

JULY 2023

# SOBER TIMES

Iowa District 8 AA Newsletter



## Areas We

### Serve

Anamosa  
Cedar Rapids  
Center Point  
Central City  
Coggon  
Garrison  
Grinnell  
Hale  
Keystone  
Lisbon  
Marion  
Monticello  
Mount Vernon  
Tama  
Urbana  
Vinton  
Walford



### Area Clubs

In District 8 there are three clubs which provide space for A.A. meetings, groups, and events. These are not to be considered "A.A. Clubs", but rather "secondary aids" to the A.A. community. We mention them for the sole purpose of providing addresses for these locations. This is not to be considered an endorsement or affiliation, but indicate a relationship of cooperation.

#### **CR GRATITUDE CLUB**

212 Edgewood Rd NW, Suite K  
Cedar Rapids, IA 52405

#### **FELLOWSHIP CLUB**

3224 1st Ave NE  
Cedar Rapids, IA 52402  
319-364-0314

#### **INDUSTRIAL CLUB**

225 South 35th St  
Marion, IA 52302

Iowa District 8 of Alcoholics  
Anonymous Website

<https://www.aa-cedarrapids.org/>

## JULY EVENTS

### JULY EBUZ SPEAKERS:

7/2 - Tony A, CR, IA

7/9 - Wes Y, CR, IA

7/16 - Jenni P, CR, IA

7/23 - Randy T, Dubuque, IA

7/30 - Nate W, Clemons, IA

**IAYPAA**  
**Davenport, Iowa**  
JULY 14-16, 2023 DoubleTree by Hilton  
room code IYP  
7TH ANNUAL IOWA STATE CONFERENCE  
OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS  
**THE AGE  
OF MIRACLES**  
IAYPAA VII  
Scan here to register  
or go to  
[www.iaypaa.org](http://www.iaypaa.org)

### FOXHALL SPEAKERS:

7/5 - Carla B, CR, IA

7/12 - Michael C, Iowa City, IA

7/19 - Val F, Marion, IA

7/26 - Bernie F, CR, IA



**Stepping Into Freedom**  
Series #20  
TUESDAYS - NOON - 1:30 PM CT  
6:00 PM (UK); 1:00 PM (EDT); 10:00 AM PDT  
JOSH A.  
GAUNT PROSPECTORS GROUP  
NOWATA, OK  
MIKE M.  
FULL MEASURES GROUP  
CEDAR RAPIDS, IA  
STEP 1 6/20/23  
STEP 2 & 3 6/27/23  
STEP 4 & 5 7/4/23  
STEP 6 & 7 7/11/23  
STEP 8 & 9 7/18/23  
STEP 10 & 11 7/25/23  
STEP 12 8/1/23  
Zoom ID 826 9431 0797  
PW 124145



# MONEY IN AA

## Common Questions Regarding Money in AA

1. Is there a limit on how much an individual can contribute to G.S.O.?
2. What do contributions to G.S.O. cover?
3. Some members of our group want to pass a “virtual” basket — to collect Seventh Tradition contributions digitally. How could we do this?
4. Who manages G.S.O.’s share of your group contributions?

Answers to these questions and additional information can be found in the "Where Money & Spirituality Mix" literature. Click image for pdf version.



*Money has never been a requirement for A.A. membership, and to keep it that way all of A.A.'s trusted servants have an ongoing obligation to inform groups and individuals about the value of self-support and the need for voluntary contributions throughout the Fellowship.*

### ■ REMINDER

#### OUR CONTRIBUTIONS ADDRESS HAS CHANGED

We now have a separate post office box that has been established for Seventh Tradition contributions only. Please send contribution checks payable to "General Service Board" to:

Post Office Box 2407  
James A Farley Station  
New York, NY 10116-2407

This dedicated PO box enables us to process contributions much more efficiently and at a significant savings to the Fellowship. You also can continue to make contributions online at [www.contribution.aa.org](http://www.contribution.aa.org) using a major credit card or PayPal.

For more information or assistance, contact our Member Services team at [memberservices@aa.org](mailto:memberservices@aa.org) or 212-870-3023.

Click here to  
read AA Group  
Treasurer  
pamphlet

click here to  
read the  
seventh  
tradition fact  
sheet

## What's the Traditions Got to say about it?

### Tradition 7

*The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority. — Tradition Seven (long form)*

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This means we don't take money from outside our group for group projects. We depend on ourselves. Our money.

We learned this from the Rockefellers. If you take our money, you take our propaganda. Run your own show with your money. Today the sales of the Big Book give us most of our money.

