

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Virtual Meeting to Discuss Founder's Writings on Saturday, February 3rd at noon.
More information on next page.

Basic Text 19th Anniversary Chili & Speaker Meeting on Thurs, Feb 8th at Grace Episcopal Church, 525 A Ave NE. Food & Fellowship at 5pm, Speaker is Kelly F from Swisher, IA.

District 8 CPC Committee, which will be February 10 at 10:30 in the basement of the Fellowship Club.

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

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

Aim for Ames "Follow the Path" March 22nd - 24th, Quality Inn & Suites in Ames, IA

Greater Cedar Rapids Area 80th Anniversary — March 24, 2024, at The Flamingo, 1211 Ellis Blvd NW, Cedar Rapids, IA 52405. Doors open at 5:00 pm, dinner at 5:30 pm. Tickets: \$30 per person. See [flyer](#) for dinner and speaker details.

NEW Meeting!! In Due Time Group — Wednesdays and Fridays at 1:00 AM (Yes, you read that correctly — it's AM as in after midnight) at the Cedar Rapids Gratitude Club, 212 Edgewood Rd NW, Cedar Rapids, IA 52404. Click [here](#) for flyer and contact details.

NATIONAL EVENT!! Area 24 is hosting the 27th Annual National Archives Workshop — Sept 26 – 29, 2024 at the Scottish Rite Consistory, 519 Park St, Des Moines, IA 50309. Find the flyer [here](#); check back regularly for updates as more information is available.

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

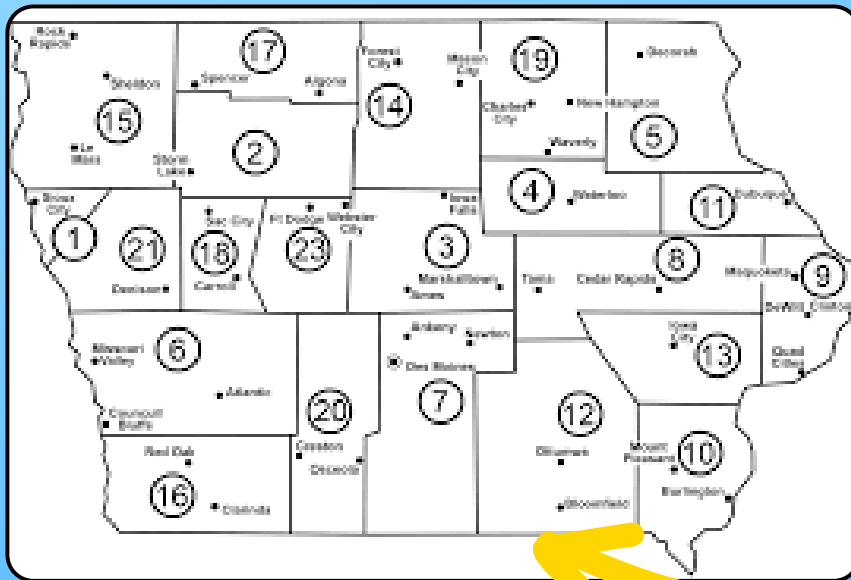
<https://www.aa-cedarrapids.org/>

District Meetings

Each month this year we'll share a bit about District meetings. We will cover basic information from what they are, who can attend, as well as what each position does. Even if you've already attended district meetings in the past, don't dismiss these articles, as I'm sure you'll still learn something. This information will be taken from the District 8 Guidelines and provided in bite size pieces. The Guidelines can be found [here](#).

Let's start with some general District meeting information:

- District Meeting starts promptly at 7:00 p.m. on the 3rd Monday of each month
- All Committee and Officer reports should be in written form with a brief oral synopsis followed by questions
- Any A.A. member can attend and make a motion at a District Meeting
- If a District Officer or Service Chair is not present and does not have someone give a report for them for three consecutive months, a new Officer or Chair will be elected.
- District Elections shall take place in September of even-numbered years (THAT'S **THIS YEAR**, FOLKS). Group Representatives, Service Chairs, and District Officers are eligible to vote. Service Chairs are elected by a simple plurality (majority) vote.



This is a map of Iowa that reflects the different AA District's. As you can see, Cedar Rapids area is quite large and is considered District 8.

AAGRAPEVINE

This month's feature section is "Getting Through Tough Times." Members share hopeful stories about how they reach for help and use the tools of AA to stay sane and sober through adversity.

