

# SOBER TIMES

Iowa District 8 AA Newsletter



## UPCOMING EVENTS

The Big Meeting – Saturday, December 6th, 2025 – Doors open 4:30, Potluck  
Chili Dinner – 5pm  
Speaker Jennifer H from Eau Claire, WI 5:45  
Westminster Presbyterian Church, 1285 3rd Ave SE Cedar Rapids, Iowa 52403

District 8 Business Meetings – Held on the 3rd Monday of the month at 7:00 pm  
at the Unity Center of Cedar Rapids, 3791 Blairsferry Rd NE, Cedar Rapids, Iowa

### Area/Region wide Conferences and Such

Area Business Meeting – January 17 and 18, 2026 – MACC 709 S Center St,  
Marshalltown, IA 50158

Area 24 Spring Conference – June 12-14, 2026 – IVBCS 3702 S. Center St,  
Marshalltown, IA

### Save the Dates for future AA events!

62nd International Women's Conference – February 12-15, 2026 Des Moines, IA –  
Website – <https://internationalwomensconference.org/>

2026 Cedar River Round Up – February 20-22, 2026 – Cedar Rapids, Iowa –  
Website – <https://cedarriverroundup.info/>

West Central Regional Alcoholics Anonymous Service Conference – February 27-  
March 1st, 2026 – Hosted by Area 24 – Hilton Double Tree – Downtown Cedar  
Rapids, Iowa – Website – <https://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

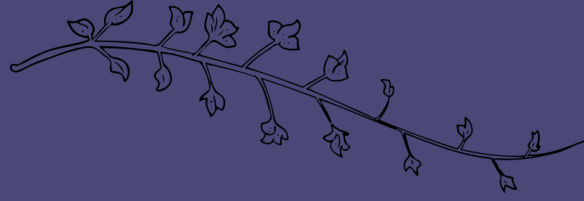
<https://www.aa-cedarrapids.org/>

## Choosing Gratitude

Gratitude to mean means being appreciative of and for the things, people, and situations I have in my life. I often get caught up in the “why me” or “I have to”. I have to take my kids to school and pick them back up only to run them back to practice an hour later. I have to go to work and meet this deadline and its all on me to get everything done. Why is it only up to me to meet this deadline or make this work, or to pay this bill, etc etc etc. I can stay stuck in that mentality- and I often do. OR I can see it as a gift. I get to see my children thrive in this home. I get to provide my kids with opportunities I never had. I get to be the mother I always wanted. I am able to be present for my kids and my job responsibilities because I am sober. I get to help others because I am no longer in that situation. My perspective is everything. When I am not in a spiritually fit place, I will be consumed with fear, anger, and resentment. When I allow GOD to be the director of my life, when I follow the simple kit of tools laid at my feet- I experience life in a whole different way. Am I able to be Honest, open minded, and willing to experience this? Sometimes. And sometimes I’m not. And that’s ok. I get to choose. I am happy with the option to choose as in my active addiction there was no choice. Today I’m choosing to be grateful.

Amy F





## Connection Through Gratitude

Gratitude is a practice built from the hearts of the women walking the road of recovery alongside me. The lyrics of their daily lives weave into a song through a group text titled Gratitude. Early in my recovery, I was added to a group of women who sent each other a list of daily gratefuls. Not every woman sends every day, and some add pictures, some add prayer requests. Yes, a group text – which normally would make me groan and roll my eyes with the extraneous use of emojis and unnecessary chatter. Yet, this one, which is often my first contact with the outside world, helps carry me like a life raft on open seas.

Here I have learned the art of seeing – and celebrating – the mundane miracles of life. I stand as a witness to the practice of “noticing” and “watching”, and then incorporate that same watchfulness into my daily life. Such as how making my coffee is a ritual, one where the smell awakens the knowledge that meditation and thanking God are about to begin. Whether it is a day of ups, such as seeing the northern lights, or a day laden with the challenges of my dynamic disabilities, I can find blessings brought by a life in recovery.

Gratitude has become as foundational to a spiritual way of living as the indispensable readiness to change found in my first strides of willingness. These have morphed into a new lens in which I view the world, thanking God each day that I get to be alive and free.

