

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

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

Basic Text 21st Anniversary -Thursday, February 20th 5:00pm – Grace Episcopal Church 525 A Avenue NE Cedar Rapids, Iowa 52401. Join in the Celebration – Chili with all the Fixin’s at 5:00pm-Speaker – Troy Fox at 6:00pm.

IAYPAA IX March Meeting of Champions!! Sunday, March 23 -11:30 am- 4:30 pm at the Cedar Rapids Fellowship Club 3324 1st Ave NE Cedar Rapids, Iowa 52402

Chili Cookoff Championship \$10 entry fee (entries by 11:45 please- people’s choice voting style). Panel Workshop on Bidding and Hosting a YPAA conference with Kyle T (Cedar Rapids, Iowa) Carson L (Des Moines, Iowa) and Michael C (Iowa City, Iowa) at Noon – Bags Tournament from 2pm – 4pm \$40 per team. Please bring a side dish or dessert to share, cinnamon rolls and corn bread will be provided.

Full Measures Speaker Group 15 year Anniversary 2 day event – March 28th & 29th, 2025 – Mary T.- Tampa, Florida – Free event – Friday, March 28th at the Full Measures Speaker Meeting at Cedar Hills Community Church 6455 E Ave NW Cedar Rapids, IA 52405 .

Full Measures Speaker Group – A Journey Through the Steps with Mary T. – Tampa, Florida - Saturday, March 29th, 2025 from 9am – 5pm at the Fellowship Club (Main Auditorium)- 3224 1st Ave NE, Cedar Rapids IA 52402 – Suggested Donation \$20.

Area 24 March Service Weekend – March 15-16, 2025 at the MACC, 709 S Center St, Marshalltown, IA 50158.

UPCOMING SPEAKERS

FOXHALL
WEDNESDAYS AT 7PM
HYBRID-UNITY CENTER AND ZOOM
 2-12 ANDREW G
 2-19 MATT R
 2-26 TRACY T

SATURDAY NIGHT LIVE
SATURDAYS AT 10PM
CR GRATITUDE CLUB
 2-8 CALEB S
 2-15 SHAWN B
 2-22 JESSECA Z

EBUZ SUPER SUNDAY
SPEAKER
 2-16 DREW A
 2-23 JASON H
 3-2 SAMMY F
 3-9 LIZ L
 3-16 TINA L
 3-23 ANGIE 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.

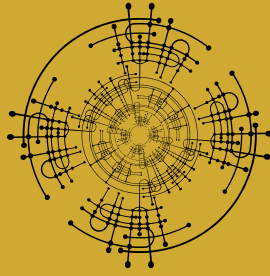
CR GRATITUDE CLUB
 212 Edgewood Rd NW, Suite K
 Cedar Rapids, IA 52405

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/>

DAILY CONSCIOUS CONTACT WITH MY HIGHER POWER



I WAKE UP AN ALCOHOLIC AND I ALWAYS WILL, EVERY MORNING. A WOMAN I KNOW THAT FREQUENTS THE SAME MEETING I DO MADE THAT STATEMENT AND FOR SOME REASON I HEARD THAT DIFFERENTLY THAT TIME THAN I HAD BEFORE. ALTHOUGH I WAKE UP AN ALCOHOLIC, IT DOESN'T MEAN THAT I HAVE TO GO THROUGHOUT MY DAY WITH AN ALCOHOLIC MINDSET, EVEN SOBER. I MUST GET TO GOD BEFORE MY MIND GETS TO ME. IT'S VERY EASY FOR ME TO FORGET I'M AN ALCOHOLIC. IT BECAME VERY CLEAR TO ME, AT THAT MOMENT WHEN SHE SPOKE OF HOW IMPORTANT IT WAS FOR ME TO MAKE CONSCIOUS CONTACT WITH GOD "ON AWAKENING", EVERY MORNING. I MUST TAKE ACTION AND PRAY FOR THE WILLINGNESS TO READ MY MORNING MEDITATION AS IT IS OUTLINED IN THE BOOK OF ALCOHOLICS ANONYMOUS. WORD FOR WORD. WHEN I DO THIS AS SUGGESTED BY MY SPONSOR, I HONESTLY HAVE A NEW EXPERIENCE EVERY TIME I READ AND MEDITATE OVER THIS. I DON'T WANT TO GO THROUGH MY DAY WRAPPED UP IN ONLY RACHEL, FULL OF SELFISHNESS, RESENTMENT, DISHONESTY, FEAR AND INCONSIDERATION. THE VERY FIRST PRAYER I ASK FOR IS FOR "GOD TO DIRECT MY THINKING". DIVORCING ME FROM SELF PITY, DISHONESTY AND SELF SEEKING MOTIVES. I CAN CONSIDER MY PLANS FOR THE DAY AS WELL, HOWEVER GOD MAY HAVE SOMETHING ELSE IN STORE FOR MY DAY. I HAVE BEGUN TO FOLLOW THIS UP WITH THE 3RD STEP PRAYER ON MY KNEES. I MUST TAKE ACTION, ADAPT TO THIS, PAUSE, PRAY FOR A DECISION, AN INTUITIVE THOUGHT OR INSPIRATION, THEN I MUST PROCEED,

