

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

- The Big Meeting – Saturday, June 6th, 2026 – Westminster Presbyterian Church
1285 3rd Ave SE Cedar Rapids, IA 52403 – See [Flyer here for details](#)
- Area 24 Archives Open House – Friday, June 12th, 2026- 16 E. Main Street, City
Center (lower level), Marshalltown, IA see [flyer here for details](#)
- Foxhall in the Forest – Friday, June 19-21st, 2026 – Pinicon Ridge Campground,
Central City, IA (flyer with details to come)
- Sisters in Sobriety Retreat – August 21-23, 2026 – Baumgarmer's Lodge at
BackBone State Park – 1347 I29th St, Dundee, IA – See [flyer here for details](#)
- Foxhall in the Forest 2.0 – Friday, September 11th-13th, 2026 – Pinicon Ridge
Campground, Central City, IA (flyer with details to come)



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.

Tradition four offers principles such as, individuality, responsibility, humility, and unity. It invites groups to trust a higher power expressed through group conscience, rather than relying on firm rules. Responsibility encourages us to ask if what we're doing will be a good example for the newcomer. Humility shows up when a group is willing to seek advice from other groups, area/district, or the General Service Office, and to pivot if it gets clear direction that their experimentation is diluting the message or confusing AA's public image. Unity is preserved when groups remember that they are part of a greater community, and that their decisions reflect out into the larger fellowship.

In practice, Tradition Four is crucial for AA's survival and growth.

This willingness to let groups experiment has led to a wide variety of meeting styles- speaker meetings, discussion meetings, step and tradition studies, men's and women's meetings, etc. all of which helps AA reach alcoholics of all walks of life and philosophies. The tradition has also given AA clear boundaries - groups should avoid actions or affiliations that might confuse the public about what AA is, or deviate from its singleness of purpose. Overall, tradition four protects both the individual group and the fellowship, ensuring that AA remains a place where alcoholics can reliably find the message of recovery, no matter which door they walk through.

-Andrew G

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.




The Big Meeting

A QUARTERLY EVENT HOSTED BY MANY
GROUPS IN DISTRICT 8

SATURDAY, JUNE 6TH, 2026

WESTMINSTER PRESBYTERIAN CHURCH

1285 3RD AVE SE
CEDAR RAPIDS, IA 52403

● 4:30 pm doors open 
5:00 pm Potluck (picnic theme)
5:45 pm Speaker (TBA)



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