

C.R. SOBER TIMES.

ARCHIVE NUGGET

The August/September 1987 issue of Box 4-5-9 carried an article entitled: "A.A. Comes of (Computer) Age" in which an A.A. member describes his first A.A. meeting on an "electronic bulletin Board".

Any prospective user of such a bulletin board who has the requisite hardware (almost any computer) a modem and the necessary communications software may participate.

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

Page 235

**To read the entire
Box 4-5-9
article:**

[Click Here](#)

DID YOU KNOW ABOUT THE A.A. NEWSLETTER CALLED "BOX 4-5-9?"

Box 4-5-9 is published quarterly by the General Service Office of Alcoholics Anonymous, 475 Riverside Drive, New York, NY 10115, copyright © 2020 by Alcoholics Anonymous World Services, Inc.

To register your email on the A.A.
Digital Box 4-5-9 Subscription Service

[Click Here](#)



September 2022

To The Newcomer

GIVE THANKS

Though I still find it difficult to accept today's pain and anxiety with any great degree of serenity-as the more advanced in spiritual life seem able to do-I can give thanks for present pain nevertheless.

I find the willingness to do this by contemplating the lessons learned from past suffering-lessons which have led to the blessings I now enjoy. I can remember how the agonies of the alcoholism, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom.

As Bill Sees It (Page 266) 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

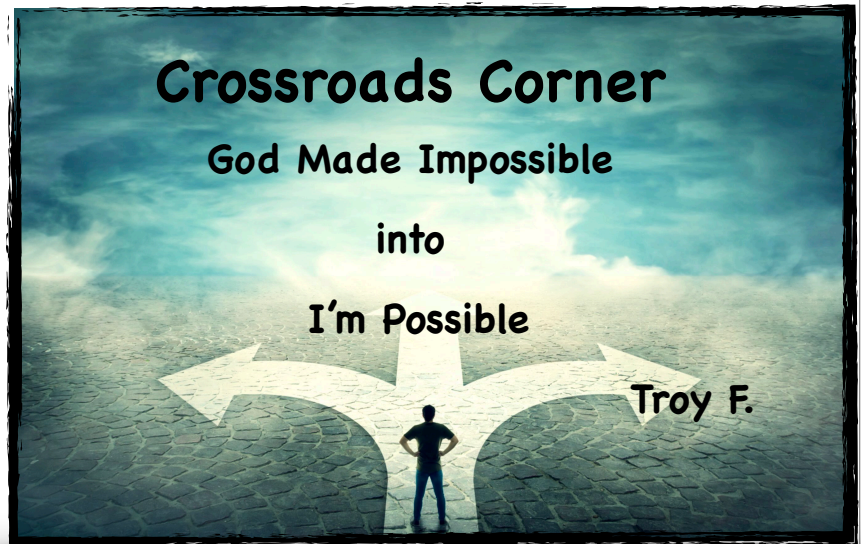
Crossroads Meeting
Sunday Nights at 7:00 PM

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

God Made Impossible

into I'm Possible

Author: Troy F.



My first real dose of consequences happened my senior year. A good friend of mine couldn't take it anymore. He ended his life in April of that year. I saw the ripple effect it had in my community. He was a bully and had a lot of enemies, but his death influenced many people, even those that didn't know him. The realization of this probably saved me from doing the same thing years down the road. I nearly died, myself, in a blackout while mourning his loss. This was the beginning of many head injuries, late night hospital visits, and near-death experiences, but alcohol wasn't the problem. It was my only solution, and it was the only thing that worked when nothing else did.

I went to college, and I was able to graduate in four years. I wasn't a good student. I barely went to class, and I had no idea what I wanted to do with my life. I just wanted to make enough money to drink like I wanted and to continue to party. Plus, I would be dead in a few years anyway. I did a lot of networking in college. I lied to professors about attendance, and I used my power of manipulation to get what I wanted. I was able to retake tests and get extensions on things by my power of persuasion. I was a natural salesman and gained the attention of crowds with my speaking abilities. I used these God given abilities for evil for many years. Two days before my 26th birthday we had a party after work. I was going on vacation for ten days, so we had to do it early. There was a blizzard that afternoon and evening. There was nearly ten inches of fresh snow, and the roads were treacherous. I have no idea how many shots of tequila I drank that night. The bartender had taken my keys and planned on taking me home. I waited until he went to get ice and snatched my keys from behind the bar. I had a Jeep Wrangler and thought it was a good idea.

