

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/>

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

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



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!



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](#).

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!

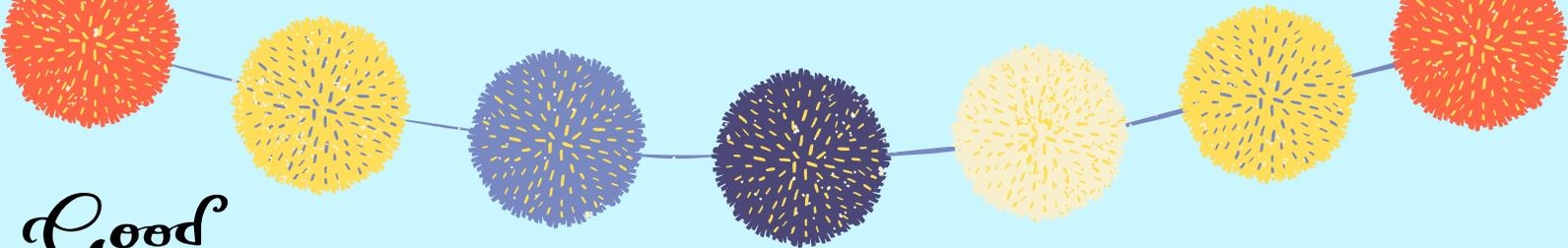


EBUZ And Friends

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.



Good Things are Coming

FLYERS AND UPCOMING EVENTS

HELP WANTED

W CRAAS
Feb. 27th-March 1st 2026.
Double Tree

LOOKING FOR VOLUNTEERS TO HELP WITH REGISTRATION

FOR MORE INFO CONTACT EMILY O (319-389-5467)

32nd Annual CEDAR RIVER ROUNDUP

Radisson Hotel Cedar Rapids, IA
February 20-22 2026

Visit www.cedarriverroundup.info
Event flyer and online pre-registration are available on the website

Program Events	
Friday	6:00 PM Registration Opens
	7:00 Kathy H. – Cincinnati, OH (AFG)
	8:30 Caleb F. – Lewiston, MO (AA)
	Following FREE Pie and Ice Cream Social
Saturday	6:30 AM Morning Meditation
	7:00 Early Bird Meeting (Open)
	8:00 Registration Continues
	9:00 Sarah T. – Rock Island, IL (AA)
	10:30 Workshop: Unity & The 12 Traditions
	“Noon Break”
	2:00 PM TBD (AFG)
	3:30 Workshop: Recovery & The 12 Steps
	5:30 Banquet
	7:00 Skit – Countdown - Speaker
	Chris C. – Coshocton, OH (AA)
	Following Big Book Trivia
Sunday	7:30 AM Morning Meditation
	8:00 Early Bird Meeting (Open)
	10:00 Scott S. – Stuart, FL (AA)

Registration Information	
Registration	\$30
Registration and Banquet*	\$65
Banquet Only*	\$35

Pre-registration Deadline: February 13th, 2026
*Pre-registration REQUIRED for Banquet Dinner
Cash and check only, if registering at the door.

Pre-register online at our website:
www.cedarriverroundup.info
All who attend must register.
Parents are responsible for their children.

Saturday Evening Banquet Dinner	
Pork Loin or Chicken Parmesan or Vegetarian Meal (Choice of 1)	
served with garden salad, vegetable, potatoes, and dessert	
Coffee, iced tea, or milk	
*vegetarian and gluten-free options available	
*alcohol required during pre-registration.	
Pre-registration is REQUIRED for Banquet Dinner	

*See back for mail-in pre-registration forms, important hotel information, and map

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

WOMEN'S STEP MEETING

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

Unity in AA, to me, means putting the collective good, safety and shared purpose above personal agendas, to ensure the groups survival and effectiveness.

But what does that mean exactly... and how do we do it.

The "collective good"... hummmm. Well, to me that is referring to the overall health of our fellowship.

"Safety"... Creating a secure environment where members of AA, especially newcomers, would feel safe sharing... free from judgment or threat. This would be particularly true regarding spirituality.

Now for "shared purpose" ... to me that would go hand in hand with our primary purpose which is to stay sober and help others to achieve sobriety.

So basically, any actions or decisions that might benefit one person but harm these things within a group/fellowship would be discouraged, in favor of actions or decisions that would serve the whole health and well-being.

I use the 3rd step prayer a lot when faced with my "self" and my own agendas. "Relieve me of the bondage of self". I find myself applying those principles like honesty, open-mindedness and willingness... love and tolerance... and rule 62.

I want the message we share to be effective, as effective as it was for me when I first came into AA. I must consistently self-examine, take inventory and be of service if this is to happen. If I'm not actively working the steps, my mind starts to get sick again...starts telling me that I'm right and that I know what's best. Then my agenda becomes paramount to everything else. And I know I am an untreated alcoholic again.

"Practical experience shows that nothing will so much insure the immunity from drinking as intensive work with other alcoholics." – Chapter 7 Working With Others

Our individual AA groups are a part of that "work with other alcoholics" as well as our events, round-ups etc.

The groups and fellowship are necessary for our sobriety. And if we don't have sobriety, we die... I was taught that our groups are the first pages of the big book the newcomer sees and/or experiences. Our collective message of the 12 steps, AA principles and individual spirituality must persevere if we are to be the hand of AA. And the message should be shared not only for the newcomer but for all of us at all stages of our sobriety.

So we set aside our personal agendas, ideas and opinions whenever they might threaten or damage that message or that group. And we work together to hear a "group conscious", the voice of the sunlight of the spirit to conduct our actions and decisions.

The other traditions are just as important... without them, this one would not be as effective.

We need all of our traditions and all of us to survive.

Thanks for being there for me.

Janel M - Anamosa Group