

**Iowa 8th District**  
Box 10722  
Cedar Rapids, Iowa 52410-0722  
[www.aa-cedarrapids.org](http://www.aa-cedarrapids.org)

**Area 24**  
Box 1291  
Des Moines, Iowa 50305  
[www.aa-iowa.org](http://www.aa-iowa.org)

**General Service Office**  
Box 459, Grand Central Station  
New York, New York 10163  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

## **District 8 Meeting Minutes October 16, 2023**

The meeting was called to order @ 7:00 PM by DCM (Kyle T.)

### **Non-AA / Non-District Announcements**

- None*

### **The Serenity Prayer**

### **Welcome New GSRs / Alt GSRs**

- Read it and Weep
  - ✓ Alt. Josh , GSR - Chaim

### **The Agenda**

- Lynn M. moved to approve the Agenda
  - ✓ Motion seconded by Tracy K.
  - ✓ Motion adopted

## **OFFICER REPORTS**

### **Secretary – Todd H. ([secretary@aa-cedarrapids.org](mailto:secretary@aa-cedarrapids.org))**

- Ray C. moved to approve the Agenda
  - ✓ Motion seconded by Lynn M.
  - ✓ Motion adopted

Good evening District 8! Thank you for allowing me the privilege to serve as your District Secretary! Please let me know if there is anything that I may have missed in last month's minutes and if anyone has not yet received correspondence from me. I did successfully add the district's G-mail account to my phone!!!! Now, my goal is to add Dream host as well, so I am sure not to miss any correspondence from anyone.

Yours in Love and Service,  
Todd  
Cell: 319-310-2730

### **Treasurer – Troy F. ([treasurer@aa-cedarrapids.org](mailto:treasurer@aa-cedarrapids.org))**

- Ray C. moved to approve the Agenda
  - ✓ Motion seconded by Wes Y.
  - ✓ Motion adopted

Greetings District 8,

Here is my report for the month of October 2023...

Our starting balance for this reporting period was \$2643.06.  
Total debits for the month amounted to \$332.08 including a payment to AnswerIowa of \$235.40. CenturyLink was paid \$44.73. Zoom was paid \$16.95 for the monthly subscription. Veritas was paid \$30.00 for rent. Dreamhost was paid \$5.00 for our Domain registration.  
Total deposits for the month amounted to \$440.00 consisting of 4 group contributions. Our ending balance is \$.2750.98  
Our prudent reserve is \$1,500.00 which leaves us an available balance of \$1250.98  
Our literature account has a balance of \$15.90

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27 of 71 Groups in District 8 (38%) have contributed to our District fund in FY23.  
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An AA Group  
Anamosa Group  
By the Big Book  
Coggon Grace Group  
Dam Meeting  
Early Birds Upstairs  
Early Birds Upstairs Zoom  
Early Bird Welcome  
For Those That Want It  
Foxhall  
Friday Night Hope  
Friday Night Unity  
Full Measures  
Happy Hour  
Heard It Through the Grapevine  
Kenwood  
Last Call  
Marion Friday Night  
Marion Midweek  
Mercy Group  
Neighborly Group  
New Beginnings  
Sunday AM Breakfast  
There Is a Solution  
Unity Noon Serenity Seekers  
West Highlands  
Women's Fellowship Club

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Thank you for the opportunity to be of service,  
Troy F.  
District 8 Treasurer

**Alternate DCM** – ([altdcm@aa-cedarrapids.org](mailto:altdcm@aa-cedarrapids.org))

Hello District 8,

Last month's meeting attendance was 29 total, with 15 GSRs and 10 service chairs in attendance.

Everyone please be sure to sign in. The sign in sheet is located by the door on the table with the announcements.

Please email me any changes that need to be applied to the printable, electronic and virtual meeting lists.

I acknowledge that I have some outstanding requests for group updates. Please resubmit those requests. I apologize for any inconvenience. Additionally, I still owe the District a flyer for the service opportunity at the Larry Nelson Center.