I was hit in the driver's side door by a snowplow at an intersection. The Jeep rolled several times, and I was trapped between the steering post and the door handle. I ruptured my spleen, but I didn't break any bones. They used the jaws of life to get me out and took me to the hospital. I spent thirteen days in the hospital. I was charged with Operating While Intoxicated, and I was lucky to be alive. Alcohol wasn't the problem. I was hit by the plow. If I had been sober, they would have had to pay me a lot of money. Now I realize, if I was sober, I wouldn't have been on the road at two in the morning during a blizzard, and I would have seen the plow. I couldn't wait to get out of there so I could drink, and that's exactly what I did.

Installment 2



There is a Solution Group
Peace Christian Church
6600 C. Ave. NE
Cedar Rapids, IA 52402
Thursday at 8:00 PM



What is a G.S.R.?

[Click here](#)

What is G.S.O.?



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



C.R. Sober Times

An A.A. Group Shares...

GROUP HISTORY FOR "THERE IS A SOLUTION"

The idea of a new group in District 8 had been considered by Jim S., Kirk H., and Carol H., during the summer of 1990. The desire was for a group with discussion centered around the solution of Alcoholics Anonymous as it had been passed on to us. The solution was based upon strong sponsorship, the 12 steps of recovery, the 12 traditions of unity, and the home group philosophy. Discussion was encouraged to center around what we do to work the solution in our lives.

The first meets of "There is a Solution" was held on Thursday, September 6, 1990 at Ascension Lutheran Church in Marion, IA. There were three people present at that first meeting. The meeting averaged about five people the first two months, but the group attendance steadily grew after that. We received a boost from Mary B. When he donated coffee pots and literature from the No Saints group, which had ceased meeting some time earlier. The group was accumulating money, and elected Jerry A. as its Treasurer until it could be determined if the group would be supported.

By six months there are ten to fifteen home group members, and it was apparent that the group would be supported. On March 14, 1991, the group held its first official business meeting to approve group registration with GSO and to elect the first GSR. It was decided to be self-supporting by paying rent to the church at \$10 per month, and to back-pay the first six months.

Doing the next seven months, elections were held for alternate GSR and secretary and the group began getting involved in AA activities.

The group sent five members to the MHI treatment center to speak at an open speaker meeting, picked up two Grapevine subscriptions, held a sponsorship workshop, and encouraged the GSR to provide a full report of District and Area business.

Continues on page 4.

**WANT TO KNOW
MORE ABOUT
DISTRICT 8's
SERVICE IN
TREATMENT FACILITIES?**

For any questions or information on how to get active in service in District 8's treatment facilities please contact:

Jeremy M.

(319) 415-6216

or email

treatment@aa-cedarrapids.org

**ASAC ADULT RESIDENTIAL:
THURSDAYS @ 7PM (MASKS
REQUIRED)**

**HEART OF IOWA: TUESDAYS @ 3PM
FOR WOMEN INTERESTED IN
ATTENDING PLEASE CONTACT KASI TO
GET ON SCHEDULE (319) 389-7256**

**CD+ (YOUTH): MONDAYS @ 7PM,
THURSDAYS @ 5:45PM PLEASE
CONTACT MO U. (319) 573-8807 IF
INTERESTED (MUST BE ON SCHEDULE)**

**MERCY DETOX:
MERCY IS INTERESTED IN HAVING A
PERSON/PERSONS COORDINATE A
WEDNESDAY AFTERNOON MEETING!!
FOR MORE INFORMATION, PLEASE
CONTACT TREATMENT CHAIR**

