

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Friends in Recovery Potluck - Oct 31st at 6:30pm at the Hudson Community Center in Hudson, IA. Open AA speaker after potluck, Delvin from Sioux City, IA

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.

Crossroads Chili Feed & Speaker Meeting — Sunday, Nov 12, 2023 at St Mary's Catholic Church, 402 Ash Ave, Urbana, IA 52345. Dinner at 6:00 pm, Speaker is Janel M, Anamosa at 7:00 pm. Church is wheelchair accessible.

Men's Freedom Retreat XLII - November 17-19, 2023 at YMCA Camp I192 I66th Street Boone, IA. More info at <https://mensfreedomretreat.com/>

2023 Thanksgiving Dinner — Saturday, Nov 18, 2023, at St Ludmila, 211 21st Ave SW, Cedar Rapids, IA 52404. Dinner at 6:30 pm, speakers at 7:30 pm. See flyer for details.

Thanksgiving Holiday Alcathon 2023 - Wed, Nov 22nd at 3pm - Thurs, Nov 23rd at 10:59pm. This event will be continuous with new meetings and topics starting every hour. Join Meeting link: <https://tinyurl.com/Serenity-Zoom>. Official OIAA Event link: <https://aa-intergroup.org/group-events/thanksgiving-holiday-alcathon/>

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

Happy Hour Halloween Dance — Saturday, Oct 28, 2023, 7:00pm – 10:00pm at the Fellowship Club, 3224 1st Ave NE, Cedar Rapids, IA 52402. Beverages provided, bring goodies to share — ***PRIZE*** for Best Costume!

The Safe Place Foundation 2023 Gala - Friday, Nov 17th. <https://safeplacefoundation.org/gala-2023/>

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

DID YOU KNOW?

You can search for any topic on AA Grapevine and it will compile all articles, audio, events, pages and quotes for you to peruse. For instance, if you search for 'Group Inventory', it pulls up over 10 pages of related items. Check it out for yourself [here](#). Go ahead, search for sponsorship, newcomer, emotional sobriety, etc. Pretty cool tool.



GSO UPDATES

Opening for 2 Regional
Class B (Alcoholic) Trustees

If you or someone you know is interested in being a candidate for this position, you can find all the details [here](#).

Recently some FAQs about the 2025 International Convention were published by GSO. You can find those [here](#).

You can find all the GSO updates on their website,
<https://www.aa.org/news-and-announcements>

In Alcoholic Anonymous we come from all walks of life and have followed our own path into these rooms. My introduction to AA meetings were part of an intensive outpatient program (IOP) recommended by a counselor in hopes of preventing me from getting into trouble at work. While AA and IOP were novel ideals to me, at the time they did not have the desired outcome. I could not stay away from the drink no matter the consequences. It was the first of a few outpatient programs to be followed by a short inpatient stint that sobered me for the time being but never seemed to keep me sober. After circling the drain for a while and in a vain attempt to get custody back of my child I agreed to a 90 day program at Heart of Iowa (HOI) in Cedar Rapids. It is a program for pregnant and/or women with children. There, my experience with AA would be life changing.

Once a week a few women would come to HOI and bring us a meeting of Alcoholics Anonymous. Readings were handed out, chips were presented, topic from the Big Book of AA was discussed, and we closed in prayer. They encouraged us to get to outside meetings and even offered us rides. That was when it started to click for me. If I wanted to stay sober this time I needed to do what these ladies did so I tagged along to meetings with them to learn more. I was going to learn everything I could and by default would stay sober. Long story short I was discharged on day 120 and was drunk on day 121. I felt hopeless. However, the seeds of AA had been planted.

Since its beginnings in 1935, the Fellowship of AA has cooperated with hospitals and treatment facilities. Our co-founders found early on that helping the still-suffering alcoholics could keep them sober. Step 12 tells us after having a spiritual awakening we try to carry this message to other alcoholics and one place to find such people is in treatment. The idea of one alcoholic helping another is as old as the program itself. The ladies I fondly remember were 12 stepping us. A concept that would take a few more years for me to appreciate.

I found myself back at HOI a few years later in yet another attempt to get and stay sober. The ladies from AA were still coming with a meeting, but because of covid in March of 2020 HOI was shut down to outside people being allowed into the facility. It was disheartening to me at the time but I could not know at the time the profound impact on my sobriety it would have in a year from then.

