

SOBER TIMES

Iowa District 8 AA Newsletter



AUGUST EVENTS

City Wide Saturday Night Speaker Meeting - August 19th at Kingdom Living Recovery Center, 3120 SW 9th St, Des Moines, IA at 7pm. Al-Anon Speaker - Mary H, Cedar Rapids, IA and AA speaker - Josh H, Cedar Rapids, IA. Ice cream following speakers at 8:30pm. Babysitting provided.

Bonfire Meetings - Wanatee Park, Meadowlark Shelter. Food at 6pm, Meeting at 7pm. Aug 19th, Sept 2, 16 & 30, Oct 14 & 28

Foxhall in the Forest 23rd Anniversary 2.0 — Aug 18-20, 2023 at Pinicon Ridge Group Camp #1, 4948 Valley Farm Rd, Central City, Iowa 52214

Happy Hour Group Annual Picnic — Saturday, Aug 26, 2023, 10:00 am – 3:00 pm at Daniels Park (the pavilion closest to the splash pad), 94 Oakland Rd NE, Cedar Rapids, IA 52402

25th Annual Women Living Spiritually Retreat - Sept 22nd - 24th, 2023 at Crooked Creek Christian Camp in Washington, IA. For further details and to register, click [here](#).

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/>

COMMUNITY NEWS

When the Covid-19 pandemic shut down the Early Bird Upstairs Meeting at the Fellowship Club in early 2020, Amy N immediately sprung into action. She created a Zoom online meeting space for the group which became the Early Bird Upstairs Zoom meeting or EBUZ. She also created a private Facebook page for the group. To join the Facebook page one needed a personal invite. The purpose of Facebook page was to inform, inspire, and allow communication between group members. With the help of Deb F and Danielle M the page became a valuable resource for the group. AA events and other activities were regularly posted. It became the “go to “ source for information about local AA events, speaker meetings, and other AA news, including valuable workshops. From it's humble beginnings the EBUZ and Friends page has grown to 180 members. Every activity flyer from the District 8 Business meeting is scanned and posted to the page along with the the District 8 Newsletter, inspiring and educational videos, and recordings of our Super Sunday Speakers. If someone needs detailed information about an event or activity they simply have to visit the Facebook page. Because the Facebook page has proven to be so useful to EBUZ, the group has decided to make the page available to all AA members in the Cedar Rapids area and beyond. Although it is still a private group to protect the anonymity of its members any AA member in the area can join by searching for EBUZ and Friends on Facebook and asking to join.

LET'S GET SOCIAL

(Clickable links below)

WEBSITES

AA GRAPEVINE: aagrapevine.org

AA LA VINA: aalavina.org

INSTAGRAM ACCOUNTS

GRAPEVINE:

[Instagram@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv)

LAVINA: [Instagram@alcoholicsanonymous_lv](https://www.instagram.com/alcoholicsanonymous_lv)

SUBSCRIBE TO OUR YOUTUBE CHANNEL

New YouTube Playlist -- “Willingness”

youtube.com/aagrapevine

GRAPEVINE'S PODCAST

The AA Grapevine Half-Hour Variety Hour.

New episodes available each Monday!

www.aagrapevine.org/podcast



WANT TO BE OF SERVICE?

The District has Literature Chair & Corrections Chair openings. If interested, attend the next District meeting, August 18th, or reach out to our DCM at dcm@aa-cedarrapids.org

Former and Current G.S.R.'s

YOU CAN HELP LIGHT THE WAY FOR FUTURE
GROUP SERVICE REPRESENTATIVES!

HOW CAN YOU HELP?

WE'RE SO GLAD YOU ASKED!!

- Write down any pearls of wisdom you have for current or upcoming GSR's
- What did you wish you knew when you became or even throughout your GSR journey?
- What questions do you have as a GSR?

What comes next??

Well next you simply bring that information to the next District Meeting

Delegate Communications

PROPOSED AGENDA ITEMS

Last month's newsletter shared highlights about what a PAI (proposed agenda item) is and why we submit them. This month's edition shares what and how to submit PAIs. For further details or specific questions, you can contact our Area Delegate directly at

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

WHAT TO SUBMIT?