I am working to catch up on my responsibility of forwarding new meeting information to our District Technology Chair so he can keep our meeting list updated on the District 8 website. I am also working to catch up on forwarding all meeting change information to the Area 24 Alternate Delegate to keep the Area meeting list updated.

Please check the Area 24 meeting list, the District website's meeting list, and District 8's printable meeting list. Look for any corrections regarding times, locations, and type of meeting, i.e. Open/Closed, or Zoom/In Person. Thank you.

If your group has made any changes, including new GSR, Alt GSR, or both, and has not submitted a group change form, please do so at your earliest convenience. Group change forms are available on the District 8 website as well as on the table with the sign in sheet and announcements.

Finally, I want to thank both Jeremy M and Kyle T for their willingness to cover some of my duties in my absence.

In Service,

Josh H.  
Alternate DCM  
District 8  
altdcm@aa-cedarrapids.org  
402.309.9850

**DCM – Kyle T.** ([dcm@aa-cedarrapids.org](mailto:dcm@aa-cedarrapids.org))

Greetings District 8

- ❖ Since we last met, I attended the following meeting and events:
  - For Those Who Want It - Monday thru Friday 12pm at The Industrial Club
  - We Are Not Saints - Mondays 7pm at the Gratitude Club
  - Keep It Simple - Thursday at 7pm at ASAC
  - The Area 24 Fall Conference

I am planning on attending all of the listed groups in District 8 during my term. At this point I have attended 22 of the 63 listed groups. If you'd like me to attend your homegroup before our next District Meeting please let me know.

❖ News from the Area 24 Fall Conference

- A motion and an amendment was made that Area 24 provide a Zoom option for all 5 yearly Area 24 Business Meetings.
  - The Motion Passed
- Another motion was made that the Area 24 Webmaster and Accessibilities chair form a committee responsible for the execution of the previous motion.
  - The Motion Failed
- Seed money in the amount of \$500 was requested by the host committee for the 2024 Area 24 Fall Conference.

- The Motion Passed
  - A second disbursement of seed money in the amount of \$500 was requested by the host committee for the 2024 Area 24 Spring Conference.
    - The motion passed
  - We voted on whom Area 24 would submit as a candidate for the West Central Regional Trustee. This selection will run against the representatives selected by the other Areas in the West Central Region.
    - Sheryl F. was selected by the body
  - A motion was made that a future start date be determined for when to implement the hybrid option at all 5 Area business meetings.
    - The motion failed

Kyle Taylor  
 District 8 DCM  
 Cell: (319) 651-7765  
 Email: dcm@aa-cedarrapids.org

## **COMMITTEE CHAIR REPORTS**

### **Corrections – Al G. ([corrections@aa-cedarrapids.org](mailto:corrections@aa-cedarrapids.org))**

#### October correctional report

We meet 2 times so far at Anamosa reformatory this past month (Tuesday at 4:00pm) and two cancelations. They canceled a couple meetings this month due to space issues. They still running 12 to 25 insiders at meetings, I called Brandon to order a case of daily reflections and to give him some pink can money from last call group. Will n meet him this week for transfer of cash. I'm still looking for volunteers for Anamosa reformatory. You will have to do a 90 minute training at prison and prea yearly to attend meetings. They will notify you with a letter about training. You will need to notify Alan Garlow at (319)202-8321 to get on a list at the time. You can call Alan Garlow at (319)202-8321 for application or send a message to amy.christianson@iowa.gov to requests an application via hyper link by email.

I tried to attend the Thursday night meeting at the Wentzle center and was locked will go back next week both David and Kyle sat outside for meeting. Thanks for your service. David reported center doing well and jail is okay. . I called Karla for the women jail meeting and all well. Angie gave me her updated information and stated women meeting at center is going well. I'm going to complete a list of places we meet at and contacts since I have all the information now and contact numbers.

I will be attending the cross road business meeting this month to explain the Anamosa meeting and take some applications with me. I attended the correctional workshop at the conference and summited a 20.00 receipt to troy to reimburse from my monthly budget for registration. There were 19 in workshop and discussed the pink can and the pre-release going back to the area 24 correctional chair. The pink can money need to be sent to area 24 instead of the Marion pink can address from now on.

