

**Iowa 8th District**  
Box 10722  
Cedar Rapids, Iowa 52410-0722  
[www.aa-cedar-rapids.org](http://www.aa-cedar-rapids.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 November 20, 2023**

The meeting was called to order @ 7:00 PM by Alt. DCM (Josh H.)

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

- A couple verbal reports were given, but no written reports submitted.

### **The Serenity Prayer**

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

- Candy from Womens's Fellowship Group
- Page from Women into Action Group
- Dylan (Alt. GSR) from New Beginnings Group
- Quent from Early Birds Upstairs Group

### **The Agenda**

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

## **OFFICER REPORTS**

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

- Ray C. moved to approve the Secretary's Report.
  - ✓ Motion seconded by Wes Y.
  - ✓ 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.

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

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

- Ray C. moved to approve the Treasurer's Report.
  - ✓ Motion seconded by Wes Y.
  - ✓ Motion adopted

Greetings District 8,

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

Our starting balance for this reporting period was \$2750.98

Total debits for the month amounted to \$488.24 including a payment to AnswerIowa of \$235.40. CenturyLink was paid \$47.56. Veritas was paid \$30.00 for rent. This was paid before we had to move. Unity Center was paid \$45.00 (25 for rent and 20 for key fee). Dreamhost was paid \$5.00 for our Domain registration. Corrections chair was reimbursed \$20.00 for expenses. 100 checks were purchased for the bank account for \$8.00. DCM was reimbursed \$97.28 for meals and mileage to the fall conference.

Total deposits for the month amounted to \$373.00 consisting of 5 group contributions. Our ending balance is \$.2635.74  
Our prudent reserve is \$1,500.00 which leaves us an available balance of \$1135.74  
Our literature account has a balance of \$789.91

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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 38 total, with 20 GSRs and 13 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 am forwarding new meeting information to our District Technology Chair so they can keep our meeting list updated on the District 8 website. I am also 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.

I have a draft for the corrections meetings flyer with me tonight. I will provide the electronic version to the secretary after it has been reviewed by those involved with the corrections meetings.

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

Not much to report this month. I apologize for my absence, I am not feeling well. We did have to facilitate a venue change for our district meeting from Veritas to The Unity Center. Unfortunately, Veritas has too many conflicting events scheduled and we had to make a quick change. Please spread the word.

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

## **COMMITTEE CHAIR REPORTS**

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

November correctional report

We still meeting at Anamosa reformatory and no cancelation this past month (Tuesday at 4:00pm). Requirement are: You 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 attend the Thursday night meeting at the Wentzle center and going well. Still could use support. David reported jail doing well and He could use outside support. I called Karla for the women jail meeting and reported has 4 women cleared

to go in now. She could use more. Requirement need 2 years sobriety, sponsored, and worked the 12 steps. You can get hold of Karla. David gave me information crush is meeting in anchor center same time women meet for their meeting. Did get hold of Angie to see if they can meet in anchor center another nigh, will give her contact number at district meeting. Once we figure out women center meeting will do a service opportunity flier. I attended the cross road business meeting this past month to explain the Anamosa meeting and received some volunteer applications for Anamosa meeting. I will still drop off some Anamosa application and explain any service opportunities at your home group just get hold of me

Yours in service;  
Alan Garlow ( district 8 correctional chair.)

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

Greetings District 8

It's that time of year!!!  
FREE Shipping plus 20% savings on all products and Grapevine Books from November 1 to December 31st, 2023

I brought several 2023 Grapevine Book catalogs with me tonight. Please take one and share it with your home group members.

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) (<http://AAGrapevine.org>).

The Grapevine is also looking for stories of hope and inspriation for their Annual Prison Issue

Fun Fact:  
The new Grapevine App is in the top 40 on the Apple Store!  
To learn more visit  
[AAGRAPEVINE.org/apps](http://AAGRAPEVINE.org/apps)

Finally, we received 55 Grapevines as part of the Grapevine drive we had at the Ludmilla Thanksgiving event held on November 18th Saturday night. A special thanks to Diana N. for the donation.

Thank you for the opportunity to serve you.

Jean R. Grapevine Chair

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

Gave verbal report, stating that he is planning a working to take place sometime in 2024. The next committee meeting will take place December 9<sup>th</sup> after 9:00am meeting at the Fellowship Club.

Jeff B.

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

Hello!!

Welcome to the November Archives Report!!

We have been busy sorting and organizing amazing things!!

Many notebooks have been put into chronological order and soon they will be labeled.

A stunning display was presented at the GCRA Thanksgiving Dinner this past Saturday. I would love to bring a smaller stunning display to your Group!! Please contact me!!

A void has been detected in the last 2 - 5 years of Archive collection. Please help me out with Group Histories and Group Event Fliers!!

To anyone interested in our Archives: Every Friday night after the Unity Group (8 -9 pm) we dig through and find cool stuff!!

Thank you for your support!!

In Love and Service, Lynn M.

319 431-4855

archives@aa-cedarapids.org

[lynm1988@gmail.com](mailto:lynm1988@gmail.com)

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

The tech committee met by Zoom on October 23, 2023. Present were committee members Dave G. and Jess Z. No new website updates or projects were discussed.

