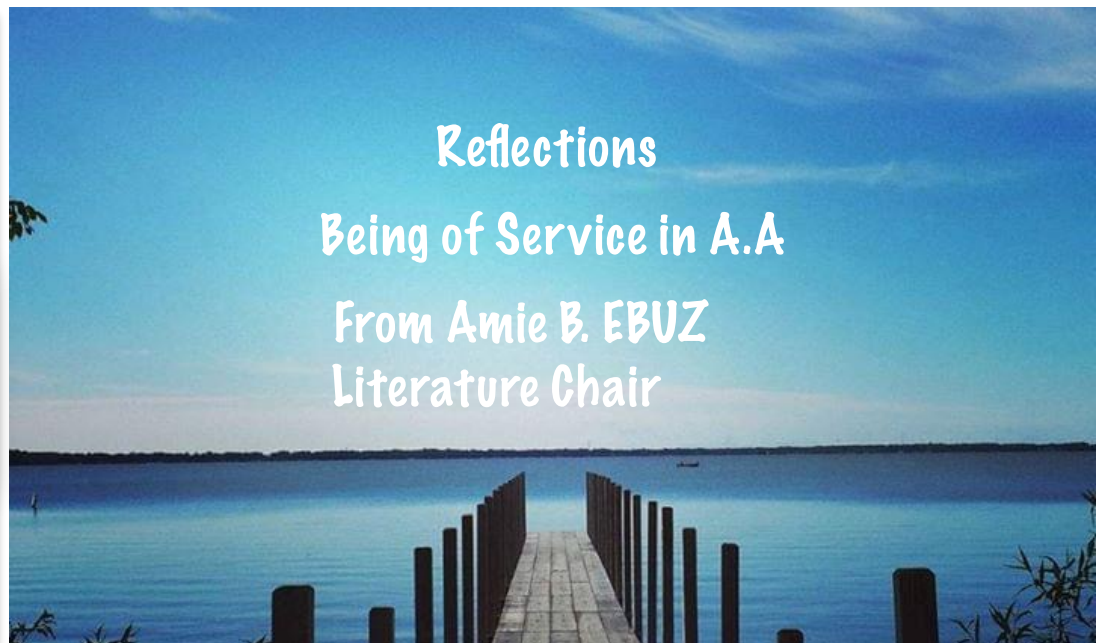
**If your home group already has a
GSR. Ask to be the alternate GSR
at your next business meeting!**

Learn more about.....



**A.A.
In Corrections
Facilities**

CLICK HERE



Reflections Being of Service in A.A. From Amie B. EBUZ Literature Chair

I spent years knowing I needed to do something about my drinking; I was able to see the progressive nature of my disease. I spent 5 years on the perimeter of AA, visiting on line meetings often but never taking the next right step. I was able to put together a month or 90 days but inevitably I would return to the bottle. In October I relocated to Cedar Rapids. I decided this big move would be my big move to taking my sobriety seriously. It all started with requesting the newsletter and the rest is history.

When I sent the request for the newsletter I couldn't know how much that one email could change my life. I received a response quickly and was connected to the EBUZ group which became my home group. I was surrounded by understanding and love. I took the next right step, I got a sponsor and we started reading the Big Book. I was working through my steps. My sponsor is big on service and I knew it was a way that I could feel connected and help to maintain my sobriety. The Literature Chair position was open in my home group so I stepped out, against my anxieties and doubts, and said "Yes!" I wasn't sure what it would entail but I love books and I was coming to love AA. I am still learning but I am blessed to have a home group that has lots of experience in service and they are so willing to reach out and hold my hand as I learn.

I have found service to be such a strengthening aspect of my recovery and continue to look for opportunities. Our corrections program provides the opportunity to become pen pals with those in correction facilities. I have two active pen pals and have decided to take on 2 more. It's a great way to exchange experience, strengths, and hopes. My pen pals are just as critical to my sobriety journey as I am to theirs. That opened the door to learning about the Pre-Release program. This program provides a contact and connection to those who are going to be released from correction facilities. Being there to take someone a meeting or help them connected to a resource is the goal of the Pre-release program. Another great opportunity I have been afforded is co-chairing meetings at the CD+ program at ASAC and then attending a meeting in the adult program. I've done this for a short time but it is something I look forward to and know it is strengthening my sobriety.

AA has changed my life, I ask my sponsor regularly if this is magic. From reaching out to a newsletter to being part of an amazing group of people that serve each other has been life changing. I wake up each day grateful for my sobriety and for the life I am building and I owe it all to those who serve. The individual who answered that email was doing so in a position of service; that email saved my life and I will be forever thankful.

Amie B., EBUZ Literature Chair

Fall Event !!!



Fellowship Club Fall Event

Concept for Concepts Workshop

September 10th 2022
12:30 - 4:00 PM

Fellowship Club
3224 1st Ave NE
Cedar Rapids, IA



Concepts Workshop

At the Fellowship Club

Concepts for Concepts Workshop

List of concepts and the group assigned to each concept

Concept

- | | |
|----|---------------------|
| 1 | Foxhall |
| 2 | Full Measures |
| 3 | Marion Midweek |
| 4 | An AA Group |
| 5 | Happy Hour |
| 6 | There Is a Solution |
| 7 | By The Big Book |
| 8 | Kenwood |
| 9 | Basic Text |
| 10 | Women Into Action |
| 11 | Crossroads |
| 12 | New Beginnings |

Each group has 15 minutes to present their concept.

New Beginnings will present for 30 minutes to present on Concept 12.

Go with God and be safe my friends.

Troy F.
District 8 CPC Chair