**ST. LUKE'S DETOX:
MORE INFORMATION TO COME....**



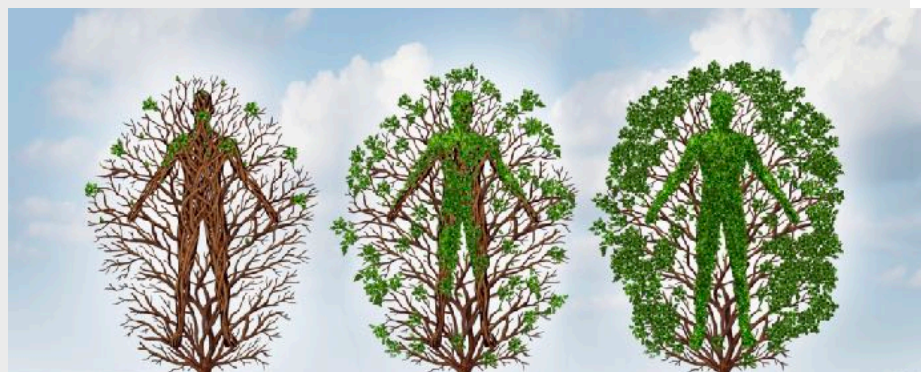
C.R. Sober Times

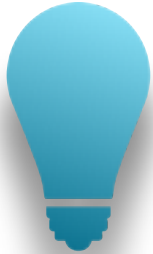
An A.A. Group Shares...

GROUP HISTORY FOR "THERE IS A SOLUTION"

The group went through "growing pains" during the first two years. Three separate votes were taken to decide how to pay rent. The amount of prudent reserve, the contribution payment plan, and group conscience on district issues required much discussion before reaching decisions. Dissension arose during the sponsorship workshop planning that strained group unity, but the members stood on principles that would best serve the group. The group has continued to remain active. A traditions workshop was held in May 1992, and took an open meeting in to a Correctional Facility for the month of July 1992. The group went to a format where each person was given a numbered chip, and a person was chosen at random from "the hat". This format was chosen to keep the meeting length appropriate and to maintain group unity. "There Is A Solution" group hopes that recovering alcoholics continue to come and join us as we trudge!

Submitted by: Rose S., District 8 Archives



HERE'S AN IDEA !!!

Watch
AA Grapevine
on YouTube!

[Click Here](#)

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

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

C.R. SOBER TIMES PRESENTS:

THE READING ROOM

Grapevine

AUGUST 2001

Spiritual Coffee-making

BY:

BILL H. | VINTON, IOWA



Grapevine Story - Spiritual Coffee Making

Recovering alcoholics and coffee seem to go hand in hand—or hand in mug. (If there isn't any coffee when we want it, life can seem very unmanageable!) The spiritual progress of my coffee experience shows how the Steps have helped me improve my relationship with my wife.

Early in my sobriety, I worked nights at the same job that I'd had for a few years. Often my wife would get up before me and start her day. Sometimes she'd be going off to work, sometimes she'd be getting the kids off to school, and other times she would be just doing things around the house. Some mornings, she'd make coffee, and other mornings she'd be content without it.

I would get up after she'd been up for a while and ask if the coffee had been made. Usually the answer was no. This would be cause for much discussion! I just couldn't understand why she wouldn't make the coffee and, if she didn't want it, just leave it for me when I got up. I didn't see how it would take that much effort to make a pot. After several of these discussions, I resolved that there was nothing that I could say that would make any difference anyway, so I wouldn't try to convince her that she should make coffee.

I could see clearly that my cries were falling on deaf ears. So I'd get up and grudgingly make the coffee, and we'd sit down and have a cup or two. Although I stopped mentioning this to my wife, I would often revisit the thought—i.e., the resentment. I knew I was powerless over the coffee being made before I got up, and I began to see the unmanageability of this issue in my life (Step One).

I knew I needed God's help and that he could do for me what I couldn't or wouldn't do for myself (Step Two). I also knew that I needed to take this to God and let him relieve me of my desire for things to be my way.

When I prayed the Third Step Prayer, I disciplined myself to really listen to the words "relieve me of the bondage of self, that I may better do thy will."

