

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

The Cedar Rapids Gratitude Club (CRG) will be open ALL DAY Thanksgiving! The Gratitude Club will be open continuously from 7am Thursday until 3am Friday. Regular Meetings will be held as usual: 7am, Noon, 6pm & 8pm, as well as a midnight candlelight meeting.

Early Birds Welcome Group Thanksgiving Dinner – Thanksgiving Day at 12:00 pm (noon) at the Fellowship Club, 3224 1st Ave NE, Cedar Rapids, IA 52402. Meats, mashed potatoes, gravy, green beans, and dinner rolls provided; desserts and other side dishes are appreciated.

Iowa Young Peoples in Alcoholics Anonymous, Eat Pie & Be Thankful, Nov 30th 2-5pm at the Fellowship Club. Soup & bread bar (we bring the soup, you bring the bread and dessert). 3pm Speaker, Jason L and Pie in the face at 4pm. Highest bidder gets tremendous honor. Visit the website [here](#) to nominate someone to receive this honor.

The Anamosa Group is now a step meeting using the I2 & I2. Meets every Tuesday at 7pm at St Paul Lutheran Church, 201 N Ford St, Anamosa, IA.

EBUZ Plain Language Big Book Study – starts Thursday, December 5, 2024 at 9:00 am on Zoom. You do not need a plain language book to participate. Meeting ID: 807 716 078, no password required.

District 8 Business Meetings – District 8 holds a business meeting on the 3rd Monday of each month Dec 16th this month)at 7:00 pm; Unity Center of Cedar Rapids, 3791 Blairs Ferry Rd NE, Cedar Rapids, IA 52402

Area 24 January Service Weekend – January 11-12, 2025 at the MACC, 709 S Center St, Marshalltown, IA 50158. More info [here](#).

Crossroads & Foxhall Groups Service Workshop and Lunch – Saturday, January 25, 2025 from noon to 4:00 pm at Cedar Hills Community Church, 6455 E Ave NW, Cedar Rapids, IA 52405. Lunch served at noon, workshop begins at 1:00 pm. Pulled pork sandwiches provided; attendees are asked to bring a side or dessert to share. See [flyer](#) for more information.

31st Annual Cedar River Round-Up – February 14-16, 2025 at the Radisson Hotel (formerly the Marriott), 1200 Collins Rd NE, Cedar Rapids, IA 52402. See [flyer](#) for details; Pre-register required for banquet; you can pre-register online at [cedarriverroundup.info](#) before February 2, 2025.

2025 West Central Regional Alcoholics Anonymous Service Conference February 28–March 2, Casper, WY 82601. Preregistration must be received by 2/19/2025. Register online at [wcras2025.eventbrite.com](#)

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/>

12TH STEP EXPERIENCE

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.”

Service sounds like my front door opening for the new woman seeking a solution to our common peril.

She has learned that knocking isn't required and that my home is her home, too. I have learned in the rooms of Alcoholics Anonymous that we don't shoot our wounded. This means that I stand willing to carry this message whenever and to whomever God asks. Unless I have completed the program of action to the best of my ability, I cannot sit in the position of neutrality necessary to carry out this assignment. The book tells me that my purpose is to be of maximum service to God. Patience and tolerance become my code when I walk with my Creator daily by connecting each morning and night and continuing to watch for the face of my alcoholism throughout the day. By keeping in a fit spiritual condition, I stay awake to myself and the deadliness of my disease.

In AA, I get the chance to sit knee-to-knee with women and share the gift of recovery. This carries our life-saving message from one alcoholic to the next. I learned how to sponsor by listening to the strong women who have mentored me. I have also learned how to sponsor by making mistakes, doing too much and not doing enough, thinking I am God, and finally realizing my job is to read the black words on the white pages and relay my experience, strength, and hope.

Building trust with my sponsor and others in recovery has been a long road. My past required strong survival instincts to be honed. This can be a handicap to opening my heart to hearing the message of hope. The set-aside prayer has been instrumental in helping me see others as God's children and is a cornerstone of how I am sponsored and how I sponsor as well.

