

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Last Call Annual Picnic, Sat, Sept 30 2-5pm Grandview Pavilion in Bever Park.

Bonfire Meetings in Meadowlark Shelter at Wanatee Park every other Saturday (Oct 14th & 28th). Food at 6pm, Mtg at 7pm.

GSR Handbook Workshop - Oct 7th 2pm - 3pm at the Fellowship Club. Join us in giving the District 8 GSR handbook a face-lift, all are welcome.

Tailgate & Bags hosted by Friday Night Lights & Saturday Night Live meetings, Oct 8th, 1:30 - 6pm at Hawk Ridge Park in Fairfax. Bags tournament, food, fellowship and campfire. Bring a dish or dessert to share. Rain or shine.

2023 Area 24 Fall Conference — Oct 13 – 15, 2023 at the Best Western Plus Dubuque Hotel & Conference Center, 3100 Dodge St, Hwy20 W, Dubuque, IA 52003.

There is a Solution 33rd Anniversary Dinner & Speaker Meeting — Thursday, Oct 5, 2023 at Peace Christian Reformed Church, 6600 C Ave NE, Cedar Rapids, IA 52402. Dinner served at 7:00 pm followed by speaker at 8:00 pm.

Iowa Women's Luncheon — Sunday, Oct 22, 2023 at the Hilton Garden Inn Des Moines-Urbandale, 8600 Northpark Dr, Johnston, IA 50131. Doors open at 11:30, lunch served at 12:30, speakers at 1:30 pm.

Big Book Workshop lead by Kurt Z & Linda S from Redondo Beach, CA. Nov 3rd - 5th; Fri: 6-9pm, Sat: 9-5, Sun: 9-Noon at Fellowship Club. Cost is \$20.

****Non-AA related events****

Pig-out at the Fellowship Club Whole Hog Roast, Sat, Oct 14th at 6pm. Meat, Baked beans, coleslaw & dessert included in ticket. \$10 for 7 and up, 6 and under \$3. Live Auction & 50/50 Raffle.

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/>

AA GRAPEVINE

THE GRAPEVINE AND LA VIÑA APPS
ARE HERE!

Download the apps for free from the Apple App Store for iPhone, or from Google Play for Android. Subscribe to the digital magazine and archive for \$2.99 per month, or \$29.99 per year.

With a subscription, you'll be able to read the new magazine each month, explore the Grapevine or La Viña archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and much more.



My name is Tom B. and I am an alcoholic. Since I have picked up my last white chip,

I tried to do things that fellow AA members suggested to me. I literally just gave up all control of everything and let my Higher Power take care of it. I'm not saying it was easy. It's something I have to do every morning when I get up and every night when I go to sleep. Sometimes

I catch myself trying to control the situation and then I look at it and release it again. I am not in control. I want to give a shout-out to my home group. I wouldn't have my Higher Power in my life without them pushing me towards it, not away from it.

~Submitted by Tom B

Made Ya Laugh

Flex your funny bone!

If a great caption springs to mind when you look at this picture, submit it for possible publication on Grapevine's humor page.

Or just vote for your favorite caption!

Click [here](#).



CROSSTALK

I recently came across an article in the Grapevine titled Crosstalk. It instantly caught my attention because I'll be honest, I can't fully explain what it means. I've heard "No crosstalk, please." in meetings before and I had a vague idea that it meant I just don't talk to one other person during my share.

However, my ignorance on this subject led me to read the entire article submitted by an anonymous member published in November 2013. In this article, the anonymous member explains what crosstalk is, provides some examples and the damaging effects to the Fellowship it could potentially bring.

Some of the things mentioned in this article I'd never considered before. This article goes on to explain more in depth how it can be disruptive and ego stroking (something I, myself, don't need any more help with 😞).

