

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Full Measures Speaker Group 14th Anniversary — Friday, March 15th at 7:00 pm at the Cedar Hills Community Church. Click [here](#) for flyer.

A Journey through the Steps — Saturday, March 16, 2024, 9:00 am to 4:00 pm in the Auditorium at the Fellowship Club. Suggested donation is \$5. Click [here](#) for flyer.

Read It & Weep 3rd Anniversary — Friday, March 29, 2024, at the Cedar Rapids Gratitude Club. Pizza party at 6:00 pm followed by a speaker at 7:00 pm. Click [here](#) for flyer.

Vinton AA Meeting 1st Anniversary Potluck & Speaker Meeting — Monday, March 25th at Wesley United Methodist Church. Dinner at 6:00 pm, speaker at 7:00 pm. Click [here](#) for flyer.

Aim for Ames "Follow the Path" March 22nd - 24th, Quality Inn & Suites in Ames, IA Aim for Ames Roundup — March 22-24, 2024, Quality Inn & Suites. Registration is due by March 13th. See [flyer](#) for details; find the registration form [here](#).

Crossroads 31st Anniversary Celebration — Sunday, April 7, 2024 at St Mary's Catholic Church, 402 Ash Ave, Urbana, IA 52345. Dinner at 6:00 pm, speaker at 7:00 pm. Desserts and side dishes are welcome. Click [here](#) for flyer.

New Meetings - In Due Time & Sisters In Sobriety. See flyers on next page

Non-AA related Announcements:

Greater Cedar Rapids Area 80th Anniversary — Sunday, March 24, 2024, at The Flamingo. Dinner at 5:30 pm. Tickets: \$30 per person — presale ONLY! Tickets will NOT be available at the door. See the [flyer](#) for details and contact info for tickets.

St. Patrick's Day Supper & Fundraiser - Sat, March 16th 6:30 pm @ Fellowship Club. Corned Beef, Sides & Dessert for \$10. Bingo after Supper.

Al-Anon District 8 Spring Fling Save The Date for Thurs, May 2nd at Cedar Hills Community Church.

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/>


NEW MEETING ANNOUNCEMENT

"IN DUE TIME"

EVERY WEDNESDAY & FRIDAY
AT 1:00 AM
(yes, you read that right - AM)

CEDAR RAPIDS GRATITUDE CLUB
212 EDGEWOOD RD NW
CEDAR RAPIDS, IA 52404

CONTACT KELLY C AT
319-361-6380





- Sisters In Sobriety -

New Women's Meeting

Join us every Thursday Night at 6pm at CRG starting Thursday, March 7th for our new "Sisters in Sobriety" womens meeting.

- Reading from the Daily Reflections
- Reading from the Big Book
- Open Discussion



Watch for upcoming monthly ladies social gatherings one Sunday a month from 2:30p - 4:00p with different activities each month.
First gathering Sunday April 14th - More details to come

There is an open District position for a Literature Chair.
If interested, attend the next District mtg on March 18th at Unity Church.



District Meetings

LET'S TALK ALL THINGS DISTRICT

Each month this year we'll share a bit about District meetings. This information will be taken from the District 8 Guidelines and provided in bite-size pieces. The Guidelines can be found [here](#).

Below are some general District meeting information:

- The Secretary will send the district meeting minutes via email to: Group GSRs, Service Chairs, District Officers, Area Chair, and Area Delegate, as well as anyone else who would like to receive them. Please email secretary@aa-cedarrapids.org to be added to the distribution list.
- The Secretary will include whatever is on the Group Report Forms in the District Minutes, including "chip exchanges", so be sure to send those to the Secretary to be included in the minutes.
- If you're looking for the previous district business meeting minutes, the most recent ones can be found [here](#).
- Monthly Treasurer's Reports can be found [here](#), as well.
- If you need to contact someone in the district, find their email [here](#).

MESSAGE FROM DELEGATE

The Remote Communities Guidelines is now up on the website in 3 languages. Find it here:
<https://www.aa.org/aa-guidelines-remote-communities>

Your
VOICE
MATTERS

Everyone Is Welcome

Join us to review the
General Service Conference Agenda
Items

with our Area 24 Delegate

Julie S.

Sunday, March 17th 4:30-6:30PM

Copies of Agenda Items will be made available.

We will be doing a Potluck Dinner at this event.
(Please bring a dish or desert to share)

Location:

**St. Mary's Catholic Church
402 Ash Ave. Urbana, IA**

Hosted by:

Crossroads Group – Urbana, IA
Full Measures Group – Cedar Rapids, IA
Washburn Big Book Study Group – Washburn, IA

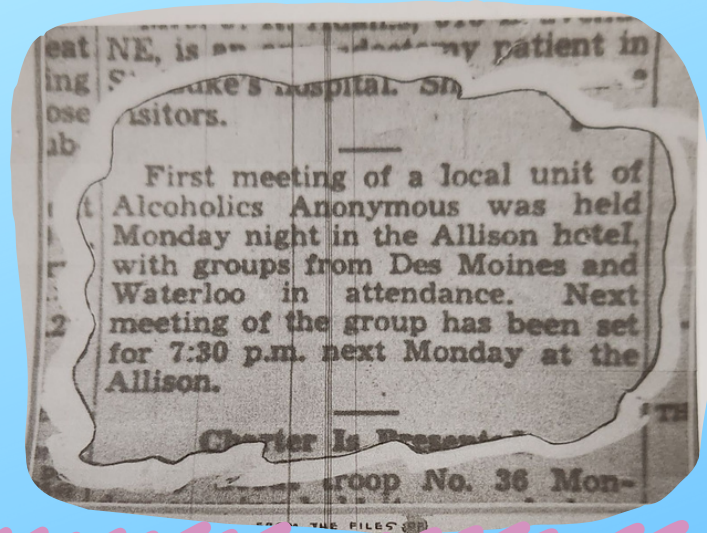
AA HISTORY IN IOWA

This month marks the anniversary of when AA first came to Cedar Rapids, March 20, 1944, to be exact. The entire story of how AA came to be in our area was highlighted in the June & July 2023 newsletters, which can be found on the district's website [here](#).