AS GOD HAS A PLAN FOR ME. GODS WILL BE DONE NOT MINE. THY WILL BE DONE!

AS I GO THROUGH MY DAY I CONTINUE TO PRAY FOR WILLINGNESS TO KEEP AN INVENTORY OF MY DAY AND TRY TO PROMPTLY ADMIT WHEN I AM WRONG OR OWE SOMEONE AMENDS. I DO HAVE A 10TH STEP BUDDY AND MY SPONSOR THAT I TEXT OR CALL WHEN I RECOGNIZE I NEED TO DO A 10TH STEP. I AM VERY GOOD AT NOT RECOGNIZING THIS INVENTORY AS IT IS TAKING PLACE. I MAY NOT RECOGNIZE IT FOR HOURS OR EVEN DAYS. MY 20-STEP CAN HIT ME DAYS LATER WHEN I OWE SOME PEOPLE AMENDS. I AM STUBBORN AND I DON'T ALWAYS FIND IT EASY TO LOOK AT WHERE I WAS WRONG BUT FOR ME IT'S EASY TO FIND WHERE OTHERS ARE WRONG. I AM A WORK IN PROGRESS, I ALWAYS WILL BE, JUST AS I WILL ALWAYS WAKE UP EVERY MORNING AN ALCOHOLIC. ONE OF THE GREATEST REALIZATIONS IN AA IS THAT I DON'T HAVE TO DO IT ALL PERFECTLY. I WILL NEVER BE PERFECT. I'M DEFINITELY FLAWED BUT THE MORE I ACTIVELY CONTINUE TO BE INVOLVED IN AA I WILL CONTINUE TO GROW ALONG SPIRITUAL LINES.

MY NIGHTLY REVIEW I DO FEEL I DO ON A REGULAR BASIS. MY SPONSOR WILL TEXT ME "NR DONE" WHICH HAS PROMPTED ME IN RETURN TO REPLY BACK TO HER THE SAME THING. WHERE HAVE I BEEN SELFISH, RESENTFUL, DISHONEST, FEARFUL, INCONSIDERATE? WHAT COULD I HAVE DONE BETTER? WAS I THINKING OF OTHERS MOST OF THE DAY OR WAS I THINKING OF MYSELF? AM I KEEPING SOMETHING TO MYSELF THAT NEEDS TO BE SHARED WITH MY SPONSOR? DO I OWE AMENDS? WHEN I AM ACTIVELY INVOLVED IN MY 10TH STEP, MY NIGHTLY REVIEW FLOWS A BIT BETTER AS I HAVE ALREADY TAKEN INVENTORY THROUGHOUT MY DAY AND PROMPTLY (AS I RECOGNIZE IT, MAKE AMENDS OR TALK TO MY SPONSOR OR 10TH STEP BUDDY). WHEN I'M DOING THIS, TAKING ACTION, BEING HONEST, OPEN AND WILLING IS VITAL TO MY RECOVERY. CARRYING THIS MESSAGE OF MY EXPERIENCE, WHAT HAPPENED AND WHAT IT'S LIKE NOW COULD POSSIBLY HELP OTHER ALCOHOLICS. I CAN SHARE MY EXPERIENCE, STRENGTH AND HOPE WITH OTHERS. I DO MY BEST TO PRACTICE THESE 12-STEPS IN ALL MY DAILY AFFAIRS.

