

# SOBER TIMES

Iowa District 8 AA Newsletter



## UPCOMING EVENTS

(all underlined titles are clickable links to more information)

**NEW MEETING!** Young People's Group – An new meeting for young people and people who are young at heart meets on Wednesdays at 6:45 pm in the TV room at the Fellowship Club; formal name to be chosen at a future date. See the [flyer](#) for more details.

**Monday Night Last Call 6th Anniversary Picnic** – Saturday, September 14, 2024 at Bever Park Grand Ave Pavilion from 1:00 – 5:00 pm. Pulled pork, chips, and drinks provided; please bring a side or dessert to share. See [flyer](#) for contact info.

**WORKSHOP for Professionals** – The Cedar Rapids Area CPC is hosting a workshop on Friday, September 20, 2024, from 1:00 – 3:00 pm at the CRPL-Ladd Library, 3750 Williams Blvd SW, Cedar Rapids, IA 52404, for professionals who come into contact with individuals who may be helped by AA. Workshop will also be available by Zoom. RSVPs by Sept 10, 2024 are appreciated. See the attached [flyer](#) for details.

**Softball Grudge Match!** Early Birds Welcome Group vs Happy Hour Group – Sunday, September 22nd at Jones Park, Cedar Rapids. First pitch is at noon; 7 innings. Hot dogs, chips and drinks provided; side dishes are appreciated. For more information, see the [flyer](#).

**Women into Action** will be returning to Hope Lutheran Church, 2736 Bowling St SW in Cedar Rapids starting Sept 24th.

**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.

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

**There is a Solution 34th Anniversary Dinner & Speaker** – Thursday, October 3, 2024 at Peace Christian Reformed Church, Cedar Rapids. Pulled Pork Dinner at 7:00 pm, Speaker at 8:00 pm. Additional sides and desserts welcome, place settings and drinks provided. See [flyer](#) for more info.

**Foxhall in the Forest 2.0** - Oct 4th - 6th at Pinicon Ridge Group Camp #1. Campfire mtgs at 7pm on Fri & Sat. Sat night AA speaker TBD. Lots of activities.

**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.

**29th Annual Men's 12 Step Retreat** – October 18-20, 2024 at Bear Creek Camp, 9106 42nd Ave, Wyoming, IA 52362. Limited to 30 attendees; pre-registration expected. See [flyer](#) for details.

## 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/>



# 9 TH STEP EXPERIENCE

Step 9 "Made direct amends to such people whenever possible except when to do so would injure them or others."

I was told that I am not included in the "others" part of Step 9. In other words, "We cannot buy our own peace of mind at the expense of others." (12 & 12 page 84)

This Step, for me, was the beginning of taking responsibility for my poor conduct, appalling behavior and my faulty decision making. All of which was revealed to me in the completion of the 4th and 5th steps. Again, I would need the loving hand of a God-guided sponsor, who had previously gained experience through this Step, to help guide my every move.

I was asked to consider the word "harm" in each case and use this as a practical guide: "Where had I caused physical harm, mental or emotional sufferings or spiritual grief to persons I had come in to contact with?" My list was long. I had many to whom I owed an amend to. There were family members, friends, co-workers, federal & government institutions, employers, financial institutions, lawyers, doctors, hospitals, the court system and many more. A simple sorry wouldn't cut it any longer. I had cheated and lied to just about anyone and everyone I came in contact with.

I was over \$30,000 in debt because of my neglect and irresponsibility. All of those too, would need to be addressed individually. I continued to trust my Almighty Source for guidance through the financial process. I set out on an 8 year mission to pay back every cent I owed. I got experience, strength and hope from those who had gone before me. Seven and a half years later the debts were paid in full or at least the best possible deal was worked out. It was not easy, and a lot of sacrifices were necessary in their completion. The 9th step helped me to stop the blame game and take full responsibility for my OWN awful mode of operations.