Amanda L.



# District 8 Service Opportunities

## Corrections Committee

monthly meeting – Saturday following the District 8 Committee Meeting

11/22/2025 at 1:00 pm

Fellowship Club Basement

3224 1st Ave NE Cedar Rapids, IA 52402

## CPC – Cooperation with Professional Community Committee

2nd Tuesday of the Month 6pm via Zoom

Next meeting December 9th, 2025 6:00pm

## Public Information Committee

meets in conjunction with CPC – 2nd Tuesday of the Month via Zoom

Next Meeting December 9th, 2025 at 6:00pm

## Treatment Committee

Next meeting Sunday, November 23rd at Noon

Fellowship Club Basement

3224 1st Ave NE Cedar Rapids, IA 52402

## Tech/Web Committee

next committee meeting – Sunday, November 30th 8pm via zoom






# ARCHIVE CORNER

**Friday 7<sup>th</sup> November 2025**  
5.00PM - NY / 10.00PM - UK

**HANK PARKHURST**  
What it was like and what happened?

PRESENTED BY  
**Chris J.**  
Columbus, Ohio.



Henry G.  
(Hank)  
Parkhurst.  
(1895-1954)

Hank Parkhurst was New York's AA #2. His story to sobriety (The Unbeliever) appeared in the First edition of the Big Book. He played a vital role in the formation of AA.


Bill Wilson considered him his right-hand man from 1936 to 1939. Ruth Hock made claim that without Hank Parkhurst the BB would have never been published.

"Parkhurst drank shortly after the book Alcoholics Anonymous was published. Whenever possible, mention of Hank and his contributions to the program were judiciously dropped from the stories told about those early years."

Schaberg, William H. Writing the Big Book: The Creation of A.A. (p. 4); Central Recovery Press, LLC. Kindle Edition.

**ID: 875 319 1947 P/w: 2GROWIN**  
HOSTED BY "Growing In Understanding Group"

**BOBBIE BURGER**  
AA's National Secretary



- Early AA member, sober in the 1940s
- Served as National Secretary at the Alcoholic Foundation in New York
- Worked closely with Bill W. during AA's formative years
- Managed correspondence and inquiries as AA spread nationally
- Helped build organizational stability for the young fellowship

## UPCOMING SPEAKERS

Saturday Night Live  
Saturdays at 10pm  
CR Gratitude Club

EBUZ Super Sunday  
Speaker

November 23 - Dave G  
Nov 30 - Jim N

November 22 - Josh H  
November 29 - Mark S

Foxhall  
Wednesday 7pm  
Unity Center - CR

November 19 - Andy O  
November 26 - Carrie H



# 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.

## JULY

**Annual Prison Issue (stories due Dec. 1, 2025)**  
Did you find AA in prison? What is sobriety like inside? What are meetings like? Are you involved in correspondence service or prison sponsorship? We are especially looking for stories by women in long-term custody.

## AUGUST

**Sober Travel (stories due Jan 1, 2026)**  
How do you stay sober while traveling on trains, planes and in faraway places? Vacations, business trips or moving away to another town. How did you find AA meetings? Tell us about them. Have you had any close calls? Share the tools that helped you stay sober on the road.



## 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](#).

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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](http://www.aa.org).

# 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 & AA Grapevine

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

WWW.AA.ORG

**Intergroup Banquet**  
Saturday, February 28, 2026

\$35 Advance Tickets Available until 12/31/2025

\$45 Regular Tickets Starting on 1/1/2026

Doors open at 5 p.m.  
11:00: *Glittery Speaker:* Sloan B.

12:00: *Panel Discussion:* Jessie G., Brent B., Heather W.

Dinner at 5 p.m.  
6:00: *Alateen Panel & Al-Anon Speaker:* TBD

Raffle Wheel tickets at the door

7:30: *Keynote Speaker:* Sarah L.

**Izaak Walton**  
4141 George Hartz Pkwy, Des Moines, Iowa 50321

Join us for a day of inspiring stories, great food, and fantastic fellowship. Babysitting available.

