

# SOBER TIMES

Iowa District 8 AA Newsletter



## UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Next Month's District Meeting we will be voting in new Chair's. If you're interested in holding a District Chair position, join us on Monday, Sept 19th at 7pm at Unity Church on Blairs ferry Rd in CR.

Mini Workshops with the Delegate: Wednesday, August 7th @ 5pm - Proposed Agenda Items ( PAIS - What, Why, How and When); Saturday, August 24th @ 3pm - Open Forum. [Zoom link here](#) or Meeting ID is - 319 721 4056. Passcode is - GSC74

16th Annual Fish Fry - Sun, Aug 11th @ 1pm at the Fellowship Club for all AA and Al-Anon attendees and guests. Fish, cheesy potatoes and drinks provided. Bring a side dish if you wish. Goodwill donations will be donated to the Club.

Sisters In Sobriety Social Sunday, Party in the Park - Sun, Aug 11th from 1 - 4:30pm at Thomas Park. Bring a snack to share, outdoor lawn games will be provided.

Happy Hour Annual Picnic, Aug 17th 10a - 3p at Daniels Park, Pavilion closest to splash pad. Burgers, brats, chips, tea & lemonade provided. Side dishes and desserts appreciated. Speaker TBD @1pm.

Delegate Report Picnic - Saturday, August 17, 2024 at Ellis Park Manhattan Pavilion, 2550 Ellis Blvd NW, CR. Join Area 24 Delegate, Julie S, for her report on the 74th General Service Conference. Starts at 10:30am, food at 11:30 am, followed by her report at 12:30 pm. Hamburgers, hotdogs, buns, and condiments provided; please bring a drink and a side dish or dessert to share. Click [here](#) for flyer.

WORKSHOP - Twelve Concepts of AA - Saturday, August 24, 2024 from 12:00 to 4:30 pm in the Fellowship Club Auditorium, 3224 1st Ave NE, Cedar Rapids, IA 52402. For questions or more information, check out the [flyer](#).

27th Annual National AA Archives Workshop - September 26-29, 2024 at the Scottish Rite Consistory, 519 Park St., Des Moines, IA 50309. For more information, see [flyer](#). Hosted by Area 24.

Fellowship of the Spirit (FOTS) Midwest 2024 - October 11-13, 2024 at the Higher Ground Retreat Center, 3820 Logan Creek Dr, West Harrison, IN 47060. See [flyer](#) for more details.

47th Annual Cornhusker Roundup - August 16-18, 2024 at the Liberty First Credit Union Arena, 7300 Q Street, Omaha, NE 68127. See [flyer](#) for more info.

Women Living Spiritually Retreat, Sept 27th - 29th at Crooked Creek Christian Camp, Washington, IA. All the information on the flyer found [here](#).

Greater CR Area Events Committee needs volunteers for Thanksgiving Dinner & Greater CR Area Anniversary event. Next Committee mtg is Aug 18th @1pm at the Fellowship Club.

## 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/>

# 8TH STEP

Step 8-Made a list of all persons we had harmed, and became willing to make amends to them all.

Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight & Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris that has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

My experience with this step is that after I had completed my inventory and read it to my mentor I was then to do the prayer work he suggested in Steps 6 & 7. Which also included some prayerful writing to put some real action behind my steps 6 & 7, specifically asking God to remove my character defects one prayer at a time. Then, and only then, was I ready to move on to steps 8 & 9. Since the topic is Step 8, I'll limit my views and experiences to only Step 8. First, I wasn't ready for Step 8 until I had completed the first 7 steps. What I found on the other side of my 4th step was a new man or a new approach to life unfolding. The prayer work of Step 3 was working. I was reborn. My defects were illuminated in my 5th step. The prayer work of steps 6 & 7 were real for me. At this time I was ready and willing to do whatever was necessary for me to move forward on this spiritual path. In the beginning of my sobriety I thought a mental list of where I needed to make amends was OK. I found this was not true for me. I needed the paper list to know who I owed amends to. Remember where the books says we would go to any lengths for victory over alcohol?

