

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

NEW MEETING! Young People's Group — An new meeting for young people and people who are young at heart meets on Wednesdays at 6:45 pm in the TV room at the Fellowship Club; formal name to be chosen at a future date. See the [flyer](#) for more details.

The Anamosa Group is not a step meeting using the I2 & I2. Meets every Tuesday at 7pm at St Paul Lutheran Church, 201 N Ford St, Anamosa, IA.

Power Greater Than Ourselves District II 2024 Fall Mini Conference, Sat, Nov 9 at Grand View United Methodist Church, 3342 John Wesley Dr, Dubuque, IA. Contact Curtis R at 563-203-0769 for more information.

IAYPAA 9 Host Committee Nominations Meeting — Sunday, November 10, 2024 at 3:00 pm at the Fellowship Club, 3224 1st Ave NE, Cedar Rapids, IA 52402. Great opportunities for service! Check out the [flyer](#) for more information!

LGBTQ Group 8th Anniversary — Wednesday, November 13, 2024 at 6:30 pm in Linn Hall, Room 1140 at Kirkwood Community College, 6301 Kirkwood Blvd SW, Cedar Rapids, IA 52404. Click [here](#) to see a map of the campus to locate Linn Hall. See [flyer](#) for more info.

Crossroads Group Chili Supper & Speaker — Sunday, November 17, 2024 at St Mary's Catholic Church, 402 Ash Ave, Urbana, IA 52345. Dinner at 6:00 pm, Speaker Diane N. at 7:00 pm. Get flyer [here](#).

2024 Greater Cedar Rapids AA Thanksgiving Dinner on Sat, Nov 23rd at St Ludmilia, 211 21st Ave SW, Cedar Rapids, IA 52404. Doors open at 5:30pm, Prayer & Dinner at 6, Speakers begin at 7:15pm. Suggestion donation is \$15, Kids under 12 are \$7, cash or check only. Contact Paige B at 319-651-5364 for more information.

31st Annual Cedar River Round-Up — February 14-16, 2025 at the Radison Hotel (formerly the Marriott), 1200 Collins Rd NE, Cedar Rapids, IA 52402. See [flyer](#) for details; Pre-register required for banquet; you can pre-register online at cedarriverroundup.info before February 2, 2025.

2025 West Central Regional Alcoholics Anonymous Service Conference February 28-March 2, Casper, WY 82601. Preregistration must be received by 2/19/2025. Register online at wcraasc2025.eventbrite.com

NON-AA RELATED ANNOUNCEMENTS

Fellowship Club 40th Birthday Celebration on Sun, Nov 17th from 12 -2pm. Light lunch provided. Speakers to share briefly on club's history - John B, Jim H, Pat M & Steve R.

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/>

11TH STEP EXPERIENCE

Step II: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Improving my conscious contact with god, as I understand them, is an ongoing venture. I am grateful for the journey of openness, willingness, and growth that step II presents. As the 12x12 states prayer and meditation are our principal means of conscious contact with god. Upon Awakening, my Nightly Review and end of day meditation and prayer to relieve me of the defects that no longer useful to helping others, gratitude lists with women in the program, practicing the pause, and attempting to grow my moments of conscious presences are all improving my contact with God as I understand him.

When I do this life is more manageable, I am able to stay in acceptance (or at least get there quicker) and I'm not wasting energy fighting against all things. But this is not how I started. I had lost my faith and connection with my higher power when I walked in to these rooms and thought prayer and meditation was for others and a waste of time. I had women who came along side me and asked me to be open and willing, to read about spiritual awakenings in the back of the book, and to just give it a try. "Of course, we did experiment, when unexpected results followed, we felt different; in fact, we knew different; and so, we were sold on the practice of prayer and meditation" (AA 12x12).

