

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/>

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

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

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





IAYPAA IX Conference Sneak Peek!



The IAYPAA IX Conference is coming in HOT right in our own backyard this year!! October 24th, 25th and 26th, 2025 at the Best Western Longbranch Hotel and Convention Center in Cedar Rapids, Iowa!

Maybe you've heard this seemingly random combination of letters spoken in passing or in the announcements at meetings, you've probably seen them plastered upon flyers on bulletin boards, Facebook pages and clipboards across the District. You might have even heard of or even been a willing participant at one of the many "Young People" events that have been put on by the committee over the last 17 months!

First things first! I believe I can speak for the whole committee when I say we have a great deal of gratitude for everyone who has supported this labor of love and service over the last year and a half! District 8 has shown up in droves over and over as we worked through the process of getting the bid and raising funds for the upcoming 9th Annual Conference of Iowa Young People in AA! You've volunteered your time and energy - as committee members, clean up and set up crews, danced the night away, came to our speaker meetings, announced our numerous activities, sponsored us through the process of finding our feet over and over and listened as we learned in real time how to apply the principles of love and tolerance in service as a committee!

When we formed the bid committee the collective vision was to encourage more enthusiasm for the program of Alcoholics Anonymous while providing opportunities for growth through all 3 sides of the triangle for the entire District 8 recovery community. I believe we, as a committee, have had the beautiful opportunity to watch this vision unfold before our very eyes.

With over a dozen events, and countless inventories later, here we are! September 20th at 7pm at the Cedar Rapids Fellowship Club we will be having our Kick off Party! Symbolizing the last 30 days before, what will quite likely be the biggest party of the last 2 years in Iowa AA (aka the most fun you've ever had sober)! Come dance the night away with us at our black light party in September or hang out and play games, socialize, ask the committee members about the experiences that they've had during the process, get pre-registered for the BIG PARTY (the Conference in October), ask us how you can be of service if you want, I'm positive that we can put you to work!

What to expect at this Young People's Conference?

Well..... I can't tell you all the secrets, you'll have to come to the conference in October for the full experience, but I can tell you there will be a wide range of sobriety (generally 50+ years all the way down to a couple of hours), there will be LOTS of panels!!!! With panelists from inside AND outside of District 8, we have 3 amazing out of state speakers coming, marathon meetings(ask us how to get signed up to chair one), fun activities for everyone (no matter your age or your sobriety), of course there will be opportunities for service AND people from all over the country who are ABSOLUTELY ON FIRE FOR AA!

Please join us in this celebration of recovery in AA for both events!

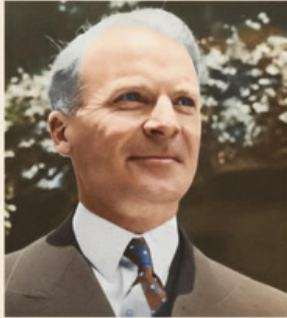
In Love, Service and Gratitude,
Jesseca Z
IAYPAA IX Host Committee Chairperson





ARCHIVE CORNER

HANK PARKHURST FORGOTTEN CO-FOUNDER



- Early AA member in New York
- Owner of Honor Dealers, a distributorship selling polish, oil, and auto products
- Co-founder of Works Publishing Company to print the Big Book in 1939
- Helped finance and spread Alcoholics Anonymous

REMEMBERED AS THE 'FORGOTTEN CO-FOUNDER'



HENRIETTA SEIBERLING

Spiritual Catalyst in AA's Beginnings

BACKGROUND

- Born in 1888, daughter-in-law of Frank Seiberling, founder of Goodyear Tire and Rubber Company
- A deeply spiritual woman, active in the Oxford Group in Akron, Ohio
- Not an alcoholic herself, but dedicated to helping those who suffered



CONTRIBUTIONS TO AA

- **Historic Meeting:** On May 12, 1935 Henrietta welcomed Bill Wilson and Dr. Bob Smith into her home, the Gate Lodge at Stan Hywet Hall. This meeting set the stage for the fellowship that would become Alcoholics Anonymous
- **Spiritual Encouragement:** Offered prayer, hospitality, and a safe environment where recovery conversations could begin
- **Oxford Group Influence:** Introduced spiritual principles of honesty, confession, and reliance on God that Though not an AA member, her actions provided the spark that gave rise to Alcoholics Anonymous