Take away my difficulties, that I may better do thy will." When I heard the words of this prayer, I knew that my difficulty wasn't having coffee ready for me when I got up in the morning. My difficulty was of my own making. This is evident when I am trying to get other people to do things the way I think is best—the way that would best suit my desires.

Next I had to see the selfishness in trying to arrange the show my way (Step Four).

Continues on page 6



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

Our A.A. Group wants to elect a Grapevine Representative.

What does our new GVR need to know?

Online Grapevine Representative Handbook
[CLICK HERE](#)



To hear A.A. Grapevine Podcasts
click the below link:
aagrapevine.org/podcast

C.R. SOBER TIMES PRESENTS: THE READING ROOM

Grapevine

AUGUST 2001

Spiritual Coffee-making

BY:

BILL H. | VINTON, IOWA



Grapevine Story - Spiritual Coffee Making

I saw this and admitted it to God and my fellows (Step Five).

I was convinced that in order for God to remove my defects of character, I first needed to stop practicing my defects of character and doing what wasn't working (Step Six). Then I could humbly ask him for some guidance and direction to see how he could remove these shortcomings, and ask for what would work in this situation (Step Seven). The Seventh Step Prayer states: "I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows." After a few years of sobriety, an opportunity came along for me to relocate to Omaha and work the day shift. As a day-shift person, I had a new routine that I followed every morning. I got up at 5:30 A.M. and made a pot of coffee. Then I showered, brushed my teeth, and got dressed while the coffee was perking. I poured two cups of coffee, one for my wife and one for myself, and while the coffee was cooling (my wife likes her coffee cooled down a little), I said my prayers and did my meditations (Step Eleven). Then my wife and I would have our coffee and conversation before I left for work (Steps Eight and Nine).

I've since moved back to rural Iowa and changed jobs. I still work the day shift and get up before my wife. I still have the coffee made and two cups poured each morning (Step Ten). I still allow time for my prayers and meditations while the coffee cools down. We still have our coffee and conversation each morning. This is as spiritual as life gets for me when I live as though I have had a spiritual awakening as the result of these Steps, and I practice these principles in all of my affairs (Step Twelve). Last Sunday morning on the way to church with our four children, I mentioned this coffee experience to my wife. My insistence that the coffee be ready for me when I got up was several years ago now, and my wife said she barely remembered these episodes—or discussions as I like to call them. She was touched that I see having coffee with her as a spiritual experience.

I also shared this experience for the first time with my home group last Sunday night. It was a very moving experience that made my eyes leak. (I still have an ego and don't like to say that sharing this experience brought tears to my eyes.) By the way, this reinforces the importance of a home group where each member can feel at ease sharing experience, strength, and hope. I need my home group to be a place where I can learn to practice the principles embodied in the Twelve Steps with other alcoholics. This sets in motion my willingness to practice these principles in all my affairs, including my home life.



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

AA Grapevine Writer's Workshop

ZOOM WORKSHOP

Date: Saturday, October 1, 2022

Time: 10:30 AM - 12:30 PM Central Time
(11:30 AM to 1:30 PM Eastern Time)

ZOOM ID LINK: [807716078](https://us02zoom.us/j/807716078)

(No password required)

Zoom Room Hosted by:
District 8's EBUZ



Presented By:

Anne D. - Ames
District 3 Grapevine Rep

Amy S. - Cedar Rapids
District 8 Grapevine Rep

Jean R. - Cedar Rapids
Dist. 8 EBUZ G.V. Rep

From: Iowa's AA, Area 24

Schedule of Events

Jon W. - Grapevine's Senior Editor
10 Minute Speaker

GV Writer's Guideline Presentation

Grapevine Author Participant's Share

Grapevine Editorial Calendar

Question & Answer Period

AA Grapevine Writer's Workshop Author Participants:

Phil S. - District 3

<https://www.aagrapevine.org/magazine/1992/mar/moment-truth>

Bill H. - District 8

<https://www.aagrapevine.org/magazine/2001/aug/spiritual-coffee-making>

Scott N. - District 3

<https://www.aagrapevine.org/magazine/2008/nov/simple-not-always-easy>

Mike M. - District 8

<https://www.aagrapevine.org/magazine/1997/jul/rural-recovery>