AA says keep coming back do I did. Again, and again. I did not do it perfectly or even very well but I kept going to meetings and working with my sponsor, so when an opportunity presented itself, I jumped. The Treatment Chair from District 8 heard I had been a resident at HOI and asked if I would be willing to reach out to them and see if AA could bring a meeting back into the facility. It had been over a year since the covid shut down and AA had not been in there since. When AA asks I am told you never say no. A few phone calls later, a day and time was set for a weekly time slot for AA to bring in a meeting to the ladies of HOI.

What I understand now is exactly what our Big Book tells us, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." Going to HOI on Tuesday afternoons was my insurance policy against the next drink. I looked forward to seeing the ladies every week and watching them grow, hear about their triumphs, and listen to some disappointments too. The ladies that had brought AA to me when I was a resident there gave freely what had been given to them and now I was trying to do the same. I had learned another lesson from them, AA is not about just meetings it is a design for living that actually works!

~ Submitted by Kasi B.

DISTRICT WEBSITE

Iowa District 8 of Alcoholics Anonymous

Serving Anamosa, Cedar Rapids, Center Point, Central City, Garrison, Grinnell, Hale, Keystone, Lisbon, Marion, Mount Vernon, Tama, Urbana, Vinton, and Walford

Need to talk? Call the Cedar Rapids 24/7 Helpline
(319) 365-5955

HOME PAGE

MEETINGS ▾

CLUBS

EVENTS

SERVICE OPPORTUNITIES

CONTACTS

DISTRICT BUSINESS DOCUMENTS

GSR INFO

NEW TO A.A.? ▾

ABOUT A.A. ▾

NEWSLETTER

NEW TO A.A.? CLICK
HERE!

The District 8 website is a plethora of information. Some highlights to mention are:

- GSR Info - this link provides a GSR Quick Start Guide for new GSRs
- New to AA link - this has several links of information pertaining to Sponsorship, what to expect in AA, what a home group is and FAQ
- Do you need to update your group information? provide Archive information for your group? or want to peruse the District Guidelines? all these can be found under the District Business Documents link
- Up-to-date Service Opportunities
- Are you looking for previously posted District Newsletters? there is also a tab for all of these going back to the beginning of 2022

This is just a snapshot of all the information available on the District website. It's a great resource of information. <https://www.aa-cedarrapids.org/>

Staying Sober Through The Holidays

Holidays were the days I could blend in, and my drinking didn't seem so out of order when everyone else was overindulging in celebration. "If they can do it, why can't I, it's not fair" was my thought, and off to the races I went. Mimosas and Irish coffee to start the day and who knows what to end, an all-day affair to be sure. I knew I had a problem for most of my adult life. I'd dip my toe into learning about recovery and then decide it just wasn't for me, or I wasn't as bad. The reality is I just wasn't ready to surrender and walk away until I was. I set my goal to quit drinking for my 40th birthday and as a January baby, I thought Christmas was a great start. I announced to my family and they scoffed, which in retrospect was warranted, but it really hurt my feelings. A friend of the family went so far as to double down on my favorite beer, almost as a dare. I made it through that holiday and there were lessons, I was grateful to remember everything, to be more useful, and more present. I was also a bit resentful that I was the one cleaning up while the party went on without me. I made it through the holiday, and my birthday, but it would not be my last drink. This January I will celebrate 3 years, God-willing, and that will make 2 full holiday seasons sober, and 2 full summers of BBQs and backyard parties sober. That holiday season 6 years ago showed me what I wanted in my life, but also that I couldn't do it alone. The road has been filled with ups and downs, celebrations and sadness, but through it all, I am so grateful for the support of my program, the strength of my Higher Power, and the support of my fellows. There is no more daring to indulge, but daring to live.

~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



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>

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You
Open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially
for Freedom from self-will, rationalization,
& wishful thinking.
I pray for the guidance of correct thought
& positive action.
Your will Higher Power, not mine, be done.

DISTRICT SERVICE OPPORTUNITIES

Women needed to attend the Shoulder-to-Shoulder meeting at the Anchor Center,
Tues at 7pm.

Contact Jeremy M at 319-415-6216

Also need women to take a meeting to the Linn County Jail, Saturdays at 9am. Required 2 years sobriety, been through all 12 steps with a sponsor and will be on a monthly rotation, so typically will only serve 1x/month.

Contact Carla B at 319-241-1881



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