

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

Bonfire Meetings in Meadowlark Shelter at Wanatee Park every other Saturday (Sept 2, 16 & 30th). Food at 6pm, Mtg at 7pm.

71st Annual 4 State Picnic at Washawtee Lodge in Waubensie State Park, Sept 12 at 11am. Weekend camping available. For all the details, see flyer [here](#).

Super Sunday Speaker Event: Who Was Hank Parkhurst? Chris J tells Hank's Story – Sunday, Sep 17, 2023, at 9:00 AM on Zoom. See [flyer](#) for Zoom info.

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](#).

The Family After Picnic. Sept 9th from 12pm - 3pm at City Park Shelter #3, Iowa City. Noon - Potluck, 1pm - Al-Anon speaker, Kate D; 1:30pm - AA Speaker, Michael L; 2 -3pm - Fellowship & Fun. Bring a yard game and lawn chair.

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. See [flyer](#) for details.

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

There are so many AA resources available at AA Grapevine like the ones shown above. Books, subscriptions, CDs, eBooks, gift certificates. Click [here](#) or visit <https://www.aagrapevine.org/store> to see all the resources.



GRAPEVINE UPDATES

THE NEW
GRAPEVINE
& LA VIÑA
APPS!

COMING
SEPTEMBER 2023!

Coming September 2023:

The New Grapevine & La Viña Apps!

www.aagrapevine.org



Available September 1st:

**The New La Viña Book
"Oración y Meditación"**

www.aalavina.org/tienda



**AA Grapevine Inc. job opportunity for
Digital Engagement Editor**

To learn more visit
www.aagrapevine.org/important-updates

Everything Grapevine, all in one place!

Later this month the new Grapevine and La Viña apps will be launched. Members can now take Grapevine with them wherever they go. \$2.99 a month, less with an annual subscription. There will be a print subscription, or both print and subscription for \$54 a year.

GRAPEVINE APP BENEFITS

Grapevine
La Viña
always on hand

Guide Personal
Recovery and
help you help
other alcoholics

Build
Community
App Exclusive Stories
Share thoughts
Share stories
Improved Events
Calendar

Member Driven
Distribution
Grapevine and La
Viña Experience,
Strength and Hope

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/IdBmG9TMH>

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.

NEW MEETINGS

Vinton AA Meeting - Mondays at 6:30pm at Wesley United Methodist Church, open and in person. Food at 6pm.

Friday Night Lights @ CRG at 10pm every Friday featuring audio from the 12x12 and discussion.

Saturday Night Live @ CRG at 10pm every Saturday featuring a special guest each week, along with BB reading, music and discussion. Sept speakers:

9/2: Bri W

9/9: Wes Y

6/16: Lanessa G

9/23: Jim G

9/30: Amy S

CRG

212 EDGEWOOD RD SW

CEDAR RAPIDS

(BEHIND TACO JOHNS)

Two-Way Prayer

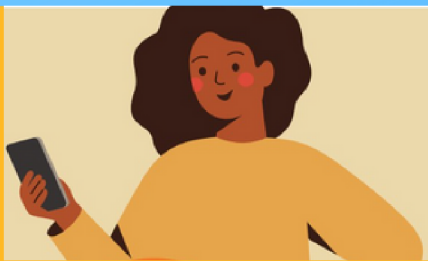


Do you have a two-way relationship with God? Or is it just a monologue from your end?

Two-way prayer is a form of prayer that emphasizes listening for guidance from a Higher Power, as well as speaking to that Power. It involves a dialogue between the person praying and their Higher Power, rather than just a one-way communication. It is used as a tool for personal growth and spiritual development. In two-way prayer, the person praying writes down their thoughts and questions, and then waits for guidance or answers to come to them. This can be a powerful way to connect with one's spirituality and gain insight into one's life.

Father Bill W has a Website [here](#) with videos on more about this 11th Step Tool.

When man listens, God speaks.



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!

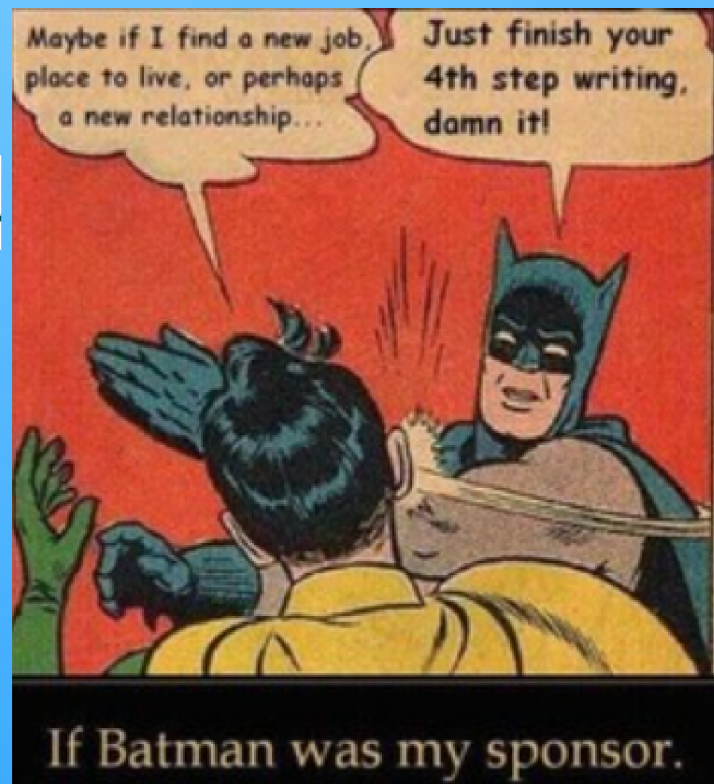
<https://www.aagrapevine.org/audio-portal>

Ninth Step Prayer

Higher Power,
I pray for the right attitude to make
my amends,
Being ever mindful not to harm
others in the process.
I ask for Your guidance in making
indirect amends.
Most important, I will continue to
make amends
By staying abstinent, helping others
&
Growing in spiritual progress.

DISTRICT NEWS

District Literature Chair has been filled by Ben L
District Corrections Chair has been filled by Al G
Thanks to all who serve at District!
Next District business meeting is Mon, Sept
18th at 7pm at Veritas Church. All are welcome!



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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.