Check it out online at aagrapevine.org

THE NEXT DISTRICT
MEETING IS
FEBRUARY 19, 2024 @ 7 PM
AT UNITY CENTER OF
CEDAR RAPIDS
3791 BLAIRS FERRY RD NE
CEDAR RAPIDS, IA 52402

STEP 2

To have an experience with the 2nd Step I had to have a full experience with the 1st Step. I had the ability to recognize that I have the phenomenon of craving and the allergy to alcohol. I know that when I start drinking, I am unable to stop, and I have proven to myself that I am powerless over the first drink. The thing I struggled with was seeing how my life was unmanageable.

The idea of my life being manageable was smashed by my sponsor and the Big Book. When we reached page 52 my assignment was to ask myself the questions that were in the bedevilments. Was I having trouble with personal relationships? Could I control my emotional nature? Was I a prey to misery and depression? Could I make a living? Did I have a feeling of uselessness? Was I full of fear? Was I unhappy? Did I feel like I could be of real help to other people? Every single one of these bedevilments struck home. I was now fully conceived that my life was unmanageable. I knew that I was powerless over alcohol and my life was unmanageable.

Could I really believe that something greater than myself could restore me to sanity? Was there a God? Had I been wrong my whole life? I didn't have the ability to see spiritual compared to religion. I could only see the hypocrites that I wanted to see and not the whole thing. I was blinded by the beauty of the forest by focusing on a few trees.

I didn't grow up in a spiritual household. There was no Bible. There was no talk of God. I had concluded that was weakness and a bunch of phooey. I spent my whole life playing God and not realizing it. I was afraid that I was wrong and how that made me look. My sponsor was patient. He told me that he didn't know what I believed, and he didn't care. He told me I just needed to start believing that I wasn't God and that was a start. Just leave the idea that there may be, and it will be revealed to me through the steps. His life was better than mine. Everyone who had sobriety that I wanted had a better life than me. They also all had one thing in common. They believed in a higher power of their own choosing that restored them to the sanity that I greatly desired.

We are all like Jelly Belly Jellybeans. There are 51 flavors. You can mix and match them to make up different recipes. They are all unique, but if you break them down, they are just jellybeans. We are the same. We are all unique, and we are all on our own journey. We have our own ideas, and we have our own concepts of what God may or may not be. If you break us down, we are all alcoholics and on our own path. What works for you make not work for someone else. What works for them may not work for you. The only real importance is to believe that there may be, and that you are not.

I like the math formula. If God has all power. How much is left for you? That's right...zero. God has it all. In that simplicity, I was able to believe and begin a journey into step 3 and beyond. This is my experience. I know that God is the driving force in my life now. Every good thing I have is because of helping someone else. That is a miracle for a selfish SOB like me. God made impossible into I'm possible. I truly believe God can do that for anyone that seeks. Thank you for letting me share.

~ Submitted by Troy F, Cedar Rapids, IA

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Second Step Prayer

GOD,
I'm standing at the turning point
right now. Give me your protection
and care as I abandon myself
to you and give up
my old ways and
my old ideas
just for today.
(Page 59 BB)



MESSAGE FROM OUR DELEGATE...

FOUNDERS WRITINGS:

After the most recent service weekend, I had several requests for a virtual meeting on the Founder's Writing. While this will be an ongoing discussion, I decided to have one or two meetings before the March Service Weekend. We will have additional 'Discussion with the Delegate' meetings after the March meeting and before the GSC to discuss the Agenda Items and, of course, any additional comments on the Founder's Writings.

The first meeting has been scheduled for Feb 3rd at noon via Zoom.

Join Zoom Meeting - Join Zoom Meeting
[https://us02web.zoom.us/j/83626489648?](https://us02web.zoom.us/j/83626489648?pwd=MnFVQWFYNNV2MWNtRlgxTEp3amk5QT09)
[pwd=MnFVQWFYNNV2MWNtRlgxTEp3amk5QT09](https://us02web.zoom.us/j/83626489648?pwd=MnFVQWFYNNV2MWNtRlgxTEp3amk5QT09)
Meeting ID: 836 2648 9648
Passcode: 555961

WHAT IS THE FOUNDERS WRITERS INITIATIVE ABOUT? Click here to be taken to a letter and posed questions that GSO would like our feedback on: [Founders Writing Letter & Questions Nov 2023](#)

The 74rd GSC Preliminary (Draft) Agenda Items have been sent out. These are items to discuss amongst your groups and provide feedback to our Delegate who will take it to GSO.

You can [click here for the document.](#)

BE OF SERVICE

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

**2024 Cedar River
Roundup special
request for
VOLUNTEERS and
DONATIONS. Click
[here for details.](#)**

**Your
VOICE
MATTERS**

FEB 2024 PG 4

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.