

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Foxhall In the Forest, June 7th - June 10th at Pinicon Ridge Group Camp #1, Central City. Campfire mtgs at 7pm Fri and Sat. Sat Speakers are Lyla C (Al-Anon) followed by Phil C (AA). Lots of activities, bring your food, camping gear and lawn chair. More info [here](#).

Area 24 2024 Spring Conference at Dordt College in Sioux Center, IA, June 14th - 16th. More details and registration information can be found [here](#).

An AA Group ("The 8:08") 12th Anniversary — Sat, June 22nd from 9:00-5:00 pm at the Fellowship Club. An all-day Journey through the Big Book presented by Josh H and Jeremy M. Lunch will be provided; bring a snack or dish to share if you'd like. More info on the [flyer](#).

District 8 Treatment & Corrections Workshop — Saturday, June 29, 2024 from 1:00 – 4:30 pm at the Fellowship Club. Learn how to get involved with taking AA into area treatment and corrections facilities. See [flyer](#) for more information.

Fellowship of the Spirit (FOTS) in Estes Park, Colorado is July 25th - 28th. More details can be found [here](#).

Happy Hour Annual Picnic, Aug 17th 10a - 3p at Daniels Park, Pavilion closest to splash pad. Burgers, brats, chips, tea & lemonade provided. Side dishes and desserts appreciated. Speaker TBD @1pm.

WORKSHOP – Twelve Concepts of AA — Saturday, August 24, 2024 from 12:00 to 4:30 pm in the Fellowship Club Auditorium, 3224 1st Ave NE, Cedar Rapids, IA 52402. For questions or more information, check out the [flyer](#).

National Alcoholics Anonymous Archives Workshop (NAAAW) is September 26 @ 8:00 am - September 29 @ 5:00 pm at Scottish Rite Consistory in Des Moines, IA. More info [here](#).

Women Living Spiritually Retreat, Sept 27th - 29th at Crooked Creek Christian Camp, Washington, IA. All the information on the flyer found [here](#).

District 8 Business Meetings — on the 3rd Monday of each month at 7:00 pm; Unity Center of Cedar Rapids, 3791 Blairs Ferry Rd NE, Cedar Rapids, IA 52402. ALL are welcome!

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

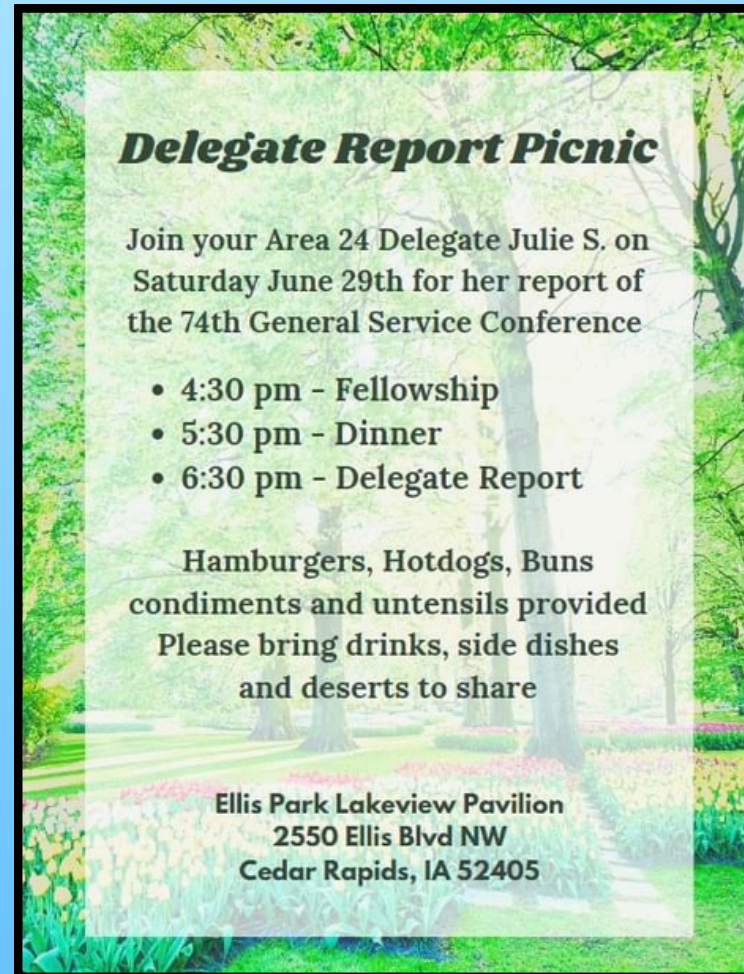
225 South 35th St
Marion, IA 52302

Iowa District 8 of Alcoholics

Anonymous Website

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

But wait, there's More....