This is why we don't have clubs like the Rockwell Club for alcoholics. The Joe and Mary Smith Recovery Center.

And why we don't have Coke for AA. (double caffeine). And Marlboro for AA. (double nicotine). Oreos for AA. (double sugar).

On a personal basis, this is why I cancelled my credit cards, paid them off, and live on debit cards. I've told that story many times. People say ... "But I get points from my credit cards, and I always pay them off each month". That's your business. I was never able to control and enjoy my credit cards.

-Submitted by Tom C, Cedar Rapids, IA





# FIRST AA MEETING IN CEDAR RAPIDS

## ARCHIVE NUGGET

The first Alcoholics Anonymous (AA) meeting in Cedar Rapids was held at the Allison Hotel on March 20, 1944. It got its start thanks to the efforts of two non-alcoholics from Mount Vernon, Iowa--Dr. Albion Kane, a professor at Cornell College, and Reverend Keith Herland, a Protestant minister. These two men had heard about AA from a 1941 article by Jack Alexander from *The Saturday Evening Post* and believed there was a need for AA in Cedar Rapids. They organized the first local AA meeting. Judge Ray H, who the first AA member in Iowa, from Des Moines was in attendance along with Odie W, one of the early AA pioneers from Waterloo. A memo Judge Ray H wrote to some peers, said there was a "goodly" crowd of 25 in attendance. The first AA members in Cedar Rapids were Billy M, Sam P, Harry J, and Harold C. They attended the first meeting and stayed around for years to come. Soon thereafter new members joined, including Lawrence V (Van), Jack D, Andy A, George M, Sud C, Clay H, Lee L, Jack T and his wife Elenor T, along with Griff and Tex.

Later on some youngsters (people in their 20s and early 30s) joined including Pat M, Pat O, Ray D and Ron G. Peg H, Elenor C, Elenor T, Mary Lou S, Pat O, Phillis H and Elenor A were some of the AA women pioneer in Cedar Rapids.

After that first meeting, the Original Group, as they came to be known, met downtown at a several locations including the Allison and Montrose Hotels along with a room above the Family Shoe Store (105½ Second Ave SE which is now part of Alliant Energy). The meeting at the Family Shoe Store shared the floor with a podiatrist's office. It wasn't unusual to see AA members walking with a limp on their way to meetings pretending to go to the shoe store or podiatrist's office. AA remained at the Family Shoe Store location throughout most of the 1950s and 1960s. Later the Original Group moved back to the Allison Hotel for a number of years. In addition to meetings, many social functions were held including potlucks, play cards and bingo.

~The content in this article came from a variety of sources and has not been fact checked. Submitted by Rose S, Cedar Rapids, IA with special thanks to Dave G, Pat M, Tom C and Jeff M for being mentors and contributors to this article. If you have different recollections or have additional history you'd like to share, please consider submitting an article [newsletter@aa-cedarrapids.org](mailto:newsletter@aa-cedarrapids.org)

## RURAL ROUTE



Recovering from alcoholism is hard enough. Recovering in a rural area comes with another set of challenges altogether. One of the first hurdles is to find a rural meeting near you. Usually, each surrounding small town has one meeting a week (depending on the size of the town). It has been my experience that many of the same people attend these meetings, which often times leads to a very close knit, almost family like atmosphere. Perhaps small towns allow us to see each other around town a bit more than larger towns. A polite nod or smile says that I see you and you are not alone.

When I was first sober, I attended larger meetings in larger cities because most of the members at the small-town meetings were not sponsored and didn't want to sponsor at that time (2006). The homegroup members at these meetings oftentimes were the "old timers" with the philosophy of "Put the plug in the jug" and "just don't take that first drink" and very little step work. It is not my intention to disrespect these Old Timers, I loved them. This was the way the program was presented to them, and they were just passing it on in the same way. Still, there were some long timers that did demonstrate the steps and talked of the Traditions and somehow put into words, a message that seemed like a sounder solution to this disease. I hung on their every word and tried to assemble a "hope" that would sustain me until I was able to find sponsorship in a larger town.

Small town meetings are incredibly accepting, many times accepting of additional drugs (of choice), as well, because it is the only meeting within miles for anyone suffering from any addiction. We try to keep it to alcohol but if someone needs help - we help them best we can. Today, many of the Old Timers have passed on. Their wonderful stories and one-liners fill my mind with their voices and wisdom, and I feel so gifted to have known them in my time.... I am the long timer at my home group now and I try to demonstrate the 12 steps and sponsorship as I believe that this is the program of recovery stated within How It Works.

