

C.R. SOBER TIMES

In A.A. we have found that the actual good results of prayer are beyond question.

They are matters of knowledge and experience.

All those who have persisted have found strength not ordinarily their own.

They have found wisdom beyond their usual capability.

And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.

Bill W.

"Twelve Steps and Twelve Traditions."

Archive Nugget's

Bill Wilson was born in East Dorset Vermont, on **November 26, 1985**, in a room behind a bar in the Wilson House, the village hotel run by his paternal grandmother. At age 22, he had his first drink - a Bronx cocktail. He would later write of this first taste of alcohol, "That strange barrier that had existed between me and all men and women seemed to instantly go down."

*A Visual History of A.A.
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A converted former stable, the 24th Street Clubhouse had an upstairs apartment that Bill and Lois moved into in **November 1940**. Downstairs was a large room paneled in knotty pine, with a fireplace and an adjacent kitchen. The club became a favorite of New York A.A.'s and by the mid-1940's was functioning as New York's first central office, with two paid clubhouse secretary's covering the desk 12 to 14 hours a day.

*A Visual History of A.A.
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Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. ***We will comprehend the word serenity and we will know peace.*** No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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A.A. Service Election Results

District 8 (C.R Area)
 2023-2024
 2024-2025
 Election Results
 DCM: Kyle T
 Alt DCM: Josh H
 Secretary: Todd H
 Treasurer: Troy F
 Archives: Lynn M
 *CPC: Jeff B
 Correction: Jimmy H
 Grapevine: Jean R
 Literature: Randy N
 Newsletter: Danielle H
 PI (Public Info): Mark S
 Treatment: Jeremy M
 Webmaster: Ben L

Area 24 (Iowa)
 2023-2024
 2024-2025
 Election Results
 Delegate: Julie S.
 Alternate Delegate: Dan P.
 Chair: Nate W.
 Secretary: Beth C.
 Treasurer: Jeff P.
 Archives: Jeff M.
 Corrections: Doug W.
 *CPC: John R.
 Grapevine: Jason J.
 Literature: Dawn B.
 Newsletter: Patti P
 PI (Public Info): Jody H.
 Treatment: Steve N
 Webmaster: Adam B.

* CPC - Cooperation with the
 Professional Community

Congratulations everyone!!!



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.

That was the first time that I realized I wasn't going to die young. I thought I was unbreakable. I had received stitches so many times and been through so many things. I thought I was a bleeder, but I couldn't break. I was convinced that I was going to grow so old, the grandkids wouldn't want to come to the home I ended up in at a hundred. I was going to continue to drink and have fun. I would try to start living life and having relationships since I was going to be around for a while now.

I decided it was time to get married and have a family. I married a woman that I barely knew and wasn't even sure if I loved. We had a daughter, but I had one foot out of the door. She had told me that I should quit drinking and using drugs. She even told my parents that I had a problem. She was in the way of my drinking and that couldn't happen. I loved alcohol more than I could ever love her. She had to go so I filed for divorce.

I met a woman while I was separated. She would go to the bar with me every night and enabled me to live exactly how I wanted. I thought it was perfect. My delusion and the madness of my alcoholism continued to grow. I was a victim in all things. World news affected me in ways that people couldn't understand. There could be a natural disaster in another part of the world, and I wouldn't even know a single person that lived there, but no one could understand how that made me feel. Reality was slipping away.

On Labor Day my girlfriend broke up with me. She thought I was selfish and irresponsible. She told me that she didn't know if I was a liar or if I just didn't remember much because I was always drunk. I thought, good riddance. Now I can drink what I want, do drugs when I want, and sleep around if I want. I truly thought this was going to be a great change in my life.

At the end of September, I lost my job. When I drink when I want and do all the drugs I want, it doesn't make me functional at work. Sometimes I showed up late, sometimes I was in the same clothes as the day before, and sometimes I just didn't show up at all. Plus, they never know what version of me would be there. I would be unapproachable when I was too hungover. I was irritable, restless, and discontented until I could get a drink. Drugs couldn't do what alcohol did. Alcohol was the only thing that could give me ease and comfort.