This was also at the time when I went to step meetings to learn how to do the steps. (Late 1980's) At this step meeting is where I heard that the book says to make a list if I'm willing to go to any length over alcohol. Active sponsorship and "going through the book" were not part of what I knew about AA in Cedar Rapids at the time. I had a sponsor but he was a "figurehead" sponsor. It would be a few years, by the Grace of God, that I would connect with a man that would take me through the Big Book and get into the steps in the way that I'm sharing with you now.

The question that comes to mind is this: Do I believe what is in the Big Book to be true? If so, and it says to make a list, I'd better find a pen and paper and get to writing! And at the end of Step 8 where it states "to them all", does that really mean every single one of them? Really? Yep. Really.

Making the list in Step 8 is the prayerful writing activity of becoming ready to make the actual amends. God will let us know what we need to have on this list. The book says that the list comes from our 4th step, and this is true. I've also found other amends that belonged on my list after talking with my mentor about life.

This spiritual path we are on is an ebb and flow of life. I know where the light is in my life by staying connected to God, as I understand Him. I choose to follow that light the best I can and to live my life in accordance with the principles of this spiritual life I've learned here in AA. God bless you as you go out from here and make your amends and live this life side by side with others doing the same. ~ Submitted by Bill H

**NEW AA MEETING ANNOUNCEMENT!!**

**"YOUNG PEOPLE'S GROUP"**

WILL BE FORMALLY NAMED AT A LATER DATE

*Starting 7/24/24*

**WILL MEET WEDNESDAYS 6:45 PM FELLOWSHIP CLUB BASEMENT/TV ROOM**

3224 1st Ave NE Cedar Rapids Iowa

**"YOUNG PEOPLE" THOSE YOUNG AT HEART OR WHO BELIEVE THEY HAVE ROOM TO GROW**

Open Meeting -Topics from AA Approved Literature

## Meeting Updates

### Meeting time changes

*The Wednesday and Thursday 8pm meetings at the Industrial Club will be moving their start time to 7pm beginning 7/30/24*



**We're Moving!**

Women Into Action is returning to Hope Lutheran Church! Handicap Accessible!

Beginning 9/2/24 Women Into Action will be meeting at our former location-

- Hope Lutheran Church
- 2736 Bowling St SW, Cedar Rapids, IA 52404

Same time- 7:30 PM Monday nights  
Same format- Closed meeting with Tickets/ round table discussion & Open Speaker Meeting (& Cake) The Last Monday of the month

Looking forward to seeing you there!



# District Meetings

Below are the descriptions and responsibilities for various district positions. This information is taken from the District 8 Job Descriptions, found [here](#). We're providing this information for your knowledge, but also because this is a voting year, and if you're interested in volunteering for one of them, please attend an upcoming District meeting - ALL are welcome!

All positions Selection and Qualifications Requirements are: Must be an active member of Alcoholics Anonymous, with a minimum of two years of continuous sobriety. Elected by the membership of District 8 in even years for a two-year term.