EXPERIENCE, STRENGTH & HOPE

Step Six- were entirely ready to have God remove all these defects of character

In step six we take a look back at the character defects we have found in steps 4 & 5- those objectionable behaviors that we are not proud of and are not in line with who we want to be- who we believe our higher power would have us be.

The sixth step in the big book is only a paragraph, but the questions it asks us are potent:

Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—everyone?

Rationalization, minimizing and the "Yeah buts", will likely make an encore appearance here- an analogy that has been helpful for me is the business owner example in the 4th step- we are disclosing damaged or unsalable goods. If a shop owner overstocked milk and it is now past its expiration date- it's unsaleable. The behaviors that served me well when drinking were useful- sometimes life-saving- but they are now well past their expiration date and neither I nor anyone else in my life will be helped by consuming spoiled milk. If I'm still clinging to an old behavior (a reeking, bloated jug) and am tempted to try using it past its expiration date, I will experience the consequences of that choice.

Typically the number of attempts to re-engage old behaviors is related to their past frequency of use. I may need to remind myself repeatedly "oh yeah- that milk is bad" before I find myself automatically reaching for the new, more healthy behaviors that my inventory has guided me toward, and with the help of my higher power I am able to take. Some character defects are more stubborn than others, but just like drinking, repeated surrender of these to my higher power takes me further into a new, happier way of living. ~ Submitted by Laura B



District Meetings

Below are the descriptions and responsibilities for various district positions. This information is taken from the District 8 Job Descriptions, found [here](#). We're providing this information for your knowledge, but also because this is a voting year, and if you're interested in volunteering for one of them, please attend an upcoming District meeting - ALL are welcome!

All positions Selection and Qualifications Requirements are: Must be an active member of Alcoholics Anonymous, with a minimum of two years of continuous sobriety. Elected by the membership of District 8 in even years for a two-year term.

DISTRICT 8 ARCHIVES:

Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Archives committee.
3. Be familiar with the SPJD of this position.
4. Follow Any and all current A.A. General Service Guidelines for this position, which may be obtained from the General Service Office.
5. Maintain custody of District 8 Archives collection.
6. Ensure annual rent is paid for Archives storage at the Marion Industrial Club. In early December of each year inform District Treasurer of the yearly rent for the Archives storage facility (currently \$60.00)
7. Preserve, restore, identify and catalog all material in the collection.
8. Develop, create and maintain exhibits.
9. Display collection at AA groups and service functions, as requested.
10. Research and purchase materials and supplies for Archives storage and preservation.
11. Train members in Archives techniques and skills.
12. Collect historical and current material for collection.
13. Obtain written Group Histories submitted by GSR's or group historians.
14. Plan and present workshops.
15. Gather meeting minutes from District 8, groups, event fliers, reports and other items for the collection.
16. Continue to file and inventory all new items received for the collection.
17. Maintain security of collection both within the storage facility and when items are taken out for display and workshops.
18. Follow standard archival procedures to care and protect the collection: climate control; Storage and filing; cleanliness of site, both storage and display; keep food and drinks out of storage area, work area and display area; seek advice of professionals to answer any questions about Archives.

DISTRICT 8 CORRECTIONS:

Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report, including all Corrections commitment statuses.
2. Participate in the activities of the Area 24 Corrections committee; attending all Corrections Workshops, if possible.
3. Be familiar with the SPJD of this position.
4. Follow all current A.A. General Service Guidelines for this position, which may be obtained from the General Service Office.
5. Coordinate and maintain volunteer lists and schedules for correctional commitments within District 8.
6. Contact team leaders for commitments on an at-least annual basis and verify volunteers on their team are still active.
7. Have applications available to members that want to volunteer.
8. Maintain good communication as liaison with all District 8 Corrections commitments.
9. Report pink can balances to District 8.
10. Direct groups where to mail Pink Can funds to Area 24.
11. Respond to all Bridging the Gap requests, as received.