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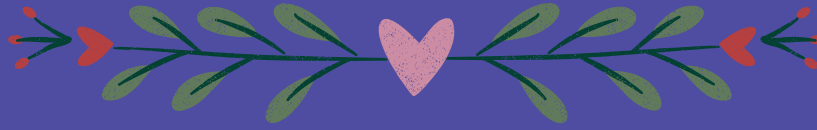
ANOTHER WAY I KEEP IN CONSCIOUS CONTACT WITH GOD THROUGHOUT MY DAY IS BY WRITING A LETTER TO GOD. SOMETIMES I FORGET BUT MOST DAYS I REMEMBER. I FIND THAT BY DOING THIS I END UP WRITING MORE THAN I INTENDED, WHICH MEANS I'M ACTUALLY KEEPING THOUGHTS AND EMOTIONS INSIDE OF ME THAT I DID NOT RECOGNIZE I FELT. WRITING TO GOD IS EXTREMELY EFFECTIVE IN GIVING ME SERENITY. ANOTHER WAY I KEEP IN CONSCIOUS CONTACT WITH GOD IS STAYING IN TOUCH WITH MY SPONSOR DAILY. SHE IS A CONDUIT FOR GOD. GOD WORKS AND SPEAKS THROUGH HER. I TAKE HER SUGGESTIONS, MOST OF THE TIME. I READ A FEW DAILY READINGS FROM A COUPLE SMALL BOOKS ENTITLED, "JESUS CALLING" AND "JESUS LIVES". I READ ALL 12-STEP PRAYERS OFTEN, THE "SET ASIDE PRAYER" AND THE SERENITY PRAYER. IN ADDITION TO THIS, WHEN I FEEL RESENTFUL, WHICH IS NEARLY DAILY FOR SOME PRETTY PRETTY THINGS, I DO ADMIT, I SAY THE "SICK MAN'S PRAYER" AND TAKE ACTION TO HELP SOMEONE WHO MAY NEED A LITTLE HELP. I DO MY BEST TO DO THIS WITH THE 10TH-STEP AND 10TH-STEP PRAYER AS WELL.

I'M SLOWLY LEARNING THAT I AM NO LONGER RUNNING THE SHOW NOR CAN I REARRANGE LIFE TO SUIT MYSELF. WHEN I DO FEEL DISCONNECTED FROM GOD MY SPONSOR REMINDS ME TO KEEP PRAYING ANYWAY, SOME PEOPLE DO GO THROUGH A DISCONNECT BUT IN TIME AND WITH CONSISTENCY, I WILL BE CONNECTED AGAIN. KEEPING IN CONSCIOUS CONTACT WITH GOD IS VERY MUCH LIKE KEEPING IN TOUCH WITH A BEST FRIEND. THE MORE YOU TALK AND SPEND TIME TOGETHER THE CLOSER YOU ARE. ONCE I START LOSING COMMUNICATION AND DO LESS WITH MY BEST FRIEND THE MORE DISCONNECTED I BECOME. GOD IS LIKE MY BEST FRIEND AND I KNOW HE WILL ALWAYS BE RIGHT THERE ALONGSIDE ME. IF I LOSE MY COMMUNICATION AND DEPENDENCE ON HIM, I TOO WILL BECOME DISCONNECTED TO HIM AS I HAVE GOOD FRIENDS

I RECENTLY LEARNED THAT GOD WILL NOT GIVE ME MORE THAN GOD AND I CAN HANDLE TOGETHER. ONCE AGAIN A MAN I HEARD SPEAK SAID THOSE WORDS AND I DO NOT TAKE CREDIT FOR THAT BUT IT SURE HAS HELPED ME AND I NEVER THANKED HIM FOR THAT. IT IS UP TO ME TO STAY CONNECTED TO HIM. IT IS ONLY BY THE GRACE OF GOD THAT I FOUND AA AND I AM THANKFUL, GRATEFUL AND NEED YOU ALL TO KEEP SHARING WITH ME HOW YOU KEEP IN DAILY CONSCIOUSNESS WITH GOD. I THINK IT'S BEST I DO WHAT YOU ALL TELL ME TO DO AND WHAT WORKS FOR YOU.

