

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

(all underlined titles are clickable links to more information)

Iowa Young Peoples in Alcoholics Anonymous (IAYPAA) 9 Host Committee will be putting on a Luau - come and celebrate the Winter blues away with appetizers, a limbo contest, Hula dance off, a treasure hunt and fellowship. Maureen S. will be speaking!- January 18th 7pm-1030pm at the Fellowship Club 3224 1st Ave NE Cedar Rapids

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.

Fellowship Club Annual Meeting - February 2, 2025 - Learn about how the Fellowship club has done in 2024 and 2025 goals. Become an annual Delegate Member - annual dues are \$108 - dues help to keep the club in great shape!

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 (January 20th this month)at 7:00 pm; Unity Center of Cedar Rapids, 3791 Blairs Ferry Rd NE, Cedar Rapids, IA 52402

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 wcraasc2025.eventbrite.com

UPCOMING SPEAKERS

FOXHALL
WEDNESDAYS AT 7PM
HYBRID-UNITY CENTER AND ZOOM
 JANUARY 15 - JEFF B
 JANUARY 22 - MARK S

SATURDAY NIGHT LIVE
SATURDAYS AT 10PM
CR GRATITUDE CLUB
 JANUARY 11 - SAIGE T
 JANUARY 18 - AMANDA L
 JANUARY 25 - ERIK W

EBUZ SUPER SUNDAY
SPEAKER
 JANUARY 12 - NICHOLAS K
 JANUARY 19 - BEN L
 JANUARY 26 - MIKEY K
 FEBRUARY 2 - MARK S
 FEBRUARY 9 - KEVIN S

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/>



ARE YOU A NEW GSR IN 2025? HERE IS SOME GREAT ADVICE FROM THOSE WHO HAVE SERVED!

EACH GROUP SHOULD BE AUTONOMOUS. RUNNING THE HOME GROUP MEETING IS A MONTHLY DUTY OF THE GSR IN OUR HOME GROUP. YOU CAN OPEN AND CLOSE THE BUSINESS MEETING AS YOU WISH. MAYBE WITH A PRAYER OR MAYBE JUST MY ANNOUNCING

“HI I’M ____ AND I’M AN ALCOHOLIC”.

IN OUR GROUP THE AGENDA GOES: SECRETARY’S REPORT AND QUESTIONS, TREASURER’S REPORT AND QUESTIONS, GSR REPORT AND QUESTIONS, THEN OLD BUSINESS, WHICH IS BACK TO THE SECRETARY TO READ ANYTHING LEFT FROM PRIOR MEETINGS & SOME GROUP DISCUSSIONS. THEN THE GSR CALLS FOR NEW BUSINESS AND DISCUSSIONS. SOMETIMES YOUR MIGHT HAVE OFFICIAL MOTIONS OR JUST GET A GROUP CONSCIOUS AND MOVE ON. YOU CAN HANDLE ANY CROSSTALK AND OR UPRISING OF DISCUSSION AS A RESULT OF, OR DURING, REPORTS HOWEVER YOU LIKE! KNOCK ON THE TABLE TO GET PEOPLE BACK IN LINE? LOL SOMETIMES IT WORKS.

ALCOHOLISM IS A LIFE-OR-DEATH MATTER, BUT THE BUSINESS OF EACH GROUP IS JUST BUSINESS. DON’T TAKE IT PERSONALLY.

OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

PAIGE

WHEN I CAME INTO AA, I WAS TOLD TO FIND A SPONSOR, A HOME GROUP AND A SERVICE POSITION. I QUICKLY FOUND A SPONSOR AND A HOME GROUP, BUT DIDN’T FEEL QUALIFIED TO BE OF ANY REAL SERVICE. MY SPONSOR ENCOURAGED ME TO ATTEND MY HOME GROUP BUSINESS MEETING, WHERE I WAS NOMINATED TO BE GSR. I HAD NO IDEA WHAT "GSR" STOOD FOR, LET ALONE WHAT THE JOB ENTAILED. SO, I SIMPLY DID WHAT I WAS TOLD, AND I STARTED ATTENDING DISTRICT 8 BUSINESS MEETINGS ONCE A MONTH, ALONG WITH AREA MEETINGS WHEN POSSIBLE. AFTER ATTENDING 2 OR 3 AREA MEETINGS, A WOMAN FROM DISTRICT 8 GAVE ME THE BEST ADVICE: "EVERY TIME YOU ATTEND A SERVICE EVENT, MEET 3 NEW PEOPLE." I TOOK THAT TO HEART AND PARTICIPATED MORE ACTIVELY. THE MORE I LEARNED THE MORE I FELT CONNECTED TO AA. FOR NEW GSRS MY BEST ADVICE IS TO DIVE IN AND MAKE IT A GOAL TO MEET 3 NEW PEOPLE AT EVERY SERVICE FUNCTION. EMBRACING THE ROLE, EVEN WHEN YOU ARE UNSURE CAN LEAD TO AN INCREDIBLY REWARDING EXPERIENCE.