I was asked to give a bit of history on the Anamosa Group but unfortunately, I don't have any information on how it got started and endured, except for the past 17 years when I started attending. However, I have heard stories that date back to 1987 and have old directories with Tom W. from Prairieburg listed as the GSR in 1988 while the meeting was held in the basement of the Anamosa Catholic Church. Eventually moving to the Anamosa Amvets building and then finally to the St Paul Lutheran Church Educational building in 2007 where it is still held today.

I don't know that I would be sober without small town rural meetings. I am eternally grateful for all those who came before me, who started these meetings within these small towns... all of those whose names may never be known to anyone...but whose service was felt by all of us. I am grateful for the opportunity to do service.

Thank you,  
Janel M.



## Delegate Communications

JULIE S. AREA 24/PANEL 73 DELEGATE  
AREA24.DELEGATE@AA-IOWA.ORG

Area 24 Delegate, Julie S, has held several informational meetings covering a range of topics. There are still a few left to attend if you're interested, see schedule below. The Zoom ID is always the same, (319 721 4056) with no passcode. In a recent workshop Julie shared about Proposed Agenda Items and some of those highlights are listed below. Julie's contact information is listed above should you have direct questions.

### WHY SUBMIT A PAI ANYWAY?

This is the first step in how the group conscious becomes the collective conscious. This is how your voice can be heard.

What's the difference between Recommend, Consider or Take No Action?

- ?? Recommendations = Considered motions and are voted on by the body  
Considerations = Moved forward to corresponding Committee, but may have specific actions  
Take No Action = ends discussion or debate on particular PAI

### WHAT EVEN IS A PAI/FAI?

**PAI = PROPOSED AGENDA ITEM**

**FAI = FINAL AGENDA ITEM**

- Agenda Items are 'proposed' until they are finalized by the General Service Board at the January Board Meeting.
- Proposed Agenda Items are hopefully released (without background information) in the late fall so that groups can begin considering
- Final Agenda Items with full background information become available mid-February

**Zoom: 319 721 4056 (No passcode)**

### Upcoming Delegate Mini-Workshops:

**Mini-Workshop #3: The AA Grapevine App: This is going to be good! Tuesday, July 11th at 7:30 pm**

**Mini-Workshop #4: Online Meeting Report: Where we are at, where are you at, and where do you think we should be? Tuesday, July 18th at 7:30 pm**

**Mini Workshop #5: Open Forum: Whatever you want to talk about! Tuesday, August 8th at 7:30 pm**

Young People's Video Project is ongoing and there is not a deadline for submissions! Please send in your new content videos.

### YOUNG PEOPLE'S VIDEO PROJECT

We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school and college settings.

#### SHARE YOUR EXPERIENCE!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

Share experiences that would relate to the "young" alcoholic who has yet to come to A.A.

#### BE CREATIVE AND HAVE FUN!

Individuals submitting videos must be at least 18 years of age and must reside within the boundaries of the U.S. and Canada A.A. General Service Structure. Submissions should be in English, Spanish or French.

For more information, contact the Public Information Coordinator at [publicinfo@aa.org](mailto:publicinfo@aa.org).

[www.aa.org](http://www.aa.org)

### RECORD YOUR STORY!

#### GRAPEVINE AUDIO PROJECT

Share as you would in a meeting. Speak for 7 minutes. Pick any topic: an amend you made, a sober trip you took, a Step that helped you, a sponsor you once had, how you pray, what helped you stop drinking and more. It's easy! You can use your smart-phone. For more instructions, tips and topics, visit:

[www.aagrapevine.org/audio-portal](http://www.aagrapevine.org/audio-portal)

#### IT'S EASY & FUN!

Get your group involved! See some examples at [www.youtube.com/aagrapevine](http://www.youtube.com/aagrapevine)

Disclaimer: The District 8 Newsletter is edited and published by and for people in recovery. Its articles reflect the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. None of its contributors (or even the Newsletter Editor) speaks for A.A. or District 8 as a whole. In determining the editorial content, the Chair relies on the principles of the Twelve Traditions. However, we respect everyone's right to have their say and to pursue their recovery in their own way. Yet what works for one individual or A.A. Group may not work for another. The Newsletter tries to embody the widest possible view of the A.A. Fellowship. It is solely provided by District 8 of Alcoholics Anonymous as part of 12 Step work in reaching out to the alcoholic who still suffers. To learn about the A.A. program, the best source of accurate information is our text Alcoholics Anonymous (the Big Book), and other A.A. conference approved literature, much of which can be found at [www.aa.org](http://www.aa.org).