Troy F., Crossroads Meeting Contributor, Installment 3



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

**Happy Hour
Meeting
5:30 PM
Fellowship
Club**

**The
Happy Hour
Group
meets every day**

**At:
The Fellowship Club
3224 1st Ave NE
Cedar Rapids, IA**



THE HAPPY HOUR GROUP

The Happy Hour Group is definitely not a glum lot; we are exactly what the name entails: "Happy Hour" - just the sober one. The meeting is held daily at 5:30 in the main hall at the Cedar Rapids Fellowship Club. We would love to meet you if we haven't already.

Originated approximately 10+years ago at the Fellowship Club as a need to serve the after work crowd. You know the ones that run to the bars to calm their withering nerves driven by the obsession that creeps in around 3PM everyday and takes over? I was exactly one of those people and this meeting was the foundation I needed to start my journey of sobriety, and eventually, service work becoming the Secretary for business meetings.

Our group is diverse in many ways. "We are men and women who would not normally mix" from young to old, every occupation or life situation, oldtimers to newcomers chances are you hear your story or see yourself in somebody in each and every meeting. We are open to children being in attendance at meetings as long as they do not cause a distraction, we even have some color books, play dough, etc to help keep them entertained. Our meeting formats are as follows: typical evenings are open meetings with a reading from the big book, Tuesday nights are reserved for reading from the 12x12 and Thursday nights are a big book study. The last Friday of every month we have a speaker. We host/sponsor yearly events such as the Happy Hour Annual Picnic, St Patrick's Day Dinner, the Fellowship Hog Roast and participate in the hospitality suite at the Cedar River Round-Up. If you're looking for service work let us know.

In Love and Service, Alissa N Happy Hour Group Contributor
5:30PM Daily @ Cedar Rapids Fellowship Club 1st Ave



AA Grapevine Nugget

To many, Grapevine became known as “Our Meeting in Print,” a term coined during World War II, when the editors sent a copy to every known AA member in the armed forces.

Cut off from meetings and contact with other members, the grateful soldiers referred to Grapevine as their “meeting in print,” a name that has stayed with the magazine for sixty years.

Today, Grapevine not only carries the words “AA’s Meeting in Print” on the cover, but its format resembles an AA meeting as well, beginning with the Preamble on page one and ending with the Serenity Prayer on the back cover. It has the makings of a good meeting: discussion topics, humor, announcements, and, above all, the stories of experience, strength, and hope.

The A.A. Service Manual

Revised: May 2021

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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

C.R. SOBER TIMES PRESENTS:

THE READING ROOM



Grapevine Story - Coming Home

The death of a fellow veteran reminds one member of how AA helps combat his loneliness

My company recently hired a military veteran for a second-shift position, replacing someone about to retire. The vet was on the job about three months when we got the news that he was found dead in his home. The rumor was that he had shot himself. It was a tragedy and I felt, somehow, a little guilty. I had met this vet casually in the halls at work. Now, I can only feel his loneliness and wish I had made some connection with him.

Being a vet myself, this man's death stirred some feelings and I started talking to a coworker about coming home from war.

For me, it was Vietnam. For this guy, it was Iraq or Afghanistan, or both. I was treated like a villain when I came home from a war; he was treated like a hero. But no matter. We had the same feelings. Vets are still alone with their thoughts and feelings when they return from war.

I talked to my coworker about some negative things that had happened on my return from Vietnam. I told him about my drinking. I had not been able to stay at the good job I had then, even though my employer thought I was doing well. A manager asked why I was leaving after just a couple months since I had worked there before the war and had done well. How could I tell him that I had to drink or I might kill myself, that drinking was more important to me than the job?

I don't remember what I said to that manager. I know I had no answer for him.

Maybe by walking away I saved my own life. I drank until I was in that very dark place that opens doors to unthinkable choices. For me, one of these was the choice to go to AA.