PEACE, LOVE & PRAYERS
RACHEL LEAH D.





TWO WAY PRAYER

BY MICHELLE J, MEMBER OF ALCOHOLICS ANONYMOUS

TWO WAY PRAYER WAS INTRODUCED TO ME LAST YEAR BY MY SISTER WHO IS IN ANOTHER 12 STEP PROGRAM. SHE HEARD ABOUT TWO WAY PRAYER FROM HER SPONSOR, AND FOUND IT TO BE A VERY AMAZING CHANGES I WAS SEEING IN MY SISTER, SO I HAD TO CHECK IT OUT. I DID THIS FOR A SHORT TIME AND WITH NO KNOWN REASON, I STOPPED. I RECENTLY CAME ACROSS THE NOTEBOOK THAT I WAS PRACTICING TWO WAY PRAYER IN, AND WAS FASCINATED WITH THE ANSWERS THAT GOD HAD GIVEN TO ME IN RESPONSE TO MY QUESTIONS AND FEARS, AND I WONDERED WHY I HAD STOPPED. I DISCUSSED THIS WITH A FRIEND AND THEY ENCOURAGED ME TO WRITE THIS ARTICLE TO SHARE WITH THE AA COMMUNITY WHAT I HAVE LEARNED ABOUT THIS PRACTICE. I HAVE SINCE STARTED THIS PRACTICE AGAIN, AND IT IS HELPING ME TO CONNECT WITH GOD ON A DEEPER LEVEL. THE YOUTUBE VIDEO WAS PRESENTED BY FATHER BILL WIGMORE, AN EPISCOPAL PRIEST IN THE DIOCESE OF TEXAS. FATHER BILL IS A RECOVERED ALCOHOLIC AND ADDICT WITH MORE THAN 40 YEARS OF SOBRIETY. HE HAS SPENT HIS CAREER WORKING IN THE FIELD OF ADDICTION, TREATMENT AND COUNSELING. HE SHARED IN THE VIDEO THAT THIS TYPE OF PRAYER WAS USED IN THE EARLY DAYS OF THE OXFORD GROUP AND ALCOHOLICS ANONYMOUS (AA), THE FOUNDERS THOUGHT THAT PRAYER AND MEDITATION WERE VITAL TO SOBRIETY. (TWO WAY PRAYER N.D.)

ACCORDING TO THE EUROPEAN PSYCHIATRIST, DR JUNG IN THE BIG BOOK OF ALCOHOLICS ANONYMOUS, THE CHRONIC ALCOHOLIC WAS "UTTERLY HOPELESS," UNLESS THEY EXPERIENCED A VITAL SPIRITUAL EXPERIENCE. (ALCOHOLICS ANONYMOUS WORLD SERVICES, 2001). FRANK BUCHMAN, FOUNDER OF THE OXFORD GROUP, FOUND THAT RESENTMENT, ANGER AND FEAR KEPT HIM FROM HAVING RELATIONSHIPS WITH OTHERS AND THEREFORE BLOCKED HIM FROM A RELATIONSHIP WITH GOD. HE DEVELOPED THE FOUR ABSOLUTES: HONESTY, PURITY, SELFLESSNESS, AND LOVE, AND THESE WERE THE PRINCIPLES THAT BILL W USED IN DEVELOPING THE 12 STEPS OF AA. (TWO WAY PRAYER, N.D.) THE OXFORD GROUP FOUND THAT MORNING DEVOTION AND QUIET TIME ARE ESSENTIAL TO STAYING SOBER. GOD HAS A PLAN FOR OUR LIVES, HE WILL TELL US WHAT WE NEED TO KNOW IN ORDER TO FOLLOW THAT PLAN, AND HE WILL GIVE US THE POWER TO ACCOMPLISH IT. (TWO WAY PRAYER, N.D.)

