

# SOBER TIMES

Iowa District 8 AA Newsletter



## UPCOMING EVENTS

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

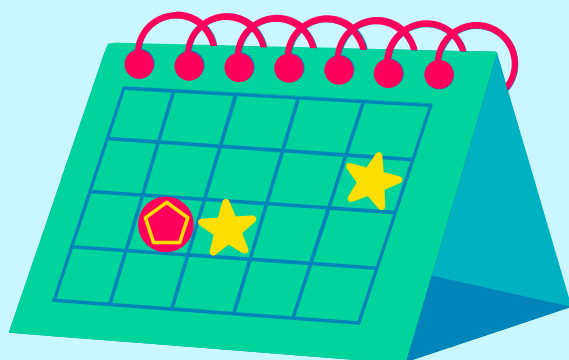
The Big Meeting – Saturday, March 7th, 2026 – Westminster Presbyterian Church 1285 3rd Ave SE Cedar Rapids, IA 52403 – see [flyer here](#)

By the Big Book 15 Year Anniversary -Wednesday, March 11, 2026, 7pm – CR Gratitude Club 212 Edgewood Rd SW Cedar Rapids, IA 52405 – See [flyer for details here](#)

St. Patrick’s Day Supper and Fundraiser – Saturday, March 14th, 2026 at 6:30pm – Cedar Rapids Fellowship Club – 3224 1st Avenue NE Cedar Rapids, IA 52402 – see [flyer for details here](#)

82nd Anniversary of AA in Cedar Rapids, Iowa– Saturday, March 21st, 2026 5pm-9pm – Hope Lutheran Church, 2736 Bowling Street SW Cedar Rapids, IA [see flyer here for details](#)  
 Aim for Ames Roundup – Follow the Path – March 27-29th, 2026 – Quality Inn & Suites – 2601 E. 13th Street, Ames, IA follow the [link here](#) for more information

Crossroads 33rd Anniversary – Sunday, April 12th-St. Mary’s Catholic Church 402 Ash Avenue, Urbana, IA 52345, Meal 6pm – Speaker 7pm, See [Flyer for details here](#)



## 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/>

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

I think one of the principles expressed in Tradition Two is that God speaks to me through other people. I experience this in my homegroup business meetings, through my sponsor and other A.A. members, when I act as a trusted servant, and in all my affairs when I seek to “understand rather than be understood,” to quote the St. Francis Prayer.

On my own, my self-will and self-interest can easily masquerade as the voice of God, but through the group conscience God’s will is clearly expressed. When I prayerfully engage as an active participant of the group, I go beyond participating in group business. I also become a potential mouthpiece for God’s will.

When I act as a trusted servant, my self-will and self-interest in the matters entrusted to me must conform to the group conscience. If I take seriously that the conscience of my group is an expression of God’s will, it becomes easier to accept correction when it is required, and to respect the voices and viewpoints of others. It becomes easier to accept decisions when I may not agree with them and respect that God is the ultimate judge of the rightness or wrongness of an action.


Tradition Two asks me to show up as the Elder Statesman or Bleeding Deacon in my affairs. As Bill says, the Elder Statesman is the quiet voice, the voice of unity rather than discord, reliable and consistent. It forces me to consider whether I am speaking because I have something of value to contribute or whether I am speaking simply to be heard. When I take on the role of a trusted servant, it forces me to consider I am seeking to be of genuine service or seeking praise and validation from others.

When I apply Tradition Two in all my affairs it guides and shapes my actions as a citizen, worker, husband, son, and brother. In all these areas, God may be speaking to me and correcting me through others. This doesn’t require that I become a passive. On the contrary, when I show up prayerfully, God allows me to bring my knowledge, skills, and abilities to be of utmost benefit to God and to others.

-Drew

# 2026 DISTRICT 8 CPC COMMITTEE MEETINGS

Members of Cooperation with Professional Community (CPC) inform professionals and future professionals about AA.



Join us and become a vital link to AA  
for those in need.

**The CPC committee meets the  
2nd Tuesday of every month  
at 6pm via Zoom**

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March 10th	Aug 11th
April 14th	Sept 8th
May 12th	Oct 13th
June 9th	Nov 10th
July 14th	Dec 8th

Join the Zoom Meeting  
[https://us06web.zoom.us/j/8966600714?  
pwd=EckanyEwXr9D3PSqTu5KQqJp48SFLv.1&omn=880213  
30804](https://us06web.zoom.us/j/8966600714?pwd=EckanyEwXr9D3PSqTu5KQqJp48SFLv.1&omn=88021330804)  
Meeting ID: 868 9372 6629

Questions: Email CPC at [cpc@aa-cedarrapids.org](mailto:cpc@aa-cedarrapids.org).

# CROSSROADS ANNIVERSARY



Come celebrate Crossroads **33<sup>rd</sup>**  
Anniversary with a Potluck  
Dinner & Speaker

**Sunday, April 12th**  
**Meal @ 6pm**  
**Speaker @ 7pm**  
**Erik T, Rock Island, IL**

**St. Mary's Catholic Church**  
**402 Ash Ave, Urbana, IA 52345**



Desserts and side dishes welcome  
Open meeting  
Handicap accessible