My two sons were most affected by my selfish, self-centeredness. I had divorced their father and had run off with another man. Another man I thought could provide me with what I WANTED!! I hurt them terribly. I could clearly see I had destroyed the Unity of our family; I could no longer be trusted and I was unable to provide love, a safe place to live, emotional and physical support, not to mention the lack of financial support needed to raise two young boys. Their father became the sole provider. I was missing in action from their lives. These decisions were mine and I knew it. So did they. The truth of these realities stung me hard.

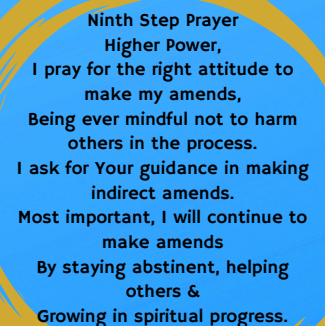
For 3 long years of sobriety my boys denied me and pushed me away. Cards were returned, calls were refused and holidays with the family were not attended if I was to be there. I kept trusting, I kept praying and I kept leaning onto the heart of my Almighty Source. I cried and wept, I mourned, I ached, and I hurt all over at times. Especially in my heart. Then, one day I realized why my "sorry" fell on deaf ears. They too, had experienced these very same feelings and emotions when I left, when I denied them the love they deserved. It was an enormous wake up that shook me to my core. I understood.

I called my boys and explained to them that we had to meet. That it was a matter of life and death. They agreed to meet. I told them I loved them but if they never wanted to see me again, I understood fully why. I explained all my faults to them and all my lack in relation to them both. They accepted my amend and reparation started right then.

Today I have a beautiful family which I have been greatly blessed with. Two stepdaughters and a husband in the program have been added. We meet frequently for food, laughter, fun and games. We are grandparents and enjoy the presence in their growing and changing lives.

Without action and the directions in step nine, the loving hand of a sponsor and dependence on a God of my understanding, I wouldn't have the life I have now. This step is vital. Don't be afraid. A new road is waiting for you to step onto. Blessing to each and every one of you.

~ Carla B



Ninth Step Prayer  
Higher Power,  
I pray for the right attitude to  
make my amends,  
Being ever mindful not to harm  
others in the process.  
I ask for Your guidance in making  
indirect amends.  
Most important, I will continue to  
make amends  
By staying abstinent, helping  
others &  
Growing in spiritual progress.





# District Meetings

This month is a voting meeting. If you're interested in holding a District Chair position, please join us on Monday, Sept 16th at 7pm at Unity Church on Blairs Ferry Rd in Cedar Rapids.

You can find the descriptions and responsibilities for all the district positions on the Guidelines which can be found [here](#) on the District 8 website.

Please know that all are welcome to attend any of the District meetings!

Service Position requirements are: Must be an active member of Alcoholics Anonymous with a minimum of two years of continuous sobriety, which are elected by the membership of District 8 in even years for a two-year term.

## CORRECTIONS MEETINGS

**WENZEL CENTER - 901 29TH AVE SW**  
**SHOULDER TO SHOULDER MEN'S - THURSDAYS - 6 PM**  
*To CHAIR the meeting: Individual must pass a background check and complete required PREA training. ALL MEN ARE WELCOME TO ATTEND.*

**LINN COUNTY CORRECTIONAL CENTER**  
**53 3<sup>RD</sup> AVE BRIDGE**  
**SATURDAYS - 9:00 AM**      **MEN & WOMEN**  
**MONDAYS - 6:30 PM**      **MEN**

CONTACTS: WOMEN - CARLA B. 319.241.1881    MEN - DAVID G. 563.570.1471  
 ALL MEETINGS AT THE LINN COUNTY CORRECTIONAL CENTER ARE THROUGH THE RISE PROGRAM. THOSE INTERESTED IN PARTICIPATING ARE ASKED TO HAVE AT LEAST 2 YEARS OF CONTINUOUS SOBRIETY, AND TO PASS A BACKGROUND CHECK AND COMPLETE PREA TRAINING.