FATHER BILL GIVES US THE SUMMARY OF THE 12 STEPS IN 3 WORDS:

1. CONNECTION (STEPS 1-3); I CAN'T, GOD CAN, I'M GOING TO ASK HIM IF HE WOULD.
2. CORRECTION (STEPS 4-9); REMOVE EVERYTHING THAT IS GETTING IN THE WAY OF MY CONNECTION WITH GOD.

3. DIRECTION (STEPS 10-12); WHAT ACTIONS IS GOD ASKING ME TO TAKE TO DO HIS WILL? (TWO WAY PRAYER, N.D.) IN OTHER WORDS, THE KEY TO LONG TERM SOBRIETY IS TO PRACTICE STEPS 10, 11, AND 12.

TWO WAY PRAYER IS A GREAT TOOL TO USE IN ORDER TO LET GOD KNOW WHAT OUR TROUBLES ARE AND ASK HIM FOR DIRECTION IN HOW TO OVERCOME THEM. THE CONDITIONS OF TWO WAY PRAYER:

1. PREPARE AND COMMIT TO 10-15 MINUTES OF PRAYER AND MEDITATION EVERY MORNING.
2. CHOOSE A SACRED SPOT THAT YOU GO TO MEET GOD. THIS COULD BE A CHAIR THAT YOU ONLY SIT IN FOR PRAYER OR JUST A COMFORTABLE PLACE WHERE YOU CAN BE QUIET AND HAVE UNINTERRUPTED TIME.
3. BUY A NOTEBOOK.
4. SIT IN AN UPRIGHT POSITION. YOU DO NOT NEED TO BE RIGID, BUT RESPECTFUL.
5. READ A PASSAGE FROM SACRED LITERATURE, NOT A MEDITATION. (OPTIONAL)
6. TAKE A FEW DEEP BREATHS TO BREATHE IN GOD'S PRESENCE AND LET GO OF ANXIETIES AND FEARS.
7. START WRITING YOUR QUESTION FOR GOD. IS THERE SOMETHING TROUBLING YOU OR ARE YOU NEEDING HELP WITH SOMETHING? IF NOT, YOU CAN START WITH AN ABSOLUTE. (HONESTY, PURITY, SELFLESSNESS, LOVE) (TWO WAY PRAYER, N.D.)

EXAMPLES:

- GOD, IS THERE SOMEWHERE IN MY LIFE I AM STILL BEING DISHONEST?
 - I'M AFRAID AND I NEED YOUR GUIDANCE.
 - I DON'T KNOW YOU, HELP GUIDE ME TO YOU.
- GOD, I AM STRUGGLING TODAY WITH _____, CAN YOU HELP ME?

AFTER YOU WRITE YOUR QUESTION, PAUSE FOR A MOMENT AND LISTEN, THEN START WRITING THE THOUGHTS THAT COME, AS THOUGH THEY ARE GOD'S WORDS TO YOU. IF GOD WERE TO SPEAK TO YOU WHAT WOULD HE SAY TO YOU? WHAT HAVE YOU BEEN WANTING TO HEAR FROM HIM? LET IT OUT, AND LET IT FLOW ONTO THE PAPER. REMEMBER THAT GOD IS THE MOST LOVING PRESENCE. IF YOU GET STUCK, TRY USING A TERM OF ENDEARMENT, SUCH AS MY CHILD, MY DAUGHTER, MY LOVE, ETC. WHEN YOUR WRITING BECOMES FORCED OR STRAINED, STOP WRITING. FINALLY, READ YOUR MESSAGE FROM GOD AND MAKE SURE IT PASSES THE TEST OF THE 4 ABSOLUTES. IS IT HONEST, PURE, SELFLESS AND LOVING? IF NOT, THE WORDS CANNOT BE FROM GOD. (TWO WAY PRAYER, N.D.)

HELP WITH THIS. I AM STRUGGLING WITH MY

I WILL SHARE ONE OF MY OWN TWO WAY PRAYER WRITINGS FROM 3/22/24.

