

# 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.

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.

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.

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.

IAYPAA Halloween Party – Saturday, October 19, 2024 from 6:00-10:00 pm at the Fellowship Club, 3224 1st Ave NE, Cedar Rapids, IA 52402. Join us for a potluck, speakers, costume contest, and dance party! See [flyer](#) for more information.

NW Iowa 41st Pre-Winter Rally – November 1-3, 2024 at the Lakeshore Center at Okoboji, 1846 Highway 86, Milford, IA 51351. See [flyer](#) for registration and more information.

Big Book Workshop - Nov 1-3, 2024 at the Fellowship Club, 3224 1st Ave NE, Cedar Rapids, IA. Kate R & Brad T from Fort Thomas, KY will be sharing their experience, strength & hope. Click [here](#) for more info. Suggested donation: \$20.

Greater CR AA Thanksgiving Dinner - Sat, Nov 23rd at St Ludmila, 211 21st Ave SW, Cedar Rapids. Prayer, Readings, Dinner at 6pm. Bring sliced dessert to share. Ateen, Al-Anon, AA Speakers begin at 7pm. Suggested donation: \$15, Kids under 12 -\$7.

### Non-AA Announcement:

Come Pig Out at the Fellowship Club Whole Hog Roast - Sat, Oct 5th at 6pm. Tickets \$10 for 7 and older. Children 6 and under \$3. Also includes baked beans, coleslaw and desserts. 50/50 Raffle & Live Auction.

## 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/>



# Friends of Bill

Mr. William G. Wilson  
Alcoholics Anonymous  
Box 459 Grand Central Station  
New York 17, N.Y.  
=====

Have you ever read the letter written by Carl Jung to Bill Wilson? You can click this image to be taken to a website for easier reading.

Dear Mr. Wilson,  
your letter has been very welcome indeed.  
I had no news from Roland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason was, that I could not tell him everything, *was that* those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about, was the result of many experiences with men of his kind.  
His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in mediaeval language: the union with God.<sup>1)</sup>  
How could one formulate such an insight in a language that is not misunderstood in our days?  
The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path, which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, obviously the best one.  
I am strongly convinced that the evil principle prevailing in this world, leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouse so many mistakes that one can only keep aloof from them as much as possible.  
These are the reasons why I could not give a full and sufficient explanation to Roland H. but I am risking it with you, because I conclude from your very decent and honest letter, that you have acquired a point of view above the misleading platitudes, one usually hears about alcoholism.  
You see, Alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

Thanking you again for your kind letter  
I remain  
yours sincerely

*C.G. Jung.*

<sup>1)</sup> "As the hart panteth after the water brooks, so panteth my soul after thee, O God." (Psalm 42,1)



Military Members in Recovery Announcements (image will take you to the link)

## Alcoholics Anonymous Releases New Interviews with Military Members in Recovery

(NEW YORK, NY) – September 6, 2024 – Alcoholics Anonymous (A.A.) has announced the release of a series of audio interviews featuring U.S. and Canadian military members in recovery from alcoholism.

Conducted between 2020 and 2022, the interviews explore the unique challenges of serving in the military while navigating recovery. They are now available on the A.A. [website](#) and the A.A. [YouTube](#) channel.

The interviews provide valuable perspectives on how members of the military have found sobriety and support in A.A. and how they deal with the challenges of recovery while serving their countries. The Military Members in A.A. [webpage](#) also offers additional resources and information to support those seeking help for a drinking problem.





# 10 TH STEP EXPERIENCE

Step 10 of Alcoholics Anonymous (AA) is "Continued to take personal inventory and when we were wrong promptly admitted it."

Hello. I am Rachel and I am an alcoholic. I am not an expert. I have had an experience going through the 12 steps of Alcoholics Anonymous, and am here to share my experience with step 10.

It's confusing, isn't it? I felt so confused about when and how to practice step 10. I was sitting in a big book workshop babbling on to my Sponsor about the 11th step. She said, that's the 10th step you're talking about. I was pretty resentful to be corrected because after all, I thought I knew everything.

The confusion for me started when I read step 10 in the 12x12. Why did Bill flip the script and cause this confusion? I sure don't have the answer but Spiritual advisors that I trust directed me back to the big book. They said follow those directions so I have tried to do that.

After step 9, I thought I was done with "working" the AA program. That thought didn't last long. I was told that I would need to "continue" for a lifetime. I am the one that needs to continue to watch for character defects. When I see them I am to, at once, ask God to remove them.

It has taken me a long time to complete this essay. I have a feeling it's because I could stand to improve my 10th step practice- a lot. The improvement I need to work on most is to discuss my character defects with someone immediately. After I ask God to remove them, I mistakenly think that's good enough.

Step 10 then tells me to make amends quickly, if I have harmed someone and to turn my thoughts towards someone I can help. These parts are easier for me today. Earlier in sobriety I thought everyone else was to blame and that I was always right. I also thought I was helpful. Thank God AA showed me the Truth.

God has been very gentle with me. He has only provided me with what I need to see at any given time. Throughout all of the steps I get to practice this way of living. I am not perfect and can always improve. I like that about my life today.

Step 10 emphasizes the ongoing nature of self-reflection and honesty in recovery. It's not the only step we do this in, thus the word 'continue'. It's about growing in effectiveness and understanding. The growth in awareness of my thoughts, feelings, and actions, and being willing to acknowledge mistakes without defensiveness gives me humility and with greater humility, my heart grows in compassion and gratitude for God's kids. I become more effective and useful.

I like to think of Step 10 as the ingredients in a sandwich. Step 11 provides the bread. I have a morning practice with step 11, use step 10 during the day, and finish the day with my step 11 nightly review. Thank you for giving me this opportunity !

~ Submitted by Rachel H

"We need to constantly scrutinize ourselves carefully, in order to make everlastingly certain that we shall always be strong enough and single-purposed enough from within, to relate ourselves rightly to the world without."

AA Co-Founder, Bill W., August 1945, "Modesty One Plank for Good Public Relations", The Language of the Heart





# District 8 Service Opportunities

To learn more about service opportunities or to submit service opportunities, check out our District website [here](#).

## 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](#).

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](#).



**REGISTER NOW**



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](#).

## **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**

**MONDAYS - 6:30 PM**

**MEN & WOMEN**

**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)

## FOTS

An important change regarding the Fellowship of the Spirit Conference 2025. The event, originally scheduled for \*\*July 31st - August 3rd, 2025\*\*, has been \*\*moved to July 24th - July 28th, 2025\*\*. The location and all other event details will remain the same.

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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).