I am fortunate enough to live in a small town with amazing kids, both mine and throughout the community. As a result of recovery, I find myself in the company of children and teenagers seeking a place of solace or a place of fun. I aim to provide a home with the level of safety and communication I needed as a child. Each time a friend of mine or my daughters comes for coffee in the morning, a piece of our collective soul is stitched back together.

Part of sharing the way of living outlined in Alcoholics Anonymous is sharing the very real pain and struggles that accompany a life of recovery. I readily recount the pain of my past and share the uncertainties of my present. The third and most recent year of my recovery was full of trials: resurfaced trauma memories, unexpected changes in relationships, and ongoing health issues. Moving through the grief of life on life's terms is another turning point. It is a chance for anarchy or alchemy to create a renewed self with God. Do I act as his agent, allowing him to mold me into the awakened woman I am meant to be?

Twelfth Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on and give to others,

Both in and out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day

On the road of spiritual progress.

I pray for the inner strength and wisdom

To practice the principles of this way of life in all I do and say.

I need You, my friends, and the program every hour of every day.

This is a better way to live.

The promises of the steps are kept each time I turn my will over to God 'in all my affairs.' Flawless execution of this is not possible for this imperfect alcoholic, but I try through consistent practice of watching, prayer, and meditation. A favorite place to connect with God is on my back deck, drinking morning coffee. My patio door opens and closes in time to the song of Universal Creation by connecting me to the outdoors. As I look at the trees shedding their leaves, I grasp that the return of service in recovery is an open door for all souls.

~Submitted by Amanda L



It's beginning to look a lot like Christmas



CHRISTMAS LETTER FROM BILL

To all AA members,
Greetings on our 10th Christmas, 1944. Yes, its' in the air! The spirit of Christmas once more warms this poor distraught world.

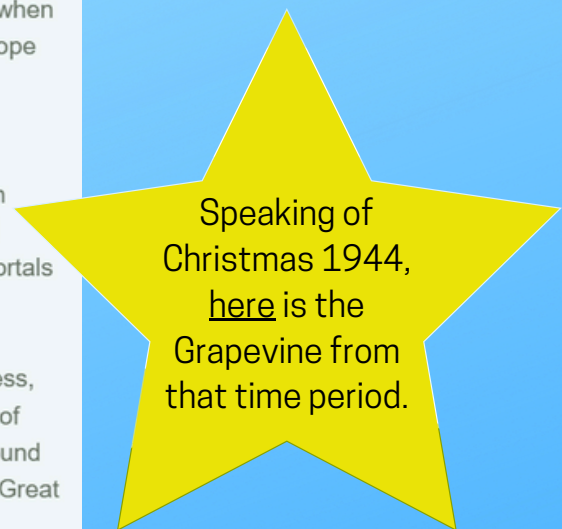
Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least, are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World.

How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth. Knowing its full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty; peace and joy have sprung out of the very midst of chaos. Great indeed our blessings!

And so Merry Christmas to you all - from the Trustees, from Bobbie and from Lois and me.

- Bill Wilson



Speaking of Christmas 1944, here is the Grapevine from that time period.



Bill & Lois were homeless for a few years until a generous woman offered a home at an affordable rate. This video contains photos you may have not seen before. It may feel like going home for Christmas.



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.

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!

AUGUST

Atheistic/Agnostic AA members' Stories (stories due Jan 15, 2025)

Do you have experience staying sober in AA as an atheist or agnostic? What have been your joys and challenges? We are looking for a variety of experiences. Please send us your stories.

SEPTEMBER

Gratitude (to celebrate new book) (stories due Feb 15, 2025)

What were you like before AA, compared to what you're like today? How do you stay grateful now each day? Share some stories that illustrate your journey with gratitude now that you're sober.

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!

Resources

Two New Meetings Coming to the Fellowship Club on Wednesday, Dec 4th

Early Bird Upstairs

Steps 10, 11 & 12 from Big Book

9am Upper Level

&

Our Experience Shows

Big Book Discussion

12:00 Noon - Auditorium

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](#).



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.