

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Hale of a Group Annual Picnic — Friday, Jul 19, 2024 at Zion Lutheran Church, 206 W Main St, Wyoming, IA 52362. Dinner at 6:00 pm, meeting at 7:00 pm. Smoked chicken and pork sandwiches provided; bring a side dish to share. For more info, get the flyer [here](#).

Early Birds Welcome Group Summer Picnic — Sunday, July 21, 2024 from 11:00 am – 2:00 pm at Daniels Park, 940 Oakland Rd NE, Cedar Rapids, IA 52402. Hamburgers, hotdogs, buns, chips and drinks provided; bring a side dish or dessert to share. Click [here](#) for flyer.

Friends of Recovery Chicken Dinner — Tuesday, July 30, 2024 at 6:30 pm at St Timothy Lutheran Church, 1 Thelma St, Hudson, IA 50643. Bring a side dish to share. See [flyer](#) for more information.

CRG Annual Picnic, August 10th at Ellis Park Duck Pond Pavilion from 1pm – 4pm. Eat at 1:30pm. Hamburgers and hot dogs provided. Bring a side dish to share.

16th Annual Fish Fry for all AA & Al-Anon attendees & guests on Sunday, Aug 11th @ 1pm at the Fellowship Club. Fish & cheesy potatoes provided. Bring side dish if you wish. Contact Bruce at 319-450-6285.

41st Anniversary Women's Saturday Noon Meeting on August 17th from 12 - 2pm at the Fellowship Club. Open meeting. Meat, drink and tableware provided. Side dishes welcome. Kelly A speaker.

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.

Delegate Report Picnic — Saturday, August 17, 2024 at Ellis Park Manhattan Pavilion, 2550 Ellis Blvd NW, Cedar Rapids starting at 10:30. Join Area 24 Delegate, Julie S, for her report on the 74th General Service Conference. Hamburgers, hotdogs, buns, and condiments provided; please bring a drink and a side dish or dessert to share. Click [here](#) for flyer.

Mini Workshops with the Delegate: Sunday, July 21st @1pm – Open Forum; Wednesday, August 7th @ 5pm – Proposed Agenda Items (PAIs - What, Why, How and When); Saturday, August 24th @ 3pm - Open Forum. [Zoom link here](#) or Meeting ID is - 319 721 4056. Passcode is - GSC74

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](#).

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

Bonfire Meetings at Wanatee Park. Food at 6pm & meeting begins at 7pm every other Saturday night - July 6th & 20th.

Non-AA related Announcements:

Greater CR Area Events Committee Needs You! Looking for volunteers to help with the Thanksgiving Diner & CR Area Anniversary event. Committee Meetings occur monthly on Sundays at 1pm at Fellowship Club. Next mtg is July 21st. Contac Paige B 319-651-5364.

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/>

AA GRAPEVINE

Each month, Grapevine publishes stories on special topics as well as for departments such as Emotional Sobriety, Sponsorship, Newcomers, Youth Enjoying Sobriety, Old-Timers and Home Group. The editors are always looking for innovative material, as long as it relates to AA experience and reflects an awareness of AA's singleness of purpose.. Grapevine Editorial Calendar for 2025 has been issued and you can find the yearly topics [here](#). Below are the next few months writing opportunities should you be

FEBRUARY

Long-time Members! (stories due July 15, 2024)

Let's hear from our long-timers! What was AA like when you came in? What have you learned over the years? What have been your greatest challenges and joys? Share your stories.

MARCH

Sober & Out (LGBTQ+ AA Stories) (stories due Aug. 15, 2024)

Are you a lesbian, gay, bisexual, queer, or transgender AA member? Share your story about your journey in AA. What were your challenges and joys? What things have helped you get sober? Share some stories about your meetings, sponsorship, service, and fellowship.

APRIL

Making Amends (stories due Sept. 15, 2024)

Did you have an interesting Ninth Step experience to share? How did it go? Were there any surprises? Share your experience. Also *Living Sober Turns 50!* Share a story about how this remarkable AA book helped you.