AND LAST BUT NOT LEAST, DON'T BE AFRAID TO ASK FOR HELP. -
DANIELLE H



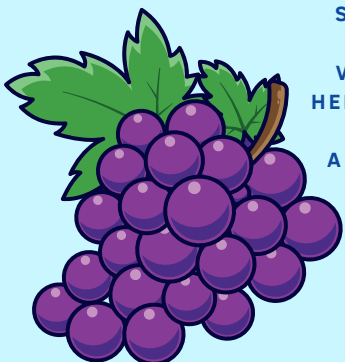
HEARD IT THROUGH THE GRAPEVINE

HAVE YOU READ THE MOST CURRENT EDITION OF THE GRAPEVINE? IF NOT, WHY NOT? YOU CAN GET A GRAPEVINE SUBSCRIPTION FOR LESS THAN A CUP OF COFFEE! (MAKE THIS FIRST SENTENCE A HYPERLINK TO [YOUR PARAGRAPH TEXT](#). A HUGE BENEFIT OF A SUBSCRIPTION IS WITH SOME SUBSCRIPTIONS, YOU CAN ACCESS THE GRAPEVINE ARCHIVES ALL THE WAY BACK TO WHEN THE PUBLICATION STARTED IN JUNE 1944.

VISIT [YOUR PARAGRAPH TEXT](#) TO LEARN MORE WAYS YOU CAN BE PF SERVICE. I AM LOOKING FOR HELP ON SOME LOCAL PROJECTS, SO PLEASE CONTACT ME IF YOU HAVE QUESTIONS AND CAN SPARE A FEW HOURS.

AND WHEN YOU SEE GRAPEVINE DISPLAYS AT MEETINGS, PLEASE HELP YOURSELF TO A COPY AND SHARE ONE WITH A NEWCOMER TOO. IT IS A WAY YOU CAN TAKE PART OF THE HISTORY OF THE MAGAZINE.

ROSE S, DISTRICT 8 GRAPEVINE CHAIR
GRAPEVINE@AA-CEDARRAPIDS.ORG



Apply Chapstick, To Pause - And To Pray!!

BEFORE BECOMING AN AA MEMBER, I WENT FROM SITUATION TO SITUATION REACTING TO LIFE'S UPS AND DOWNS. I REMEMBER CLIMBING INTO A DUMPSTER TO FIND PAPERS ON A FORMER EMPLOYER SO I COULD START MY OWN BUSINESS. LUCKILY, I WAS NOT CAUGHT BUT THIS REACTING IN HASTE WAS NOT AN EFFECTIVE WAY TO HANDLE BAD NEWS. REACTING TO LIFE'S SITUATIONS USUALLY CAUSES PAIN TO OTHERS AND TO MYSELF.

AFTER A FEW 24 HOURS IN AA, I NOW USE MY CHAPSTICK WHEN A SITUATION ARISES AND THE IMPULSE IS TO REACT (BLURT OUT A REMARK, OR TAKE AN ACTION OR, SHOW A DISAPPROVING FACE.) THIS ACTION OF MOISTENING MY LIPS GIVES ME TIME TO PAUSE, PRAY, AND OFTEN HAVE A MORE APPROPRIATE RESPONSE. TODAY, I AM REMINDED OF HOW THIS LITTLE TUB OF BEE'S WAX IN MY POCKET HAS WORKED TO CREATE BETTER RELATIONSHIPS WITH FAMILY, FRIENDS, CLIENTS, AND AA MEMBERS. MY MANTRA IS "I CAN ALWAYS SAY IT LATER." OFTEN, I NEVER SAY IT LATER BECAUSE IT WAS ONLY MY DISCOMFORT AND NEVER NEEDED TO BE SAID.

WHAT CAN YOU CARRY TO REMIND YOU TO PAUSE? A SILVER RING, A ROCK, A SPECIAL BRACELET, OR A SMALL CARD IN YOUR POCKET.

THE START OF A NEW YEAR IS A GOOD TIME TO START AND PRACTICE A NEW HABIT. PAUSING DURING THE DAY ALLOWS ME TO RESPOND RATHER THAN TO REACT. WHAT FREEDOM!

IN SERVICE,
KELLY F.





ARCHIVE CORNER

TWO NON-ALCOHOLICS BROUGHT AA TO CEDAR RAPIDS

DISTRICT 8 ARCHIVES IS IN THE PROCESS OF DIGITIZING THE LOCAL ARCHIVES AND SECURELY STORING THAT CONTENT ONLINE SO THAT IT IS MORE READILY AVAILABLE TO ANYONE INTERESTED IN THE RICH AA HISTORY OF CEDAR RAPIDS AND THE SURROUNDING AREA. WE HAVE UNCOVERED VARIOUS PRESENTATIONS OF THE HISTORY OF AA IN CEDAR RAPIDS.