When I get out of my own way and do the things that I know work, from witnessing the miracles around me and within me, I am able to have a new reaction to life. My ego and privilege are checked and I become right sized. Staying connected to my higher power, practicing through prayer and meditation, my connection grows deeper and I don't have to be lost, frightened or purposeless. I wish I could say that this happens all the time or that I hop out of bed to do morning meditation each day but that is not the how it is for me; I am still a work in progress but striving towards a more perfect practice. ~Amie B., Cedar Rapids, IA



Tips for Staying Sober on Thanksgiving



Express Gratitude for Your New Sober Life



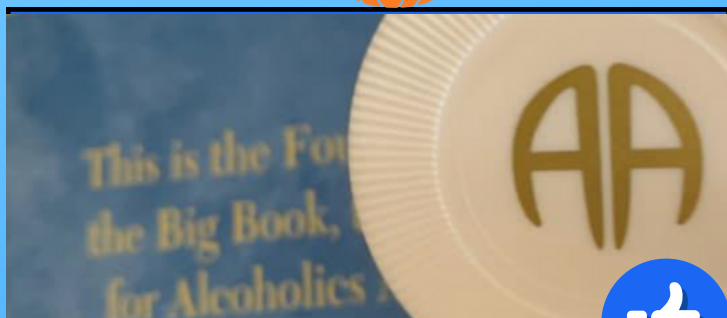
Remember Your Reasons for Sobriety



Identify Triggers at a Gathering



Find A Sober Friend



EBUZ And Friends



If you're on Facebook and would like to find AA related events, funny meme's meeting information and just be part of fellowship, you can join the EBUZ & Friends page. All are welcome. It can be found [here](#).

11 Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with
You

Open & clear from the confusion of
daily life.

Through my prayers & meditation I
ask especially for
Freedom from self-will, rationalization,
& wishful thinking.

I pray for the guidance of correct
thought & positive action.
Your will Higher Power, not mine, be
done.

From the Desk of GSO

Quarterly Report

You can find the Quarterly Report from General Service Office (GSO) [here](#). This report covers all committees from its quarterly meeting in New York; from Archives to Finance to the General Sharing Session.

Announcing: NEW items from AAWS!

The 2024 General Service Conference has requested that GSO gather shared experience on how A.A. members encourage and engage members in corrections service.

In keeping with this suggestion we are requesting that you share your experience in corrections service.

Please complete the following survey by clicking link below:
<https://www.surveymonkey.com/r/5J7PVS5>

We appreciate receiving your feedback no later than December 15, 2024 when the poll will close.

We are grateful for the dedication of A.A. members like you who make it possible for the A.A. message to be carried to those on the inside.

Nick S., Corrections Coordinator



Black in A.A.

"Black in AA – Experience Strength and Hope"
(P-51) List price \$75

New completely revised pamphlet

Now available in a completely updated and rewritten pamphlet — "Black in A.A. – Experience, Strength and Hope" replaces the pamphlet titled "A.A. for the Black and African American Alcoholic." With an illuminating new Introduction and contemporary sharing by 12 A.A. members from the United States and Canada, the new pamphlet will be published in English, with French and Spanish translations to follow.

ON SALE: MID SEPTEMBER

2024 General Service Conference Final Report
has been made available and can be found [here](#).

Literature WORKBOOK

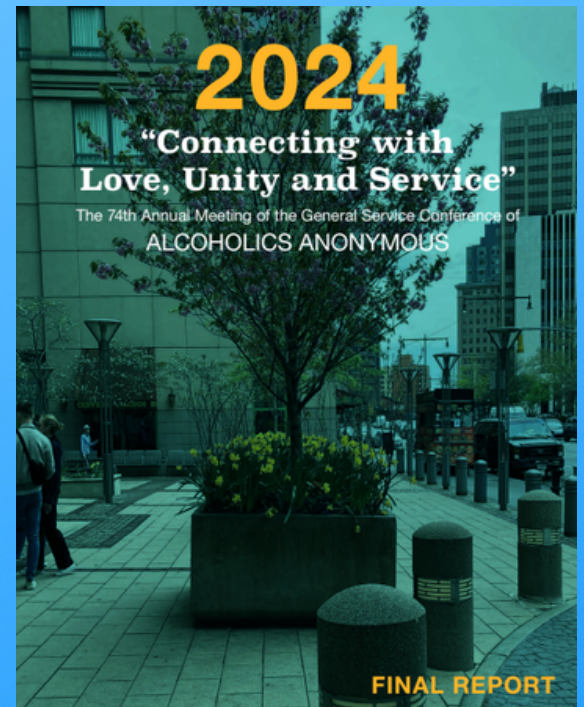
Literature Workbook
(M-52I) List price \$6.00