How did Iowa Districts Come About?

As the service structure of AA grew in the 1960s, Lawrence V (Van) became very involved in our "Third Legacy". Van was so dedicated that he wanted to increase service work in the state. To do that, he attended AA conferences in Nebraska and found out how they developed their districts and brought the formula to Iowa. He also mapped out 10 equal districts to help organize service. We now have 23 districts, and though it was originally in District 9, today Cedar Rapids is in District 8.

Van chaired the first state AA business meeting and at one meeting had to come down from the podium to break up a fight between two dedicated members who each thought they were right. Van went on to serve as the first delegate from District 8.



This picture (from Pat M) was taken 50 years ago in the AA downtown hall. The meeting was above the Family Shoe Store in downtown CR on 2nd Ave SE from 1952 - 1969.



MAR 24 1944

TO FARRELL,
CHAMBERS,
MC LAUGHLIN,
BURGER:

LADIES AND GENTLEMEN:

IF THIS SEEMS A LITTLE INCOHERENT, IT'S BECAUSE I AM STILL ASLEEP BECAUSE WE ARRIVED HOME LAST NIGHT AT 3:30 AM AFTER ELEVEN OF US DRIVING TO CEDAR RAPIDS FOR THEIR FIRST AA MEETING. THERE WERE NINE EX DRUNKS IN ATTENDANCE AND TWO MINISTERS AND FOUR AAs FROM WATERLOO THAT MADE FOR A GOODLY CROWD OF 25. THEY NOW HAVE 18.00 IN THE BANK AND HAVE PLANNED THEIR NEXT MEETING FOR NEXT MONDAY NIGHT AND A MORE ENTHUSIASTIC BUNCH YOU HAVE NEVER SEEN.

YOURSE GUYS AND GALS ARE GOING TO HEAR MORE FROM CEDAR RAPIDS AND THEY ALREADY HAVE A HANDFUL OF INQUIRIES TO ANSWER THIS WEEK SO I COUNT THAT THEIR NEXT MEETING WILL BE AT LEAST 15.

SO, KIDS, IF YOU FIND A MINUTE OF TIME, DROP A LINE TO THE CEDAR RAPIDS BOYS. THEIR ACTING SECTY. IS F. P. SMITH WHO LIVES AT 656-20th ave S. SOUTHWEST, CEDAR RAPIDS, IOWA. THEIR POST OFFICE BOX IS 722.

DROP THEM A LINE IF YOU CAN.

GOT TO GET TO MY IRONING NOW SO I'LL BE SEEING YOU.

bye Ray
ray



First A.A. Meeting
in
Cedar Rapids
held in this Hotel
March 20, 1944

AA GRAPEVINE

AA GRAPEVINE, the international journal of Alcoholics Anonymous, will increase the price of its print magazine for the first time in over 12 years. The new price for a yearly subscription is \$36.00, effective April 15, 2024. Complete announcement [here](#).

We're really excited about our new Grapevine and La Viña apps (we've had over 26,000 downloads so far). Look for "AA Grapevine" or "AA La Vina" in your app store, then subscribe to access all of the magazine's content (in text and audio), the podcast, and our vast archives. The app subscription is only \$2.99 a month! Other features include a sobriety calculator and a daily practices checklist that you modify yourself. New features are coming, so keep on the lookout. You might want to ask your sponsees and AA network to download and subscribe. I've attached postcards with QR codes for your convenience.

Our popular weekly podcast (<https://www.aagrapevine.org/podcast>) continues to attract listeners across the Fellowship and beyond, having just reached three-quarters of a million downloads. Tune in and share about it! Some groups even use podcast episodes as the basis for their meetings.

Check out our helpful playlists on our GV/LV YouTube channel featuring members' stories in their own voices—among them "Blessed," found [here](#).

We're very active on Instagram, too: you can follow us at @alcoholicsanonymous_gv and @alcoholicosanonimos_lv. And, finally, our new catalog, featuring our large collection of books, is available in PDF at <https://www.aagrapevine.org/catalog>.

The podcast, YouTube, and Instagram are all offered at no cost to members: we rely on subscriptions to support all of these services. You or your group might consider giving a subscription to a newcomer or to a Corrections or H&I committee through our Carry the Message program (<https://www.aagrapevine.org/carry-the-message>).

Visit our Grapevine and La Viña resources pages (<https://www.aagrapevine.org/gvr-resources> and <https://www.aalavina.org/recursos>) for downloadable postcards and flyers; we can also supply printed materials if needed.

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

District is in need of a Literature Chair. To find more information about this position, read the [Guidelines here](#) and/or reach out to the DCM at dcm@aa-cedarrapids.org

Twelve Concepts of AA Workshop



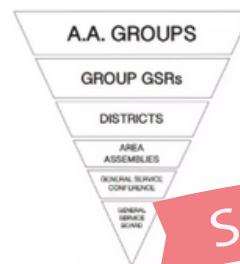
When: Saturday August, 24 Noon-4:30

Where: Fellowship Club Auditorium

Guest Presenters: Chuck B. & Mary Ann G.

All 12 Concepts will be presented by groups of District 8.

Save the date as more will be revealed.



Questions or service work
Troy F. (319) 360-7663

SAVE THE DATE

MARCH 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.