And who am I to tell that newcomer what WILL work for them during the meeting, all the while putting the spotlight on them? All I have is my own experience to share and we each have our own unique experiences. Same tools, just different experiences. This article is another reminder for me to stay in my own lane and taught me just exactly what crosstalk is. I'm grateful for articles like this published in the Grapevine that enlighten me, as well as show me how to be a principled member of Alcoholics Anonymous.

~Submitted by Diane N

You can read the Grapevine article [here](#).

Let Your Voice Be Heard

The General Service Board has sent this memo about obtaining our feedback about online AA meetings. Specifically, there is a series of 7 questions (listed below and in linked memo above)

that you can answer by **October 6th, 2023.**

Scan the QR code in the memo or
go to <https://forms.office.com/r/IdeBmG9TMH>



1. Are the online groups in your area participating in their districts? At the area level?
2. Is this participation at in person meetings, online via hybrid meetings, and/or fully online only meetings?
3. Are members of your online groups active at the district and/or the area level as chairs/members of committees or officers?
4. How are the voices of online groups heard at the area level?
5. How have your districts and area coped with purchase, maintenance, and transportation of equipment, as required for online and/or hybrid meetings?
6. What option does your area (inclusive of online groups) prefer.
7. How have the online groups in your area used their expertise to help district and area service committees to

Personal Inventory

"Continued to take personal inventory and when we were wrong promptly admitted it."

For so many years I would take my personal inventory, and everyone else's, and instead of working towards a solution I would spin on it creating resentment towards others and shame towards myself. The practice of taking personal inventory, or checking myself, has brought me moments of grace and humility. And the times I don't, leads to disaster and temper tantrums. Being aware of the emotional disturbances in me that can lead to the stinkin' thinking that leads to the drink has been a major gift of this program.

But let's be honest, you will still find me throwing up my hands at the driver in front of me that I think isn't going fast enough (hello ego!). I have the 3rd step prayer and the Sick Man's prayer on notecards in my car; when I am at the red light or in traffic, I bring those out and remember it is not on my timing. I am just one of many on this planet. Boy was that a surprise to me, "What? I am not the star of this whole thing?"

When I remember to keep myself right sized, take my own inventory, and stay in my own lane then things fall into place. When I am taking the time to sit each evening to reflect on the day, identify where there may be work or amends to be done, I can see the Step 9 promises coming true. On the contrary, when I am not in my routine, I am restless, irritable, and discontented; my sobriety and recovery is in jeopardy.

For me, another huge piece of this is telling on myself. For so long I held tight to all the things I hated about me, when I let others in to help it diminishes that and leads to a solution. "Shared joy is double joy; Shared sorrow is half a sorrow". I'm grateful for the tools of this program. I am becoming the adult I always wanted to be - sometimes slowly, sometimes quickly. ~Submitted by Amie B

DISTRICT 8 TREATMENT

Monthly AA in Treatment Informational Meeting:

Saturday, September 23rd & 30th @ 10am

Zoom Meeting ID: 842 6648 2763
Password: 807860

ASAC Adult Residential:

- Thursdays @ 7pm
- Meeting open to all AA's.

Heart of Iowa:

- Tuesdays @ 3pm
- Facility imposed requirement.
- For women interested in attending please contact Paige @ (319) 651-5364. (Must be on rotation).

Mercy Detox:

- Volunteers needed for Saturday Morning Meeting rotation.
- Please contact Lance @ 319-521-2912 if interested. (Must be on rotation).

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

Jeremy M. (319) 415-6216

Tenth Step Prayer

I pray I may continue:

To grow in understanding & effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative & Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code;
& to continue in daily prayer how I can best serve
You, My Higher Power.

DISTRICT NEWS

If you would like our current DCM, Kyle Taylor, to visit your homegroup, please reach out to him at dcm@aa-cedarrapids.org

Next District business meeting is Mon, Oct 16th at 7pm at Veritas Church. All are welcome!



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 them if we haven't yet. And now, some of those submissions are available to listen to. Enjoy!

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

Sobriety is
Clearer Seter Today
better than
pumpkin spice
anything.

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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.