#### Area 24/Iowa area assembly

po box 1291 Des Moines Iowa 50305 Place in memo on check ( pink can fund )

Call area 24 correctional chair or email Doug correctional chair about and book order request for correction or myself at and I will relay it to Doug,

Yours in service;

Alan Garlow ( district 8 correctional chair.)

**Grapevine – Jean R.** ([grapevine@aa-cedarrapids.org](mailto:grapevine@aa-cedarrapids.org))

Greetings District 8

Approximately 10–20 Grapevines were given to Katrina to take to the Heart of Iowa after our last district 8 meeting in August.

If anyone here at the District Meetings goes regularly to a Detox Facility, please see me after the meeting tonight so that you can take some Grapevines with you for distribution to your center. I have 20 with me tonight.

I attended a zoom Grapevine committee meeting given by Area 23, Indiana District 38. The zoom session PowerPoint was titled “Grapevine as a Lifeline, a Tool for Sobriety”.

#### AA’S 12 STEP TOOLS: GRAPEVINE AND LA VIÑA

The zoom meeting also covered the question “Is AAGrapevine conference approved?”

The Grapevine is published 12 times a year and the Conference meets annually, it would be impossible to approve every issue.

CONFERENCE ADVISORY ACTION, 1986:<sup>[1]</sup><sup>[1]</sup>“SINCE EACH ISSUE OF THE GRAPEVINE CANNOT GO THROUGH THE CONFERENCE-APPROVAL PROCESS, THE CONFERENCE RECOGNIZES THE GRAPEVINE AS THE INTERNATIONAL JOURNAL OF ALCOHOLICS ANONYMOUS.”

The zoom meeting also covered that the Grapevine can be used as a 12-step tool and that the magazine have been referred to as a”meeting in print”

There are meetings that use the Grapevine as a format. Every issue provides readings and topics that provide everything needed to have a meeting.

Beginning with the preamble, the 12 steps, 12 traditions and the responsibility statement.

Big News!!!!!!

The new AAGrapevine App is now available on Android and iPhones

The Grapevine and La Viña apps are here!

With a Digital 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.

Subscribe to the digital magazine and archive for \$2.99 per month, or \$29.99 per year.

New digital users will need to subscribe to get the monthly digital magazine, archives, and other content. Existing digital subscribers will be able to log into the app using your current username and password.<sup>[1]</sup><sup>[1]</sup>[www.aagrapevine.org/store/subscriptions](http://www.aagrapevine.org/store/subscriptions)

Additional App News can be found in the District 8 Newsletter that is posted every month at our website:  
<https://www.aa-cedarrapids.org>

Thank you for allowing me to be of service.

Jean R., D8 Grapevine Chair  
[grapevine@aa-cedarrapids.org](mailto:grapevine@aa-cedarrapids.org)

*----continued.....*

Sorry I can't make it tonight for the meeting, I got sick while traveling and I am still recovering.

There will be a Grapevine Table at the Thanksgiving Dinner this year!!!!  
Please drop by and visit us.

If you want to donate some of your old Grapevines, we will have a donation basket at the event. Our collected Grapevines get donated to Detox Centers, Heart of Iowa, ASAC and to newcomers.

When: Saturday, November 18, 2023

Doors Open at 5:30 PM

Where:

St. Ludmilla

211 21st Ave. SW

Cedar Rapids, IA 52404

Flyers are available on the flyer table at the front.

Thank you for the opportunity to be of service.

Jean R., Cedar Rapids Grapevine Chair

### **Cooperation with the Professional Community – Jeff B. ([cpc@aa-cedarrapids.org](mailto:cpc@aa-cedarrapids.org))**

Greetings District 8!

I am away tonight helping a suffering alcoholic. My only update is that I had two meetings in September and plan to have a monthly meeting (or so) moving forward. Long-term plan is to put together some sort of informational seminar with speakers for professionals who encounter us in the workplace.

Yours in Service,  
Jeff B.

### **Archives – Lynn M. ([archives@aa-cedarrapids.org](mailto:archives@aa-cedarrapids.org))**

Hello to all you Archives fans in Dist. 8!!