MARTY MANN AA PIONEER – ADVOCATE & EDUC

Among the first women in AA with long-term sobriety

Sponsored by Bill W. in the early years of AA

Became a leading voice for women in recovery

Founded the National Council on Alcoholism (NCA) in 1944

Worked to end the stigma surrounding alcoholism as a disease

Tireless advocate for education, treatment and acceptance



UPCOMING SPEAKERS

EBUZ Super Sunday Speaker

Sept 21st - Allie M
Sept 28th - Ericka M

October 5th - Jackie K
October 12th - Sandye B
October 19th - Sharon S
October 26th - Kelly F

Saturday Night Live Saturdays at 10pm CR Gratitude Club

Sept 20th - Juan C
Sept 27th - James S
October 4th - Mo S
October 11th - Alissa N
October 25th - Michelle J
November 1st - Bill H
November 8th - Ross H
November 15th - Jason L

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.

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.

JUNE

Young & Sober (stories due Nov 1, 2025)

Did you come into AA at an early age? What was that like? Do you go to Young People's AA (YPAA) meetings, dances and Conferences? How have they helped you? Share your experience!



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.

Good
Things
are
Coming

FLYERS AND UPCOMING EVENTS

2025 WEST CENTRAL Regional Forum
19-21 September 2025 Hilton Omaha | 1001 Cass St Omaha, NE 68102

SAVE THE DATE

FREE!

Hear from Delegates, General Service Board Trustees, Corporate Directors, and staff from GSO & A.A. Grapevine

Presentations, Workshops, Panels, Fellowship, Sharing Sessions and More!

WWW.AA.ORG

2025 Area 24 Fall Conference
Hosted by District 23
October 17-18-19, 2025

Pass It On!

Friday, October 17
9:00am-10:00am Zone 24 Chair Meeting with Officers and Chairs
10:00am-11:00am Sharing Experiences: DCM, GDS, and Area Officers
11:00am-12:00pm Workshops: CMC, Corporate, Community, and Treatment

Saturday, October 18
7:00am-8:00am Early Bird Meeting
8:00am-11:00am Area Business Meeting
11:00am-12:00pm Lunch & Speaker
12:00pm-1:00pm Area Business Meeting
1:00pm-2:00pm Speaker: TBA

Sunday, October 19
8:00am-10:00am Workshops: Anecdotes, Conclusions, Narratives, and More
10:00am-11:00am Early Bird Meeting
11:00am-12:00pm 12 Concepts Workshop
12:00pm-1:00pm Speaker: TBA
1:00pm-2:00pm AA Support Speaker
2:00pm-3:00pm Early 5, Part 2: Design

Pre-Registration Form - Area 24 2025 Fall Conference - Due by October 6, 2025
All Banquet and Lunch Meals - Due by October 6, 2025

Registration Information
Registration: \$100 (includes Banquet and Lunch)
Banquet: \$100
Lunch: \$100
Total: \$200

Check Box
By the Date:
AA Support: ☐
Speaker: ☐
Workshop: ☐
Lunch: ☐
Banquet: ☐
Total: ☐

32nd Annual CEDAR RIVER ROUNDUP
February 20-22, 2026

Visit www.cedarriverroundup.info

Program Events
Friday, Feb 20
6:00pm-7:00pm "The Cedar River Roundup" by the Cedar River Roundup Committee
7:00pm-8:00pm Cedar River Roundup Dinner
8:00pm-9:00pm Cedar River Roundup Entertainment
Saturday, Feb 21
7:00am-8:00am Cedar River Roundup Breakfast
8:00am-9:00pm Cedar River Roundup Entertainment
9:00am-10:00pm Cedar River Roundup Entertainment
10:00am-11:00pm Cedar River Roundup Entertainment
11:00pm-12:00am Cedar River Roundup Entertainment
Sunday, Feb 22
7:00am-8:00am Cedar River Roundup Breakfast
8:00am-9:00pm Cedar River Roundup Entertainment
9:00am-10:00pm Cedar River Roundup Entertainment
10:00am-11:00pm Cedar River Roundup Entertainment
11:00pm-12:00am Cedar River Roundup Entertainment

