

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

Bonfire meetings at Wanatee Park – off Highway 100 in Marion, Iowa. Dinner at 6pm Meeting at 7pm – Upcoming Dates-July 26, August 9 & 23, September 6 & 20, October 4 & 18

Women's Saturday Noon Meeting – 42nd Anniversary! – Saturday, August 23rd from Noon – 2pm at the Cedar Rapids Fellowship Club 3224 1st Ave NE, Cedar Rapids, Iowa 52402 – Potluck and Open speaker meeting.

Last Call Group Annual Picnic – Saturday, September 13th, 2025 from 1:30pm – 4:30pm at the Beaver Park Grandview Pavilion – 2700 Beaver Avenue SE Cedar Rapids, IA

The BIG Meeting – Saturday, September 13th, 2025 at Westminster Presbyterian Church 1285 3rd Avenue SE Cedar Rapids (lower level) from 4:30pm -7:00 pm- Quarterly Speaker Meeting and Dinner sponsored by over a dozen District 8 Groups [see flyer for details](#)

IAYPAA IX KICKOFF PARTY – Saturday, September 20th, 2025- Cedar Rapids Fellowship Club Auditorium- Fun Starts at 7pm

District 8 Business Meetings – District 8 holds a business meeting 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

Save the Date!!! 62nd International Women's Conference –February 12-15, 2026 Des Moines, Iowa.

Save the Date!!! 2026 Cedar River Round Up – February 20, 21, 22, 2026 Cedar Rapids, Iowa

Save the Date!!! West Central Regional Alcoholics Anonymous Service Conference – February, 27, 28 and March 1st, 2026 – Hosted by Area 24 at the Hilton Double Tree in Downtown Cedar Rapids, Iowa. Updates at www.westcentralregion.org

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/>



Putting Pen To Paper Amy N

A couple of years ago, my daughter gave me a Christmas gift that turned out to be more challenging than I expected. She signed me up for an app that sends weekly writing prompts, with the idea that, at the end of the year, my responses would be collected and bound into a booklet for my children and grandchildren.

What I didn't anticipate was how unsettling some of the prompts would feel. Many asked me to share personal childhood memories and experiences—things I've always been able to speak about openly in the Fellowship of AA, but which felt different when I thought of them as a permanent keepsake for my family. The result? In the past 18 months, I've only completed about eleven entries. Fear and perfectionism often override my usual "open book" nature.

This week's prompt, however, felt approachable: "What brings you peace of mind?"

That, I thought, I can write about.

Thanks to dear friends in the program, sending and receiving a daily Gratitude List has become a cherished spiritual practice. Noticing and reflecting on these blessings helps me find peace—reminding me of the beautiful gifts that come simply from being alive. As the promises in the Big Book say, they do come true... if I work for them.

Here are some of the things on my list that bring me peace of mind:

Waking up sober

Yoga practice

The absence of guilt and shame

Feeling grateful

Babies—of almost any species

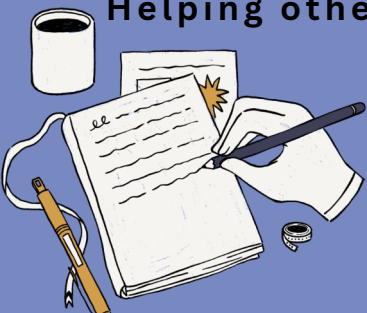
Deep connection with my grown children and my growing grandchildren

Honest, soul-deep conversations with a trusted friend

AA meetings

Helping others—altruism flowing through me, but not from me alone

...





Service is a means of maintaining sobriety.

Service means getting involved in those functions which directly carry the A.A. message or allow others to carry it.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion : Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

–The Big Book of Alcoholics Anonymous (page 89)

Service Opportunities!!!!!!

Corrections Committee

Committee meeting monthly on the Saturday following the District 8 committee meeting TV Room in the lower level of the Fellowship club 3224 1st Ave NE Cedar Rapids, Iowa 52402.

CPC(Cooperation with Professional Community) Committee

Upcoming meetings will be posted on the district website

IAYPAA IX Conference Host Committee

Meets monthly in person and via zoom Service Opportunities available Cedar Rapids Fellowship Club 3224 1st Ave NE Cedar Rapids, Iowa 52402

Public Information Committee

Next Meeting – Tuesday, August 12th at 6pm via zoom Click

Technology Committee

Upcoming meetings will be posted on the district website

Treatment Committee

Upcoming meetings will be posted on the district website

AA World Services, Inc. (AAWS) has started it's search for a nontrustee director. This Voluntary position will commence following the 2026 General Service Conference. Interested AA Members are encouraged to submit a resume.



ARCHIVE CORNER



[Click here for a virtual tour of the
AA GSO Archives](#)



EBUZ Super Sunday Speaker

August 24th - Dan P
August 31st - Nancy C
Sept 7th - Nate W
Sept 14th - Adam B
Sept 21st - Allie M
Sept 28th - Ericka M

UPCOMING SPEAKERS

Foxhall Wednesdays at 7pm

August 20th - Jesseca Z
August 27th - Tommy B

Saturday Night Live Saturdays at 10pm CR Gratitude Club

August 23rd - Josh S
August 30th - Chaim B
Sept 6th - Dana G
Sept 13th - Emelee J
Sept 20th - Juan C
Sept 27th - James S
October 4th - Mo S
October 11th - Alissa N

AA GRAPEVINE

Each month, Grapevine publishes stories on special topics. 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. Click [here](#) for the guidelines on contributing articles.

APRIL

Getting into General Service (stories due Sept. 1, 2025)

Ever been a GSR?...a DCM?...a delegate? Have you worked on area committees? Share the joys of doing this kind of service. It just might inspire others! (plus preview of brand new GV Book on "Gratitude")

MAY

How the Steps Changed My Life (stories due Oct. 1, 2025)

Tell us how the Steps have changed your life and enriched your sobriety. Give some examples. What is your favorite Step? Which one surprised you most? Share your stories.



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!

Resources

Updated District 8 Printable Meeting List available [here](#)
GSRs -is your group's information accurate?

Area 24 Iowa

[Home](#) [Meetings](#) [Events](#) [Newsletter](#) [Contact](#) [Web Guidelines](#)

You can sign up for the Area 24 Newsletter [here](#).

Read the most recent box 459 issue and sign up for future issues [here](#).



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](#).

DEC 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.

FLYERS AND UPCOMING EVENTS