To understand where some of your Group's money goes , I will be reimbursed: \$20.00 Fall Conf registration, \$25.00 500 plastic sleeves, for \$45.00 total.

I would love to bring an Archives Display to your Group!! We are taking great strides toward each Group having a notebook with Group's History and Group Events Fliers.

Reaching out to all those who have their Group's fliers-electronically or otherwise saved. I need a copy, a paper copy is preferred.

Please let me know if any Group has an Archives Chair anyone who is interested in Archives!

Things I Learned At The Fall Conference:

1) BIG NEWS!! The National Archives Workshop will be held in Des Moines September 2024. Go to Area 24 website to register. Contact Dave G. for a lot more information.

2) I obtained a copy of "The Dawning of A.A. in Iowa (1941-1943)/Photo of Ray Harrison of Des Moines" for the District Archives.

3) 1981-1983 Van (Dist. 8) was Area 24 Archives Chair.

4) Abe Lincoln liked alcoholics! A quote from 1842, "Neither slave nor drunkard on this land." Lincoln visited Dubuque, IA in 1857.

5) Another quote from someone sometime somewhere, "Archives are not a preservation of ashes, but a perpetuation of fire."

The Next Sorting Session will be at the Industrial Club this Fri. 10-20 after Unity Group.

A shout-out to The Hokey Pokey Meeting-Turn Your Life Around, it makes me smile every time I think of it!! - You need something to smile about doing the B.B.(Big Business) of A.A.

THANK YOU FOR YOUR SUPPORT!!

In Love and Service, Lynn M. 319 431-4855  
[Archives@aa-cedarrapids.org](mailto:Archives@aa-cedarrapids.org)  
[Lynnm1988@gmail.com](mailto:Lynnm1988@gmail.com)

**Tech Chair – Dave G.** ([tech@aa-cedarrapids.org](mailto:tech@aa-cedarrapids.org))

The tech committee met by Zoom on September 18, 2023. Present were committee members Dave G., Jenn D., and Jess Z. We approved the mockup of the proposed GSR Information for the site. You will find that on the menu as “GSR Info” which takes you to a page called “GSR Quick Start Guide.” Please go to our website and check it out. We also talked about having an interactive calendar with links to the event flyers.

Since our last district meeting no new flyers were received for posting and the old flyers were removed this past weekend.

In other work done we changed the meeting days of the Early Birds Upstairs meeting; we posted the updated printed meeting schedule and the October newsletter and we fixed the Marion Midweek meeting directions problem.

We will continue to upgrade the website and strive to make it as accessible and up to date as possible. Please continue to give me any updates of upcoming events so I can place them on our website. If you see any errors or improvements that need to be made with the website, please direct them to me.

In my capacity as tech committee chair, please let me know if there is anything I can do to help you.

Our website had 610 distinct tracked users in the past 30 days, up from 608 last month. The pages that have been getting the most visits are the home page, the events page, and the meetings page. Since we added the “New to AA?” button we have had 71 visits to that page.

Our next District 8 Tech Committee meeting is Monday, October 23 at 7 pm by Zoom.

Respectfully submitted,

Dave G.

District 8 Tech Chair / Webmaster  
[tech@aa-cedarrapids.org](mailto:tech@aa-cedarrapids.org)

**Treatment – Jeremy M** ([treatment@aa-cedarrapids.org](mailto:treatment@aa-cedarrapids.org))

Hello District 8,

Thank you for the opportunity to be of continued service. Participation in treatment service work remains strong in our district and I am grateful to be a part of AA in an area where our members carry the message into these facilities. I want to thank the Marion Breakfast, Last Call, and New Beginnings meetings for their literature donations. I am happy to report that with these donations we currently have plenty of literature at the different facilities.

A couple of reminders. On Saturday Nov. 4th at 10am we will be hosting another informational meeting on Zoom for any interested in hearing more about service opportunities in these places. Also, if you know of any AA meetings happening in treatment facilities or hospitals (that aren't listed on the flyer), please let me know.