Since our last district meeting the following were posted to the website: the November newsletter, the West Highland Group Anniversary, and the National AA Workshop flyer. All old flyers have been removed as of today. The meeting place for the District 8 meetings was changed today. The events page was reformatted to remove the separate link to flyers and, instead imbed the flyers in the event data.

Our website monitor reported that our website was down for 3 minutes on November 13. No known reason was given.

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 645 distinct tracked users in the past 30 days, up from 610 last month.

Our next District 8 Tech Committee meeting is Monday, November 27 at 7 pm by Zoom.

Respectfully submitted,

Dave G.

District 8 Tech Chair / Webmaster

[tech@aa-cedarapids.org](mailto:tech@aa-cedarapids.org)

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

Gave a verbal report.

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

Gave a verbal report that he will be stopping by Answer Plus soon.

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

I have a family emergency that has prevented me from being in attendance tonight. My dad fell off a ladder and has sustained several broken bones. I would appreciate any prayers or healing energies you feel led to give. Wes Y has all the info if needed. Thank you!

As far as the district newsletter, November's was sent out at the end of October and December's was started, but not yet completed. It is forthcoming. If anyone has any ideas or information they'd like to see in future newsletters please let me know. I have also registered for the Area newsletter workshop to be hosted in January. Thank you to Emilee G for reviewing each months newsletter and to all those who submit articles and ideas. If you'd like to sign up to receive the monthly newsletter or have suggestions please email [newsletter@aa-cedarrapids.org](mailto:newsletter@aa-cedarrapids.org).

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

All is well in the literature world. I am happy to report there is a good amount of money in the account. Before I make my next order I was hoping to get a feel for what groups and individuals would be needing in the near future. Please send me any projected literature needs in the next week. I am trusting your ability to predict the future, even though you shouldn't trust your ability to predict the future.

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**

- Jessica moved that we have use the Unity Center's coffee pots to make coffee next month. The motion also included the Treasurer pay for the coffee, that the greeters make the coffee and clean up. 2<sup>nd</sup> provided by Jean.
  - ✓ After much discussion, motion failed.

**GROUP REPORTS**

- ❑ Several Groups gave oral reports.
- ❑ Kenwood Group:
  - ✓ Hey, I'm Kristin and I'm an alcoholic. I am the GSR for Kenwood Group. We meet every Tuesday night at 8PM at Kenwood Park Methodist Church. We continue to give away AA-approved literature the last Tuesday of every month to the lucky winner of a drawing.

If you would like to make Kenwood your home group, our business meetings occur quarterly on the last Tuesday of the month at 7PM before our regular meeting. Our next business meeting will occur January 30, 2024. We had one AA celebration in November when Jan B. picked up 25 years last Tuesday. We have no members picking up annual chips in December, but we celebrate the chips we hold. Have a Great Thanksgiving Holiday!

In Gratitude,  
Kristin H

- ❑ Sunday morning Breakfast mtg:
  - ✓ Hello District 8,

My name is Jessica and I'm an alcoholic I am also the GSR for the Sunday morning breakfast meeting at the Industrial Club. We meet every Sunday morning at 8:30 a.m. after the industrial clubs breakfast at 225 35th Street in Marion. We average 33 alcoholics for our big book discussion mtg. We celebrate monthly sobriety anniversaries up to 12 months with metal medallions and a certificate as well as yearly anniversaries and this coming month we've got Jared and Mindy celebrating 5 months on the 3rd and Eric celebrating 9 months on the 14th.

Mark your calendars, January 7th, the first Sunday in January we will be celebrating 46 years of the Sunday morning breakfast meeting!! We will be hosting a free breakfast along with a drawing! Someone will win free breakfast every Sunday morning for a year. Spread the word and come celebrate with us or join us any Sunday morning!

In love and service,  
Jesseca Z

- ❑ Friday Night Unity Group:
  - ✓ Alan G. will be receiving his 36 year chip Friday December 29<sup>th</sup> and it will be an Open meeting.

### **Upcoming Events**

- ❑ Next District Meeting
  - ✓ December 18, 2023 @ 7 PM  
Unity Center of Cedar Rapids  
3791 Blairs Ferry Rd NE  
Cedar Rapids, IA 52402
- ❑ Area 24 January Service Weekend (Held at a new location)
  - ✓ January 13, 2024 @ 8:30 am - January 14, 2024 @ 5:00 pm  
MACC (Marshalltown Arts & Civic Center)  
709 S Center St.  
Marshalltown, IA 50158
- ❑ West Central Regional AA Service Conference
  - ✓ March 1, 2024 @ 8:00 am - March 3, 2024 @ 5:00 pm  
Grand Hotel Minot ND  
1505 North Broadway Minot, ND 58703
- ❑ 2024 Area 24 Spring Conference
  - ✓ (June 7 - 9, 2024) at Dort University, 700 7th St NE, Sioux Center, IA 51250

**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.

**Next Meeting: Tradition XII (Jeff B.)**

**Short Form:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

**Long Form:** And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

**Adjournment**

- Wes Y. moved to adjourn, 2<sup>nd</sup> by Alan G., motion passed.
- Alt. DCM adjourned the meeting @ 7:58PM

**Greeters for next month – Caleb**

**Closing**

- Closed with the Lord's Prayer

**Next District 8 Business Meeting**

- December 18, 2023 @ 7 PM  
Unity Center of Cedar Rapids  
3791 Blairs Ferry Rd NE  
Cedar Rapids, IA 52402