I was very much like this newly hired vet who was now dead. Talking to my coworker reminded me of that. As I spoke of my drinking, he said (not knowing I am in AA), “But you were able to quit.” And I said “Not without some help.”

Story Continues on Page 5

HERE'S AN IDEA !!!

Watch
AA Grapevine
on YouTube!

[Click Here](#)

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newsletter@aa-cedarrapids.org

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C.R. SOBER TIMES PRESENTS:

THE READING ROOM**Grapevine Story - Coming Home**

I thought about Old Tim who passed away over a decade ago, who is remembered in the AA meeting rooms here for several simple sayings. One of these was, "It's the disease of the lonely." I was lonely when I came to the rooms. Yes, there were people around me, school buddies, even some who had been in the service. But none had been in the war and no one knew what was going on with me, least of all myself.

That loneliness lifted when I began to identify with AA members and got a sponsor. Now, even after years of sobriety, I still sometimes isolate and don't share my thoughts. I think I'm doing OK, but when I'm not talking on a daily basis the little things begin to build up. Soon, some small irritation becomes a backbreaker and I must get out to an AA meeting to listen and share my thoughts to get back to the lighter side of life.

I have no idea if this newly hired vet was an alcoholic or even drank, but I'm thinking he had "the disease of the lonely," and maybe if he had had some outlet for his feelings, like I have found in AA, he too would still be with us and with his family today.

I am not writing in memory of the vet who shot himself, though. That's someone else's job. I did not know him well enough to tell his story. I am writing about the memories of this vet, meaning me. I was lucky enough to find a way to combat loneliness with AA meetings and with the Steps and tools for living.

At a meeting last night, I heard a speaker share that her reactions to life—always at one extreme or the other, overly controlling or submissive—had been a result of injury and wounds from childhood that she had not spoken of, cried about and released. Her controlling and her submissive responses were rooted in these old injuries and by sharing the old injury, she could set herself free of it. She could be a better-balanced, more mature person, able to treat herself and others with more compassion and respect.

The vet who shot himself brought me back to a place that was uncomfortable. But maybe by feeling that discomfort again, I have been given the opportunity to let go of a little more of it. Maybe I've learned to have a little more compassion for the vet in me and to live the rest of this life with more patience and compassion for others.

BY: KURT S. | FARMINGTON, CONN.

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What is the AA Grapevine magazine looking for and when do they need it by?



Check out the AA Grapevine Editorial Calendar

[Click Here !](#)

I'm ready to write a story for the AA Grapevine Magazine. What is the link to submit a story?



[Click Here](#)

Congratulations to:

