

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

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.

What the 3rd Tradition Means to Me

When I think of the 3rd Tradition, I think about when I first came into the rooms of Alcoholics Anonymous. I walked through those doors feeling hopeless, desperate, scared, anxious, embarrassed, inadequate, insignificant, overwhelmed, fearful, and uncontrollably emotional, to name a few. People I had never met welcomed me. They were kind to me, checked in on me, and told me to keep coming back. These people welcomed me with warm smiles, open hearts, and listening ears. They met me where I was in my very emotionally, mentally and spiritually turbulent early days of recovery, accepting me exactly how I showed up—with love, patience, tolerance, and guidance—almost like someone comforting a lost child searching frantically for their parent in a store.

Every time I came back to a meeting, I would see someone I had seen at the last meeting, and they would say, "It's great to see you again, Megan!" I didn't have that experience at the end of my drinking days. I could feel it in my soul that these people sincerely wanted good things for me. I knew I could have what they had if I worked for it. Even on the days when I didn't feel like A.A. was working for me, when I didn't want to go, or when my mind was telling me that I didn't belong here, I knew I could share that in a meeting or with my sponsor. I'm not the only one who has gone through that.


I couldn't always put a dollar or two in the basket, but I was accepted regardless of my ability to do so. I didn't have to conform to any specific way of working the steps, and I could choose the God of my understanding. My understanding was very limited in the beginning, but it has grown exponentially since then. All I needed to do was get a sponsor. She read the book with me and helped guide me through the Twelve Steps of Alcoholics Anonymous. I was guided and directed by others who had walked this path before me, who had themselves been guided and directed by others before them. I had a desire to stop drinking, although drinking still consumed my mind for several months. I desperately wanted to stay sober and thank God no one turned me away for having an off day, questioning whether or not A.A. was the answer, or not being able to contribute financially at a meeting.

Today, the 3rd Tradition reminds me to be the same hand of Alcoholics Anonymous that was reaching out to me when I first came into the rooms. Our paths and stories are all a little different, and this tradition reminds me of the inclusivity that Alcoholics Anonymous has for those of us who have a desire to stop drinking. It's not my job to decide who belongs here and who doesn't. Personally, I believe each member's willingness, open-mindedness, honesty, and God all play their roles in that too. I am grateful the 12 Traditions were set in place and are guidance for all members of Alcoholics Anonymous to hang together so we don't die separately from this disease.

Love to you all! ~ Megan M.

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**

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.

CROSSROADS ANNIVERSARY



Come celebrate Crossroads **33rd**
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

***Full Measures Speaker Group
Sixteen Year Anniversary***

Friday, March 20, 2026 - 7PM

Mike M. – Cedar Rapids, Iowa

SPEAKER - Free event

Cedar Hills Community Church

6455 E Ave. NW

Cedar Rapids, IA

-SEPARATEEVENT -

Saturday, March 21, 2026 - 9AM to 5PM

Practicing These Principles

With

Mike M. Area 24, Panel 57 Delegate

Julie S. Area 24, Panel 73 Delegate

Suggested \$5 Donation for Saturday workshop at

Fellowship Club Main Auditorium

3224 1st Ave NE, Cedar Rapids, IA

Questions contact Ericka M. @ (319) 310-7791

**scholarships are available*

FELLOWSHIP CLUB
PRESENTS



THE BACKSTORY



MARCH 21ST 6:30-9:00PM

Join us for a soulful Saturday evening
of folk rock harmonies, food, &
fellowship

Concert is free, but donations to the
Fellowship Club are greatly
appreciated

Bring snacks to share!

3224 1st Ave NE Cedar Rapids, IA