IN ONE PRESENTATION, DOCTOR DAVE, TELLS US THAT TWO NON-ALCOHOLICS DR. ALBION KANE, A PROFESSOR AT CORNELL COLLEGE, AND REVEREND KEITH HERLAND, A PRESBYTERIAN MINISTER, READ ABOUT AA IN THE SATURDAY EVENING POST BY JACK ALEXANDER AND ORGANIZED THE FIRST AA MEETING IN THE ALLISON HOTEL ON MARCH 20TH, 1944.

IN ANOTHER PRESENTATION, LAWRENCE "VAN" NOTE, WHO WAS VERY ACTIVE IN EARLY CEDAR RAPIDS AA, GOES A LITTLE BIT DEEPER. HE SAID THE FIRST MEETING WAS STARTED BY TWO MINISTERS, PROFESSOR ALBION KANE, WHO WAS AN ORDAINED METHODIST MINISTER, AND REV. KEITH HERLAND, WHO WAS A PRESBYTERIAN MINISTER. THESE TWO MINISTERS MET AT FORMAL DINNER AND DISCOVERED THAT THEY BOTH HAD A TREMENDOUS INTEREST IN ALCOHOLISM.

IN HIS OWN WORDS VAN GOES ON TO SAY, "PROFESSOR KANE, HE TAUGHT PSYCHOLOGY, AND HE WAS ONE OF THE COHORTS THAT WORKED WITH DR. LEO SEDLACEK BACK IN THE 20S AND THE 30S ON THIS PROBLEM WITH ALKIES, TRYING TO FIGURE OUT WHAT COULD BE DONE AND SO FORTH. AND REVEREND HARLAND HAD BEEN A CHAPLAIN IN A HOSPITAL IN NEW YORK CITY, I THINK IT WAS, AND IT HAD ALCOHOLISM TREATMENT. HE WAS VERY INTERESTED IN AA AND SO FORTH. SO THEY THOUGHT IT WAS TIME CEDAR RAPIDS FORM A GROUP. SO THEY WENT TO THE ALLISON HOTEL, THEY RENTED A ROOM AND THEY PUT A WANT AD IN THE CITY BRIEFS THAT THERE WAS GOING TO BE AN AA MEETING. DOCTOR DAVE TELLS US RAY HARRISON, THE FIRST AA MEMBER IN IOWA, WAS IN ATTENDANCE ALONG WITH ODIE WERB, ONE OF THE EARLY AA PIONEERS FROM WATERLOO. THE FIRST AA MEMBERS IN CEDAR RAPIDS WERE BILLY MCDONALD, SAM PARTER, HARRY JOHNSON, AND HAROLD CAHILL.

SOON, THEREAFTER NEW MEMBERS JOINED, INCLUDING LAWRENCE VAN NOTE (VAN), JACK DWYER, ANDY ANDREWS, GEORGE MCCUEN, SUD COOK, CLAY HANOVER, LEE LOEFFLER, JACK TILLY AND HIS WIFE ELENOR TILLY, AND TWO FELLOWS NAMED GRIFF AND TEX.



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.

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.

OCTOBER

- TECHNOLOGY & AA (STORIES DUE MARCH 15, 2025)
- ONLINE MEETINGS, HYBRID MEETINGS, SMARTPHONES, TEXTING, MEETING APPS, SOCIAL MEDIA...AND YES, GOOD OLD-FASHIONED PHONE CALLS. HOW HAS TECHNOLOGY HELPED YOUR SOBRIETY AND CHANGED THE WAY YOU CONNECT WITH YOUR SPONSOR, SPONSEES, AND FELLOWS?

ARE YOU INTERESTED IN HELPING WITH THE UPCOMING 2025 CEDAR RIVER ROUND UP REACH OUT TO JOSH H: 402-309-9850

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

Updated District 8 Printable Meeting List available [here](#)

[GSRs-Is your group's information accurate?](#)

Area 24 Iowa

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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

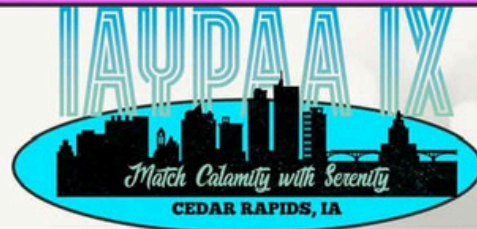
If you're on Facebook and would like to find AA related events, funny meme's meeting information and just be part of fellowship, you can join the EBUZ & Friends page. All are welcome. It can be found [here](#).

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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.

Iowa Young People in Alcoholics Anonymous

Get Pre



Registered



visit >> www.iaypaa.org



2025 IAYPAA Conference in Cedar Rapids, IA

October 24th, 25th and 26th, 2025

Add the event to your cart and buy



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