New Literature service tool

Several years in the making, this brand-new Workbook was compiled from practical shared experience of A.A. members in the Literature service area.

Literature committees at the District and Area levels help educate the Fellowship about General Service Conference-approved literature and related service material. All of their efforts work to insure we protect and maintain the integrity of the A.A. message. Helpful sections of the workbook include: "Samples of Planned Service Activities," and "Growing Literature Committees in Districts."

ON SALE: MID SEPTEMBER



Reflexiones Diarias

Reflexiones Diarias
(SB-19) List Price \$12.50

in a new Large Print edition

A.A.'s popular book of daily meditations that features quotations from A.A. literature paired with members' responses to them for every day of the year is now being made available in Spanish in a Large Print edition, for the first time. This edition will help make this inspirational text more accessible to our Spanish-speaking members, and it is published as a direct result of responding to the expressed need of the Fellowship.

ON SALE: END OF SEPTEMBER

PLAIN LANGUAGE BIG BOOK

PLAIN LANGUAGE BIG BOOK: A Tool for Reading Alcoholics Anonymous is now available!

List Price \$11.

It is an A.A. General Service Conference-approved literature and can be purchased [here](#).

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference-approved literature

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](#). The next few months are listed below for your convenience.

MAY

Young & Sober (stories due Oct. 15, 2024)

Did you come into AA at an early age? What was that like? What were the challenges? Do you go to Young People's AA (YPAA) meetings, dances, or conferences? How have they helped you?

JUNE

Annual Prison Issue (stories due Nov. 15, 2024)

Looking for stories of hope about AA in prisons and jails by incarcerated members and by those who bring meetings to them. Did you find AA in prison? What is sobriety like inside? Are you involved in correspondence service or prison sponsorship? We would love to hear your stories!

JULY

AA Around the World (Special International Convention Issue, stories due Dec. 15, 2024)

The International Convention is upon us! We want to know what AA is like in other cities and countries around the globe. How is it different, how is it the same? Do you attend AA outside of the U.S. and Canada? Have you helped AA get started somewhere? Let's hear from you!

Responsibility Statement



Interested in learning some history behind the AA Responsibility Statement? Do you know what it is? Read [here](#).

7 THINGS TO BE GRATEFUL FOR IN SOBRIETY

1. THE CHANCE TO CONTINUE IMPROVING
2. REGAINING YOUR SELF-RESPECT AND SELF-WORTH
3. REPAIRING RELATIONSHIPS WITH FAMILY AND FRIENDS
4. IMPROVING YOUR FINANCES
5. GETTING IN TOUCH WITH YOUR CREATIVE SIDE
6. DEVELOPING HEALTHY HABITS
7. CONNECTING WITH THE RECOVERY COMMUNITY

what are YOU Grateful for?

DISTRICT RESOURCES

Are you interested in keeping up with what's happening at the District meetings? Our district website has all the District Business Documents (Minutes, Treasurer's Report, Group Change Form, etc.) posted on it [here](#).

Monthly meetings are held the 3rd Mondays of each month at 7:00 pm; Unity Center of Cedar Rapids, 3791 Blairs Ferry Rd NE, Cedar Rapids, IA 52402. All are welcome to attend!



Language of the Heart
Lenguaje del corazón
Le langage du cœur

The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium. This years theme is Language of the Heart. More info found [here](#).

Do you have the AA Meeting Guide? This is an app that provides a meeting list by day, time and location. This app can be found [here](#).



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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.