## DISTRICT 8 TECHNOLOGY:

### Functions and Responsibilities:

The Technology Committee Chair will manage the District 8 Technology Subcommittee, whose membership beyond the Chairperson should, at-minimum, consist of the following positions as appointed by the Technology Chair: 1. Secretary; 2. Website Administrator (aka Webmaster). Additional technical assistants will assist in maintenance of hardware/software support. Also with writing, graphical design and content creation. The Technology Committee Chair will welcome interested people that can bring with them a wide variety of abilities and talents. These include skills such as: writing; graphics creation; project management and of course various aspects of technology. All interested members are encouraged to join. Technical experience is not required in order to participate on the Technology Committee, however, for the specific positions listed below, those members should have Internet access, some basic knowledge and a willingness to learn. If a position is not filled by a Committee Member, the Technology Chair will fulfill the duties. Primary duties of the District 8 Technology Chair are:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Technical/Website committee.
3. Be familiar with the SPJD of this position.
4. Follow all current A.A. General Service Guidelines for this position, which may be obtained from the General Service Office.
5. Maintain relationships with and be the primary contact for the Website hosting service, and any professional web development service or companies engaged by District 8.
6. Ensures that the domain name(s) are renewed and protected appropriately.
7. Maintain SSL certificate(s).
8. Provide Website statistics.
9. Maintain District 8 email accounts.
10. Manage Email Rosters for District 8 Officers, Committee Chairs, and GSR distribution.
11. Manage Content Management/File Sharing Service, currently using DropBox.
12. Manage user access and security for the Website and any other software or service utilized by District 8.
13. Verify license renewals for software, and that all supporting software/plugins are maintained.
14. Establish and maintain the budget for the District 8 Technology Committee.
15. Answer emails addressed to the District 8 Technology Chair promptly.
16. Make recommendations and purchases of District 8 technical hardware or software.
17. Assist in setup of technical hardware or software.
18. Maintain inventory of District 8 owned technology devices, computers and peripherals (printers, projectors, etc.).
19. Maintain a list of any software licenses owned by District 8.
20. Wipe software and data from devices before passing on for disposal.
21. Hold regular committee meetings.
22. The Technology Chair is a voting member of the District 8 Committee and will be reimbursed (as are other District Officers) for travel expenses to attend Area Assemblies.



## DISTRICT 8 TREATMENT:

### Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Treatment committee.
3. Be familiar with the SPJD of this position.
4. Follow Any and all current A.A. General Service Guidelines for this position, including A.A.'s Guidelines for Treatment Chairperson, and the Treatment Facilities Workbook, which may be obtained from the General Service Office.
5. Maintain contact with local Treatment organizations, ensuring the lines of communication and cooperation stay open and active.

## DISTRICT 8 NEWSLETTER:

### Functions and Responsibilities:

1. Attend monthly business meetings of District 8, and provide a report.
2. Participate in the activities of the Area 24 Newsletter committee.
3. Be familiar with the SPJD of this position.
4. Follow all current A.A. General Service Guidelines for this position, which may be obtained from the General Service Office.
5. Produce a regular newsletter for District 8, and communicate that document to the Webmaster under the Tech Committee for posting on the District 8 Website.

# AA GRAPEVINE

Each month, Grapevine publishes stories on special topics as well as for departments such as Emotional Sobriety, Sponsorship, Newcomers, Youth Enjoying Sobriety, Old-Timers and Home Group. 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.

## MARCH

*Sober & Out (LGBTQ+ AA Stories) (stories due Aug. 15, 2024)*

Are you a lesbian, gay, bisexual, queer, or transgender AA member? Share your story about your journey in AA. What were your challenges and joys? What things have helped you get sober? Share some stories about your meetings, sponsorship, service, and fellowship.

## APRIL

*Making Amends (stories due Sept. 15, 2024)*

Did you have an interesting Ninth Step experience to share? How did it go? Were there any surprises? Share your experience. Also *Living Sober Turns 50!* Share a story about how this remarkable AA book helped you.

## MAY

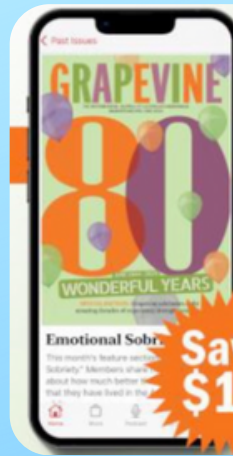
*Young & Sober (stories due Oct. 15, 2024)*

Did you come into AA at an early age? What was that like? What were the challenges? Do you go to Young People's AA (YPAA) meetings, dances, or conferences? How have they helped you?



## A Pivotal Moment in AA History

Read a short article on How the Big Book almost didn't happen, found [here](#).



Save \$11

# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

**Exclusive Subscriber Offer!**

Add App & Website access to your print subscription for just :

**\$10**

Upgrade to AA Grapevine Complete!

**SUBSCRIBE**

## SAVE THE DATE



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium. This years theme is Language of the Heart. More info found [here](#).

- I'M SORRY -  
FOR WHAT I SAID  
BEFORE I CALLED  
MY SPONSOR



Do you have the AA Meeting Guide? This is an app that provides a meeting list by day, time and location. This app can be found [here](#).



AUG 2024 PG 4

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).