

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Des Moines City-wide Speaker Event – Saturday, Dec 16, 2023 at 7:00 pm at the Kingdom Living Recovery Center, 3120 SW 9th Street, Des Moines, IA 50315. Ice cream served following the speaker.

Sunday Morning Breakfast Meeting 46th Anniversary – Sunday, Jan 7, 2024 at the Marion Industrial Club, 225 35th St, Marion, IA 52302. FREE breakfast at 7:30 am, drawing at 8:25 am (win FREE breakfast for a year!), and meeting at 8:30 am. Click [here](#) for flyer.

25th Annual Winter Rally - Jan 20th & 21st at the Starlite Village Best Western in Fort Dodge, IA

30th Annual Cedar River Roundup - Feb 16 - 18 at the Cedar Rapids Radisson Hotel in Cedar Rapids.

West Central Regional Service Conference 2024 - March 1-3, 2024. Registration info found [here](#).

Aim for Ames Roundup – March 22-24, 2024, Quality Inn & Suites, 2601 E 13th Street, Ames, Iowa 50010. Registration due by March 13th. See [flyer](#) for details; find the registration form [here](#).

2024 FELLOWSHIP OF THE SPIRIT CONFERENCE - July 25th - 28th in Estes Park, CO. Please go to the fots.com website and follow the links and instructions there. Flyer for distribution can be found [here](#).

Meetings are still held as usual during holidays

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/>

HOLY ORDER OF DOORKNOBS

There is a phenomenal story from the Sept 2012 Grapevine issue that was read in a recent AA meeting. Below is the first half of that story, next month will have the rest of the story, but if you'd like to read it in its entirety go to Holy Order of Doorknobs.

A newcomer gets a handle on the HP thing.

When I was a newcomer to Alcoholics Anonymous, I had a tough time with the Higher Power concept. My experiences with organized religion left me quite confused, angry and belligerent. I heard at a meeting that my Higher Power could be anything I wanted it to be—even a doorknob! My sponsor agreed.

A doorknob? "The Lord is my Doorknob, I shall not ... lock?" This floored me. It was so weird, but I was intrigued. I had not heard of any "Holy Order of Doorknobs," and if I had to find a Higher Power of some kind to stay sober, would this work?

I was willing. Alcohol had me beat. I knew that. So starting Steps Two and Three, I went home that night and really thought about making my Higher Power a doorknob. I'd been agnostic up to that point, so I figured it wasn't that much of a stretch to make a Higher Power out of some sort of random piece of hardware.

That night, before I went to bed, I drew the curtains, made sure no one was around (I lived alone, but I had to be sure), got on my knees and said half-jokingly: "Oh Holy Doorknob, thank you for another day alive and sober, I pray for the alcoholic who still suffers, I ask for a good night's sleep and we'll see ya tomorrow."

And I went to bed. I slept well!

The next day, I woke up and headed to the bathroom where I encountered my first visit with my new Higher Power. The bathroom door was closed. What was weird was that I actually remembered my prayer from the night before! I knew that I would either need to open the door or explore other options, none of which were easier or softer (or sanitary)!

So I acknowledged my Higher Power Doorknob and opened the door. Once there, I saw the toilet lid down. I looked at that as kind of a door also. The shower also had a glass door on it. All of the knobs and handles on the kitchen cabinets and faucets got me through my coffee and breakfast before I even considered leaving the apartment—through another door.

As I prepared for work and locked the door to my apt (another doorknob!) I got into my car (door handle) drove to my work as a ... housekeeper in a hotel! Every day at work I knocked on 12 doors, which I had to open to do my job, and of course, each room had a doorknob (on both sides of the door, by the way). On this particular day someone was out sick so I had an additional five more rooms to clean than normal. Throughout the day I acknowledged each doorknob silently to myself. It was a consistent and constant reminder.

~The rest of the story will be shared next month~

CROSSROADS CORNER

As I came into the rooms of AA, directly out of treatment, I was still a little leery. Of course, I was only 40 days sober and fresh out of treatment, but the hope I had was the first I've ever experienced. This new kind of hope I had was the result of men and women of AA bringing the message into ASAC on Thursday and Sunday nights. There was something I saw in them that was different. I wanted what they had. There was one gentleman in particular that I took a liking to. He seemed invested in this program and swore by the process. I've never really been willing to try something as much as I was this time, as this was my 4th treatment. Upon my release, I jumped right into the AA scene. Even though I was leery, that subsided almost immediately as I was approached by genuine welcoming people. I felt "part of" for the first time in my life. As time went on I continued to show up and I grew a passion for the program, it is indeed miraculous how this all works. And the fact that it is so much more than the drink. My life has been transformed and it's not just by going to meetings. It's by doing what is outlined in the blue book. It's allowed me to plug into a Higher Power, that as a result, has completely changed my way of thinking and my lifestyle. I'm able to be a great father, a good friend, a good son and just an overall genuine dude who is willing to help others. This program has taught me the meaning to life and I am forever indebted to it. So my lifelong journey will consist of carrying the message to others and spreading the hope I got when I was at my bottom. As a guy I look up to would say, "Follow Jesus y'all!!!" Thank you. ~ Kyle M

AREA & GSO UPDATES

> October 2023 Area 24 Fall Conference Business Meeting minutes can be found [here](#).