Thank you,

Jeremy

**Public Information – Mark S.** ([pi@aa-cedarrapids.org](mailto:pi@aa-cedarrapids.org))

Verbally reported that he contacted Answer's Plus, met with Dave G about ideas to implement.

**Newsletter – Diane N.** ([newsletter@aa-cedarrapids.org](mailto:newsletter@aa-cedarrapids.org))

October's newsletter is almost complete. I am always open to feedback and new ideas for the newsletter. I'd like to remind the GSRs to forward and/or print it, to be shared with your group so that as many people in our District are able to view the newsletter. If you are NOT receiving the district's emails and would like to receive the Newsletter, email [newsletter@aa-cedarrapids.org](mailto:newsletter@aa-cedarrapids.org) to be added to the DL. Thank you for allowing me to be of service in this manner.

In Service,  
Diane N  
Newsletter Chair  
[newsletter@aa-cedarrapids.org](mailto:newsletter@aa-cedarrapids.org)

**Literature – Ben L.** ([literature@aa-cedarrapids.org](mailto:literature@aa-cedarrapids.org))

Greetings D8,

Happy and pleased to report that books are flying off the shelves, and orders are being received. Currently sold out of 12 and 12s, but we're already over half way to our next \$600 dollar order to qualify for free shipping. Thank you for your literature needs, get it while the going is good and be a part of the movement! Don't be a frog on the log.

In love and service,  
Ben

**Guidelines (Not asked to report monthly) – Joe P.** ([archives@aa-cedarrapids.org](mailto:archives@aa-cedarrapids.org))

## **UNFINISHED BUSINESS**

- N/A

## **NEW BUSINESS**

- N/A

## **GROUP REPORTS**

- Several Groups gave oral reports.
- Kenwood Group  
Hello, my name is Kristin and I am an alcoholic. I am the GSR for Kenwood Group. We meet every Tuesday night at 8PM at Kenwood Park Methodist Church. We have 13 home group members and our weekly meeting averages 20-ish people. Come check us out tomorrow night!  
If you would like to make Kenwood your home group, our business meetings occur quarterly on the last Tuesday of the quarter, although this quarter we are having our business meeting Oct. 24, to avoid Halloween. Additionally, the last Tuesday of every month we raffle AA literature and shares are based on the raffle system.  
We have a great mix of people at Kenwood but always looking for a wee bit more female support.  
Peace!
- Sunday morning Breakfast Meeting  
Hello District 8,

My names Jesseca and I'm an alcoholic as well as the GSR for the Sunday morning Breakfast Meeting!



We meet EVERY Sunday morning following the Industrial Club's Breakfast at 8:30am our average attendance is 25 alcoholics and many times we do run longer than the traditional 60 minute mark but we won't hold you hostage.

If you happen to miss the breakfast before the meeting don't worry, there's almost always a box of Kwik Star donuts for anyone to enjoy.

Digging into the archives with Lynn M has given me the opportunity to walk through my home groups history which has gleaned some wonderful conversations with the long timers in the group regarding changes that the group has experienced as well as entertaining trips down memory lane.

We have an Active GVR who shares quotes and news from the Grapevine with us.

Anniversaries for October/November.

15th Claude M 20yrs

29th Cameron 6 months

Nov 5th Lynette 34 yrs

In love and service,  
Jesseca Z

## **Upcoming Events**

- Next District Meeting
  - ✓ November 20, 2023 @ 7 PM
  - ✓ Veritas Church – 509 3rd Street SE

## **Tradition X (Ben L.)**

**Short Form:** Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

**Long Form:** No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

## **Next Meeting: Tradition XI (Paul H.)**

**Short Form:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

**Long Form:** Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

## **Adjournment**

- Wes moved to adjourn, 2<sup>nd</sup> by ??, motion passed.
- DCM adjourned the meeting @ 8:00PM

## **Greeters for next month – Angie and Jessica**

## **Closing**

- Closed with the Lord's Prayer

## **Next District 8 Business Meeting**

- November 20, 2023 @ 7 PM
  - ✓ Veritas Church – 509 3rd Street S