IAYPAA IX
Match Calamity with Serenity
CEDAR RAPIDS, IA
October 24-26th, 2025

Best Western Plus Longbranch Hotel and Convention Center
90 Twixt Town Rd, Cedar Rapids, Iowa 52402

Name: _____
Email Address: _____
Phone Number: _____

☐ Willing to be of service at the conference?
How many Registrations are you purchasing today? _____
Payment type? _____

☐ AA
☐ Al-Anon/Name
☐ Scholarship

Hotel Link
Online registration

Come Pig-Out at the Fellowship Club
HOG ROAST
\$10.00 (ages 7 and up) • \$3.00 (ages 6 and under)

Sat, Oct 4th, 2025
6:00pm

Buns, Baked Beans, Coleslaw & Desserts are include

50/50 RAFFLE to be drawn after Dinner
LIVE AUCTION after Dinner

WOMEN'S STEP MEETING
Sunday's at 3pm
Starting Oct 19th
Location: Fellowship Club

BOMB FIRE!
JAN 17, 2025

PLS COME

Worship Park
May 19, 31
June 14, 28
July 12, 26
Aug 6, 20
Sept 13, 27
Oct 4, 18

There is a Solution
35th Anniversary Dinner and Speaker Meeting
Thursday, October 2, 2025 Peace Christian Reformed Church

6600 C Ave NE, Cedar Rapids, IA 52402

7:00 pm Dinner
Pulled pork, buns, and variety of side dishes. Additional sides and desserts welcome! Place settings and beverages provided.

8:00 pm Program and Speaker
Jesseca Z., Cedar Rapids, Iowa

The memorable factor for every one of us is that we have discovered a common vision.
—Thomas Merton, Chapter 2, Page 17, Big Book of Alcoholics Anonymous.

CROSSROADS CHILI FEED POTLUCK
November, 16th, 2025

Meal @ 6pm
Speaker @ 7pm
Jim G, Cedar Rapids, IA

Bring a Side Dish or Dessert to share
Open meeting
Handicap accessible

ST. MARY'S CATHOLIC CHURCH
402 ASH AVE, URBANA, IA 52345

Early Birds Welcome Group VS Happy Hour Group SOFTBALL GAME
Sunday, Sept 21st 11:30am

Meet in the Jones Park Wilson Ave Entrance
Follow road all the way back to ball diamond at maintenance building

- First Pitch at 12pm (noon)
- 7 Innings
- Hot Dogs, Chips, Water, Lemonade, and Ice Tea Provided
- Side Dishes are Welcomed
- Bring Lawn Chairs, Baseball Glove, Bat, and Softballs

3rd Annual Softball Game Challenge and the Tie Breaking Game!

Iowa Women's Luncheon
Sunday October 19, 2025

Speakers
AA Bev H from Omaha
Al-Anon Becca B from Des Moines

Hilton Garden Inn Des Moines/Urbandale
8600 Hompoex Drive, Johnston, IA 50031

Cost: \$39 per person, includes plated lunch

Pre-Registration ends Noon October 6

Online Registration ends Noon October 6

Cost: \$39 per person, includes plated lunch

Pre-Registration ends Noon October 6

Online Registration ends Noon October 6

CALLING WOMEN IN AA TO CARRY THE MESSAGE!
HELP BRING AN AA MEETING TO WOMEN AT THE ANCHOR CENTER

The Anchor Center is a residential correctional facility for adult women on probation, parole, or early release.
They're invited. Anonymous. Anonymous to host a weekly women's meeting - and we need your support to make it happen!

When: Either Tuesday or Thursday evening (final day TBD)
Where: Anchor Center, 3115 12th St SW, Cedar Rapids, IA 52404
Who: AA women with 2+ years of sobriety
Requirements: Must be able to pass a background check and complete PBA training

Contact:
Wes Y 319-538-6151 or
Aimee B 603-400-0206

IOWA YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS
Black Light Party
IAYPAA IX Conference Kick Off Event!
Let's glow crazy! Get ready for a vibrant night of glowing fun after the speaker.

Sept. 20th, 2025
Speaker at 7 PM

Fellowship Club
3224 1st Ave NE
Cedar Rapids, IA 52402

- Neon Dress Code
- Music For All
- Glow Accessories

Speaker: Jesseca Z.

The door opened and the flood of light was amazing!
8.8 page 9