**ANAMOSA STATE PENITENTIARY**  
**406 NORTH HIGH STREET - ANAMOSA, IOWA**  
**TUESDAYS AT 4PM**

THOSE INTERESTED IN PARTICIPATING ARE ASKED TO HAVE AT LEAST 2 YEARS OF CONTINUOUS SOBRIETY, 5 YEARS OFF OF PAPER. MUST BE ABLE TO PASS A BACKGROUND CHECK AND COMPLETE PREA TRAINING.  
 FOR MORE INFORMATION, PLEASE CONTACT  
**DISTRICT 8 CORRECTIONS CHAIR:**  
**ALAN G. - 319.202.8321**  
[corrections@aa-cedarrapids.org](mailto:corrections@aa-cedarrapids.org)

IOWA YOUNG PEOPLE IN A.A.

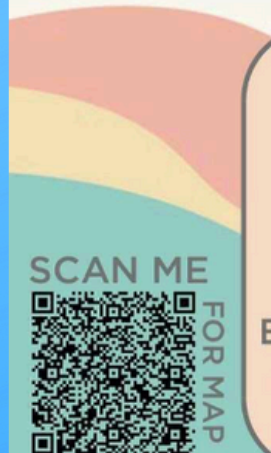
## IAYPAA IX

HOST COMMITTEE OPENING EVENT

LABOR DAY MONDAY 5PM

VERITAS CHURCH - 509 3<sup>RD</sup> ST. SE

\$10 SUGGESTED DONATION



**NACHO BAR**  
 GAMES & PRIZES  
 20 MINUTE SPEAKER

BRING A DESSERT TO SHARE!  
 CHILDCARE PROVIDED

The Greater Cedar Rapids Area Events Committee needs YOU!



We need volunteers to help with the Thanksgiving Dinner and the Greater Cedar Rapids Area Anniversary.

**No prior service experience required!**

A variety of service opportunities are available, including set up, clean-up, and more!

The committee meets monthly at 1:00 pm downstairs at the  
**Fellowship Club**  
 3224 1st Ave NE, Cedar Rapids, IA 52402

# Community News....



# 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.

## 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?

## JUNE

*Annual Prison Issue (stories due Nov. 15, 2024)*

Looking for stories of hope about AA in prisons and jails by incarcerated members and by those who bring meetings to them. Did you find AA in prison? What is sobriety like inside? Are you involved in correspondence service or prison sponsorship? We would love to hear your stories!

## JULY

*AA Around the World (Special International Convention Issue) (stories due Dec. 15, 2024)*

The International Convention is upon us! We want to know what AA is like in other cities and countries around the globe. How is it different, how is it the same? Do you attend AA outside of the U.S. and Canada? Have you helped AA get started somewhere? Let's hear from you!

## DISTRICT RESOURCES

Have you recently been elected as a GSR? or been a **GSR** for awhile and yet to receive your packet from GSO? The District website has an entire page full of GSR resources to assist you [here](#).

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](#).



**Area 24  
Pink Can Funds  
are running  
low!**

**Since being allowed back into Correctional Facilities after COVID, the need for AA approved literature has increased dramatically. Current funds have been depleted.**

**Please consider donating to this valuable outreach program. All donations are used exclusively to provide literature for incarcerated individuals.**

**Any collection method works, either can or basket! If have any questions, contact Alan G 319-202-8321**

**Contributions should be mailed to, and checks made payable to:**

**Area 24/Iowa Area Assembly (pink can in memo)**

**P.O. Box 1291**

**Des Moines, IA 50305**

"When I got sober, I thought giving up was saying goodbye to all the fun and all the sparkle, and it turned out to be just the opposite. That's when the sparkle started for me."

MARY KARR  
American Poet

**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](#).**



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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).