Q. What types of proposals, suggestions or ideas rise to the level of needing a General Service Conference "action" or "decision"?

A. Proposals that are important to the future of Alcoholics Anonymous, policy decisions or request for changes to Conference-approved literature and items that might require the collective conscience of the Fellowship.

HOW TO SUBMIT A PAI?

GSRs have autonomy to do this any way you wish, but some shared experience....

- If there is a suggestion your group, district, or area feels strongly about....
- Craft the wording of the item
- Build supporting background information
- Get it submitted to the conference using the appropriate form
- Remember the September 15th Deadline.
- Further details and the form can be found [online here](#)

WHAT HAPPENS AFTER I SUBMIT A PAI?

1. The Conference Coordinator acknowledges receipt of the proposed agenda item and lets the sender know which of the following options is most appropriate and, if necessary, an explanation of why and how the proposed agenda item is being directed.
2. The Conference Coordinator at GSO sends the PAI to the GSO/GV staff to be reviewed then forwarded to the appropriate GSB Trustees Committee.
3. The Trustees Committee may refer the matter to the appropriate GS Conference Committee.

WHAT HAPPENS NEXT?

Next the Committee reviews, discusses and determines what to do with an item:

- Send it to the floor of the Conference (for vote)
- Refers to the appropriate Trustees Committee for consideration (or GSB) possible action
- Take no action.

These decisions become part of the Collective Conscience of AA in the US and Canada. This is Concept 1 (The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.).

A Declaration of Unity

- This we owe to AAs future:
- To place our common welfare first,
- To keep our fellowship united.
- For on AA unity depend our lives,
- And the lives of those to come.



While each member has a voice, the Group **Conscience** voice will have greater 'authority'.

BIG NEWS FOR AA GRAPEVINE



Coming September 2023: The New Grapevine & La Viña Apps! Keep track of your sobriety and spiritual practices. Share your thoughts on articles. Find meetings and much more. Take Grapevine and La Viña wherever you go!

www.aagrapevine.org

GRAPEVINE APP BENEFITS

Send articles to
Friends

Chat on the topic

Keep track of
spiritual
practices

Daily checklist
Meeting alerts

Listen on
the Go

Podcast player
Magazine audio
playlist

Get Published!

More room for more
submitting, sharing
Comment on Articles

Eighth Step Prayer

Higher Power,
I ask Your help in making my list of
all those I have harmed.
I will take responsibility for my
mistakes &
Be forgiving to others as You are
forgiving to me.
Grant me the willingness to begin
my restitution.
This I pray.

SPONSOR

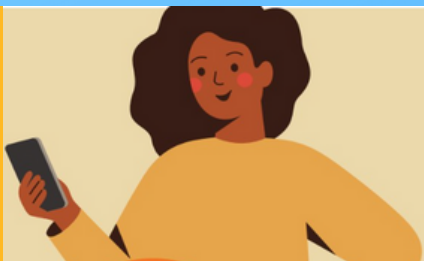


"Your job is to tell the truth.
My job is to laugh at you when you don't."



Visit the Grapevine YouTube Channel! Watch our 5-minute history of AA Grapevine, Inc. film, "AA's Twelve Step Tools: Grapevine & La Vina"! Use it at your events. Listen to members share original stories about relapsing, spirituality, and more!

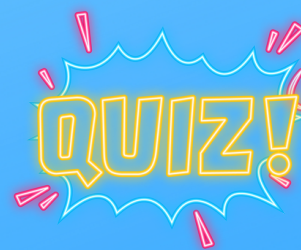
www.youtube.com/aagrapevine



Listen To Stories By Members

We've all heard about submitting your message to the Grapevine Audio project. And we are all still encouraged to submit our message if we haven't yet. And now, some of those submissions are available to listen to. Enjoy!

<https://www.aagrapevine.org/audio-portal>



Test your AA IQ with the
12 question AA History
Quiz!

<https://www.aacle.org/a-a-history-quiz/>

"You will learn the full meaning of 'Love thy Neighbor as thy self.'"
-Big Book pg. 153

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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.