All of the Newly Elected

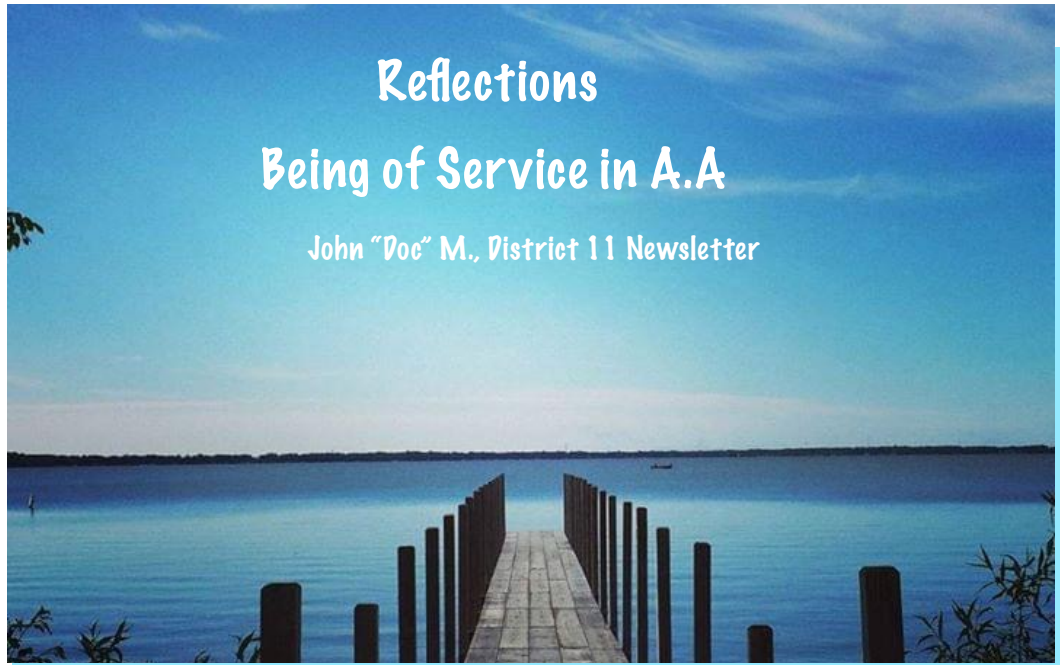
A.A. Service Positions for

District 8 (C.R. Area)

Area 24 (Iowa)

Reflections Being of Service in A.A.

John "Doc" M., District 11 Newsletter



Being of Service In A.A.

Area 24, District 11

April marked the 10-year anniversary of being introduced to the service structure in Dubuque. As I reflect on this, I am reminded how truly blessed my recovery has been being actively involved in service. Nobody had to do a hard sell to me on the importance, as it was instilled in me prior to returning home. I have been willing to help and stand for service positions nobody wanted. I was willing to take unpopular stands based on principle of the traditions and concepts, rather than accept the 'norm.' I was willing to learn and remain teachable. I was willing and able to go to towns I never knew existed, to meet strangers I never met, yet walk away feeling alive knowing I have created lifelong friends. I was willing and able to do the work necessary to carry the message to the still suffering alcoholic.

Yours in Love and Service,
John 'Doc' M. District 11 Newsletter





FALL FESTIVAL EATS, SWEETS & SPEAKS

WHERE:

Cedar Hills Community
Church
6455 E. Ave. NW
Cedar Rapids, IA

WHEN:

Thursday, November 10th

Silent Auction - 5:00 PM
Dinner - 5:30 PM
Announcements - 6:10 PM
Speakers start at 6:30 PM

Speakers:

Kelly F., A.A., Cedar Rapids
Tricia K., Al-Anon, Cedar Rapids
Riley, Lateen Speaker, Manchester

Donations accepted



Big Book Workshop

Friday, November 4th @ 6:00PM - 9:00PM

Saturday, November 5th @ 9:00AM - 5:00PM

Sunday, November 6th @ 9:00AM - 12:00PM

Workshop Leader:

Kurt Z. From Redondo Beach, CA

Location:

The Fellowship Club

3224 1st Ave NE

Cedar Rapids, IA

B.Y.O Snacks for the table to share

Cost is \$15.00 per person

Make checks out to:

BIG BOOK WORKSHOP

P.O. BOX 581, CEDAR RAPIDS, IA

Scholarships are available if needed.

Call Mike M. At (319) 213-4267



FALL GRATITUDE DINNER!

WHERE:

St. Ludmila
211 21st Ave SW
Cedar Rapids, IA 52404

WHEN:

Saturday Nov. 26, 2022

Doors Open - 6:00 PM

Prayer, Readings &

Dinner - 6:30 PM

Turkey, Ham, Party Potatoes,
Beans, Coffee & Lemonade

Bring salad or deserts

Speakers:

Mary H., Al-Anon - 7:30 PM

Josh H., A.A. - 8:30 PM

Closing 9:30 PM

Donations accepted



CROSSROADS

Chili Supper & Speaker Meeting

Sunday, November 13th, 2022

Dinner @ 6:00 PM

Speaker @ 7:00 PM

Bill H., from Cedar Rapids, IA

In-person at:

St. Mary's Catholic Church

402 Ash Ave

Urbana, IA