What's NEW?

The General Service Office (GSO) provides updates that can always be found on their [website here](#).



[Box 4-5-9 Update](#)

A message from the A.A. World Services Board about the [decision to discontinue the print edition of Box 4-5-9](#).

Step Seven- Humbly asked Him to remove our shortcomings.



Now we are taking a quick look back. What did I write on my 4th step? And then discuss with someone. What are the items I do not want to repeat because they are hurting me and others? What did I do that I say, "I don't want to be that guy?"

Step 6 tells me to be willing to rid my life of these actions. Step 7 is 100% prayer. I want to be nearer my Higher Power and that means less my power, my wants. It also is another surrender. 100%. Now I know enough about the program and have received many blessings by this time. Huge fork in the road. God's way or mine. God will leave the decision to me.

Do I slam on the brakes that got me this far? Or do I trust what got me here, and go a little further. I think this is why we can only work 1 step at a time. One is plenty.

If I'm willing, and can honestly say this prayer, then God is still in the driver's seat, and will lead me. But wait...

I have lots of defects. Which one will God remove first. None of my business. I don't get to choose. God will take care of that. One at a time. And if I balk and say "Oh no, not that one, I like that defect." Then I'm back at the fork in the road and telling God I'm not surrendered to His will for me.

My choice.

This is where we lose members after they have been around for a while. They cannot or will not completely give themselves to this simple program. Are they a can not or a will not? Doesn't matter, they are a not.

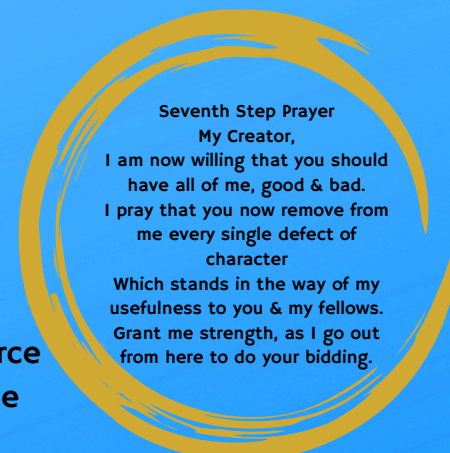
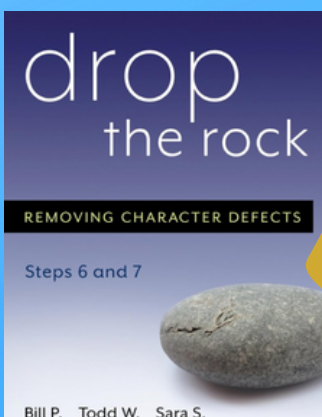
~ Submitted by Tom C

7TH STEP RESOURCES

Ego, Character Defects, Instincts, Practical Reasoning... Here's an article on further [understanding Steps Six & Seven on the AA Cleveland website](#).

The book, 'Drop the Rock' is another good resource all about Steps 6 & 7, a free preview of it can be [found here](#).

*This is not AA approved literature





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 GRAPEVINE:

Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Grapevine committee; announce information to the district of changes, and or information taken from the conference concerning the Grapevine magazine.
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. Familiarize members with the Fellowship's international journal The A.A. Grapevine, its bi-monthly Spanish-language magazine La Vina, and the enhancements to sobriety the magazines offer.
6. Announce the arrival of new magazines at the group each month.
7. Encourage members to submit articles and illustrations.
8. Explain how members can order their own subscriptions.
9. Contact treatment, hospitals, etc. to encourage subscriptions by offering free issues to sample the magazine.
10. Prepare and present displays for Grapevine Magazines at A.A. events, such as the Cedar River Roundup, Holiday Speaker dinners, etc., or when otherwise requested.