DISTRICT 8 COOPERATION WITH THE PROFESSIONAL COMMUNITY:

Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 CPC committee.
3. Be familiar with the SPJD of this position.
4. Follow all current A.A. General Service Guidelines for this position, which may be obtained from the General Service Office.
5. Cooperate with non-alcoholic professionals to carry the message of what A.A. is, and is not. Such professionals can include family doctors or other health care professionals, members of the clergy, law enforcement or court officials, educators, social workers, alcoholism counselors or anyone who deals with problem drinkers in the course of their work.
6. Singleness of purpose statement should be shared with professionals.
7. Ensure the Twelve Traditions, and particularly anonymity, are carefully considered when working with professionals. Individuals should remain anonymous at the public level, please use first name and say you are a member of Alcoholics Anonymous.
8. Develop a committee to present at professional locations.
9. Contact local professionals to schedule and conduct presentation meetings letting them know what A.A. can and cannot do for alcoholics.
10. Consult the CPC manual for the various ways to demonstrate CPC presentation, such as: Workshops, exhibits, newsletters.
11. Use sample letters to contact professionals.

FOUNDER'S DAY

Picture a chance encounter between two men, both battling with their demons of alcoholism. It's the mid-1930s, and Bill Wilson, known as Bill W., is struggling to maintain his sobriety. In the depths of despair, he's on the verge of giving up hope.

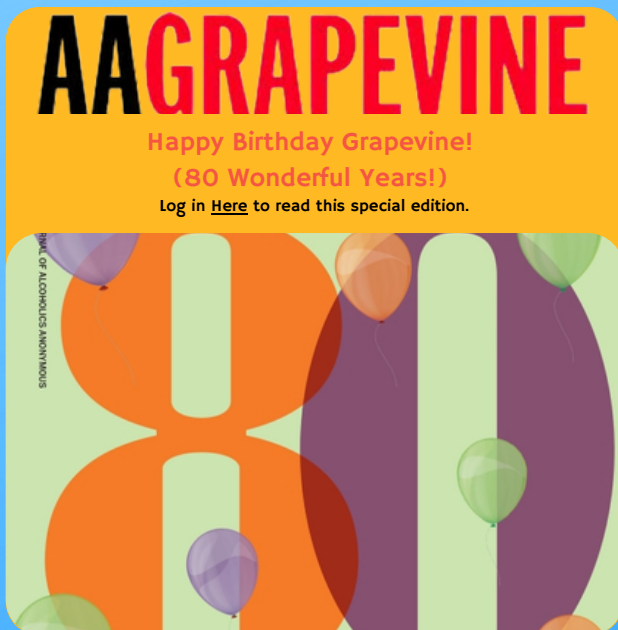
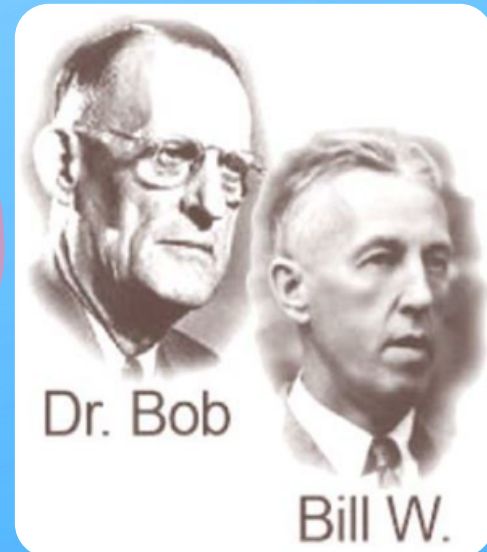
Then, a glimmer of possibility appears. Bill finds himself on a business trip in Akron, Ohio, where he encounters another desperate soul, Dr. Bob Smith, or Dr. Bob, who is also fighting his own battle with alcoholism. In a moment of shared vulnerability, Bill and Dr. Bob connect over their struggles and fears.

Their meeting proves to be a turning point. Recognizing the power of mutual support and understanding, Bill and Dr. Bob make a pact to help each other stay sober, one day at a time. They find solace in sharing their experiences, failures, and triumphs, forming the foundation of what would become Alcoholics Anonymous.

On June 10, 1935, Bill W. and Dr. Bob took their first steps together towards recovery, marking the birth of AA. Their simple yet profound idea of offering support and companionship to fellow alcoholics grew into a global movement that has since transformed countless lives.



There's a pamphlet titled Co-Founders of AA that shares more history of AA that you can read for free, which can be found [here](#)



Dr. Bob

"Simplicity, devotion, steadfastness, and loyalty; these were the hallmarks of Dr. Bob's character which he has well implanted in so many of us."

Bill

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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 Steps, which is a gift to the alcoholic who still suffers. To be shared with the A.A. community, the best of recovery information is shared.