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

> You can find a document highlighting the Alcoholics Anonymous World Services, Inc., Board of Directors meeting held on Oct 27th [here](#). It covers recommendations, committee updates and future meeting dates. Very good information in this 6 page document that could be shared at the group level.

> Box 4-5-9 Fall 2023 Edition is now available. This issue includes information about the four new Class B General Service Board Trustees, calendar of events and more. It can be found [here](#).

Friday Night Lights & SNL

AA Late Night Group

The AA Late Night Group held their first meeting on Friday July 10, 2023, at 10 PM at CRG. Members of CRG had a desire for meetings to take place later in the evening on weekend nights. After much discussion "Friday Night Lights", and "Saturday Night Live" were born. The ideas were simple to start the meetings with the plan that the group conscience would help the meetings evolve and raise to another level.

"Friday Night Lights" would be a book study. The idea was to go through The Twelve Steps and Twelve Traditions. A few paragraphs would be read and then a popcorn style discussion would take place. One night the power was out after a storm. It was difficult to read by candlelight so the Everything AA App was used as an audiobook to read a few paragraphs and then stop for a discussion. It was by popular opinion that the meeting stays this way. This takes the pressure off reading and allows everyone to listen and follow along. The chair of the meeting controls the blue tooth and the reading.

"Saturday Night Live" was suggested to have a song added to the format. A founding member, Jacob K. had been participating in an online meeting where they played a song about recovery and chose a topic out of the Big Book to discuss. This started as the group throwing out ideas for songs and someone choosing a reading. It evolved into the idea of a Guest Host.

The Guest Host chooses a reading and has a song that is important to their recovery or is recovery based. They do a monologue. Before the monologue they choose a stick out of a bin full of sticks. The stick has a word or phrase on it that deals with recovery. They do their monologue from the stick and tie it into their reading. Then they introduce the musical guest (song). As the song is played the lights are turned off and there is candlelight. After the song is played the lights are turned back on so people can review the reading and the room can be seen.

We have members that this is their first homegroup, and we have members that left other homegroups to join this one. There is a consensus that this meeting provides a need in the AA Community. Many newcomers and even those with long term sobriety struggle on Friday and Saturday nights. The Late Night Group provides a meeting at 10 PM on those nights and helps keep those who may be struggling occupied with a meeting until 11 PM. Many will stay and fellowship for a few minutes after as well.

Come check us out, we meet every Friday and Saturday at 10 PM at CRG.

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on &
give to others,
Both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking day by day
On the road of spiritual progress.
I pray for the inner strength & wisdom
To practice the principles of this way of life in all
I do & say.
I need You, my friends, & the program
every hour of every day.
This is a better way to live.

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

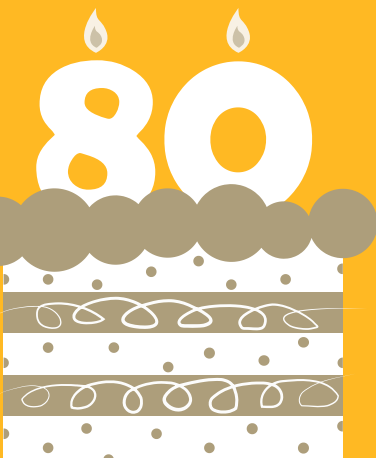
Also need women to take a meeting to the
Linn County Jail, Saturdays at 9am.
Required 2 years sobriety, been through all
12 steps with a sponsor and will be on a
monthly rotation, so typically will only serve
1x/month.

Contact Carla B at 319-241-1881

AA GRAPEVINE

It's that time of year!!!

FREE Shipping plus 20% savings on all products and
Grapevine Books from November 1st - December 31st, 2023
Go to <http://AAgrapevine.org> for more info.



The Grapevine celebrates its 80th birthday in June and wants AA members to share their very best memories of the Grapevine. If you would like to submit your story please do so by December 16th. You can submit your story online at AAgrapevine.org (<http://AAgrapevine.org>).

2024 Cedar River
Roundup SPECIAL
REQUEST for
VOLUNTEERS and
DONATIONS!! Click
[here](#) for details.



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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.