DISTRICT 8 LITERATURE:

Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Literature 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. Familiarize yourself with A.A. Literature material, and what Conference Approved Literature is.
6. Place orders for Literature with G.S.O..
7. Form a Literature committee to assist in helping you meet the needs of District 8.
8. Maintain accurate inventory of Literature material on hand and available at each District meeting.
9. Sell District 8 Literature accurately collecting money and monies owed, utilizing and maintaining responsibility for the District 8 Literature bank account.
10. Have a travelling Literature display available when asked and when possible. Set up display at these functions to aid in carrying A.A.'s message at group functions.
11. Follow A.A.'s Guidelines for Literature Chairperson.



DISTRICT 8 PUBLIC INFORMATION:

Functions and Responsibilities:

1. . Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Public Information 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. Provide current copies of PSA's to local media, verify when and if they are being put into action.
6. Attend fairs and events when requested, providing literature when needed.
7. Maintain responsibility as the point-of-contact for the District 8 answering service.
8. Obtain quarterly, or bi-annual stats on calls to the District 8 answering service and report back to the District.
9. Ensure, on a regularly basis, that answering service has all information needed to best serve callers.
10. Collect and maintain contact list for answering service, ensuring it is current and all members listed are still willing to serve. Updates should be provided on a regular, and at-least annual basis.
11. Distribute answering service number and website information to local health, corrections and other community outlets.
12. Seek and develop creative ideas and means, with close attendance to the Twelve Traditions, to provide information to the general public about Alcoholics Anonymous.
13. Follow A.A.'s Guidelines for Public Information Chairperson.

CORRECTIONS SPOTLIGHT

Corrections Correspondence Service (C.C.S.)

For Inside and Outside A.A.s

The C.C.S. links A.A. members who are in custody with A.A. members on the outside so that both can share their experience, strength and hope with each other. You can sign up for corrections correspondence right [here](#).

A GSO Corrections Activity Update Letter has recently been provided and can be found [here](#).

Every July, Grapevine puts out an annual prison issue. Check out this year's right [here](#).



CORRECTIONS MEETINGS

WENZEL CENTER - 901 29TH AVE SW

SHOULDER TO SHOULDER MEN'S - THURSDAYS - 6 PM

To CHAIR the meeting: Individual must pass a background check and complete required PREA training. ALL MEN ARE WELCOME TO ATTEND.

LINN COUNTY CORRECTIONAL CENTER

53 3RD AVE BRIDGE

SATURDAYS - 9:30 AM
MONDAYS - 6:30 PM

MEN & WOMEN
MEN

CONTACTS: WOMEN - CARLA B. 319.241.1881 MEN - DAVID G. 563.570.1471

ALL MEETINGS AT THE LINN COUNTY CORRECTIONAL CENTER ARE THROUGH THE RISE PROGRAM. THOSE INTERESTED IN PARTICIPATING ARE ASKED TO HAVE AT LEAST 2 YEARS OF CONTINUOUS SOBRIETY, AND TO PASS A BACKGROUND CHECK AND COMPLETE PREA TRAINING.

ANAMOSA STATE PENITENTIARY

406 NORTH HIGH STREET - ANAMOSA, IOWA

TUESDAYS AT 4PM

THOSE INTERESTED IN PARTICIPATING ARE ASKED TO HAVE AT LEAST 2 YEARS OF CONTINUOUS SOBRIETY, 5 YEARS OFF OF PAPER. MUST BE ABLE TO PASS A BACKGROUND CHECK AND COMPLETE PREA TRAINING.

FOR MORE INFORMATION, PLEASE CONTACT

DISTRICT 8 CORRECTIONS CHAIR:

ALAN G. - 319.202.8321

corrections@aa-cedarrapids.org

PINK CAN
FUND DRIVE

Pink Can Funds
are running
low!

Since being allowed back into Correctional Facilities after COVID, the need for AA approved literature has increased dramatically. Current funds have been depleted.

Please consider donating to this valuable outreach program. All donations are used exclusively to provide literature for incarcerated individuals.

Any collection method works, either can or basket! If have any questions, contact Alan G 319-202-8321

Contributions should be mailed to, and checks made payable to:

Area 24/Iowa Area Assembly (pink can in memo)

P.O. Box 1291

Des Moines. IA 50305

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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 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.