**AIM FOR AMES ROUNDUP**  
"Follow The Path" to be held at the Quality Inn & Suites — 2601 E 13th Street, Ames Iowa

Friday, March 28  
Dinner V. — Albuquerque, NM (A.A.) ..... \$800 p.m.  
Followed by Ice Cream Social, Big Book Trivia and AA Anon Meeting

Saturday, March 29  
Joan K. — Kansas City, KS (A.Anon) ..... 10:00 a.m.  
Mike L. — Louisville, KY (A.A.) ..... 1:00 p.m.  
Followed by Jessica L. — Louisville, KY (A.Anon)

Sunday, March 30  
Jackie R. — Brookings, SD (A.A.) ..... 10:00 a.m.  
Following breakfast for leaving attendees

Preregistrations must be received by March 16, 2026

AIM FOR AMES ROUNDUP REGISTRATION

Pre-registration must be received by March 16, 2026

Registration must be received by March 16, 2026

**Coming Soon**  
to a Church Basement Near You.....

A QUARTERLY EVENT HOSTED BY MANY DISTRICT HOME GROUPS

**SATURDAY, DECEMBER 6TH 2025**

WESTMINSTER PRESBYTERIAN CHURCH  
1280 3RD AVE SE CEDAR RAPIDS, IOWA 52403

**THE BIG MEETING**

DOORS OPEN - 4:30PM  
POTLUCK DINNER - 5:00PM  
SPEAKER - 5:30PM  
JANET V. SEATTLE, WA

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

**Pass It On!**

Friday, October 17  
6:00pm-7:45pm Area 24 Chair Meeting with Officers and Chair  
8:00pm-9:30pm Evening Session: DCM, GSO, and AA Officers  
9:00pm-10:00pm Workshops: CFC, Grapevine, Literature, and Trivia

Saturday, October 18  
7:00am-8:00am Early Bird Meeting  
8:00am-11:00am Area Business Meeting  
10:00am-11:00am Lunch and Speakers  
11:00am-12:00pm AA Officers Share Ask It  
1:00pm-2:00pm Area Business Meeting  
2:00pm-3:00pm AA Officers Share Ask It

Sunday, October 19  
7:00am-8:00am Early Bird Meeting  
8:00am-11:00am Area Business Meeting  
10:00am-11:00am Lunch and Speakers  
11:00am-12:00pm AA Officers Share Ask It

Pre-Registration Form — Area 24 2025 Fall Conference — Due by October 6, 2025

AA Banquet and Lunch Meals — Due by October 6, 2025

**Thanksgiving Dinner**  
HOSTED BY  
Early Birds Welcome Group

Thursday, Nov 27<sup>th</sup>  
Noon

Meet at the Fellowship Club (lower level)

Meat, mashed potatoes, gravy, rolls, and green bean casserole provided. Other sides & desserts are welcome.

Come, Eat, Fellowship, & Give Thanks!

**Women's Luncheon**  
October 19, 2025

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

Hilton Garden Inn Des Moines/Urbandale  
8600 Northpark Drive, Johnston, IA 50131

Cost: \$38 per person, includes plated lunch

11:00 am Doors open  
12:00 pm Lunch served  
1:00 pm Speakers

Online registration ends Noon, October 6

Make choice available to 11:00am on 10/19/25

**2026 Area 24 Spring Conference**  
Hosted By District 3  
June 12-14, 2026

**Bright Spot of Our Lives**

Al-Anon and Alateen  
AA Officers and Alateen  
AA Officers and Alateen

Pre-Registration Form — Due by May 29

Check Box — Due by May 1

AA Banquet and Lunch Meals — Due by May 1

**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've invited Alcoholics 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 PREA training

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

**32nd Annual CEDAR RIVER ROUNDUP**

February 20-22, 2026

Visit [www.cedarriverroundup.info](http://www.cedarriverroundup.info)

Event Type and online pre-registration are available in the website

**WOMEN'S STEP MEETING**

Sunday's at 3pm  
Starting Oct 19th  
Location: Fellowship Club