ME: DEAR GOD, HELP TO GUIDE ME TO BE A HAPPIER PERSON. HELP ME TO BE A BETTER MOTHER TO MY KIDS. GOD, I NEED YOUR GUIDANCE AND HELP WITH THIS. I AM STRUGGLING WITH MY DEPRESSION AND IT MAKES EVERYTHING SEEM LIKE A CHORE. I DON'T WANT IT TO FEEL LIKE A CHORE TO SPEND TIME WITH MY KIDS.

GOD: DEAR MICHELLE, YOU ARE A GOOD MOTHER. I HAVE CHOSEN YOU TO BE THE MOTHER OF CHILDREN AND THEY HAVE CHOSEN YOU. YOU NEED TO HAVE PATIENCE WITH YOURSELF. YOU NEED TO BEGIN NOURISHING AND TAKING BETTER CARE OF YOUR BODY. THIS WILL HELP WITH YOUR ENERGY LEVELS, AND MAKE SPENDING TIME WITH YOUR KIDS MORE ENJOYABLE. GIVE YOURSELF GRACE AND TIME. TAKE LITTLE STEPS AND THEY WILL MAKE FOR BIG CHANGES. HANG IN THERE. LOVE, GOD. I DO NOT REMEMBER THIS WRITING, BUT JUST RECENTLY I RE-READ IT IN PREPARATION FOR WRITING THIS ARTICLE, AND HIS ANSWER HAS COME TO FRUITION. I HAVE ADOPTED A REGULAR EXERCISE PROGRAM AND HAVE STUCK WITH IT FOR THE LAST 9 MONTHS. I HAVE LOST OVER 20 POUNDS AND MY ENERGY LEVELS HAVE IMPROVED TO MATCH MY BUSY LIFE. I NOW ENJOY MORE QUALITY TIME WITH MY FAMILY. I HOPE THAT YOU GIVE TWO WAY PRAYER A TRY. GOD IS TRYING TO CONNECT WITH ME, BUT SOMETIMES, PERHAPS, I JUST DON'T TAKE THE TIME TO LISTEN. MAYBE YOU CAN RELATE? TWO WAY PRAYER. (N.D.). AN INTRODUCTION TO THE PRACTICE OF TWO WAY PRAYER [VIDEO]. YOUTUBE. [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2CKX86TOTGI](https://www.youtube.com/watch?v=2CKX86TOTGI) ALCOHOLICS ANONYMOUS WORLD SERVICES. (2001). ALCOHOLICS ANONYMOUS: THE STORY OF HOW MANY THOUSANDS OF MEN AND WOMEN HAVE RECOVERED FROM ALCOHOLISM (4TH ED.). ALCOHOLICS ANONYMOUS WORLD SERVICES.



ARE YOU CREATING AN AA TOOLBOX WITH ITEMS TO HELP YOU STAY SOBER? A RESOURCE YOU MAY WANT TO INCLUDE ARE HELPFUL ARTICLES FROM THE AA GRAPEVINE MAGAZINE YOU FIND HELPFUL.

ONE OF THE FIRST ITEMS I CUT FROM A DONATED COPY OF THE GRAPEVINE WAS THE BACK PAGE. IT HAD A BEAUTIFUL PHOTO WITH THE SERENITY PRAYER THAT WAS LAYERED ON IT. THE NEXT TIME YOU HAVE A CHANCE, PICK UP A DONATED COPY OF THE GRAPEVINE YOU FIND INTERESTING. MAKE IT YOUR OWN OR PASS IT ON TO ANOTHER MEMBER.

WHILE THERE IS NOTHING LIKE ATTENDING AN IN PERSON OR ONLINE MEETING, HAVING ACCESS TO GRAPEVINE'S CAN BE A RESOURCE TO YOUR SOBRIETY.

SOME PEOPLE CALL THIS PUBLICATION AN "AA MEETING IN PRINT."

JUST AS AA IS RICH IN HISTORY, I ALSO FIND THIS TRUE FOR THE AA GRAPEVINE.

IT WAS FIRST PUBLISHED WHICH IN JUNE 1944 AS AN OUTREACH TO WW II SERVICE MEN AND WOMEN WHO STRUGGLED W ALCOHOLISM. THE AA GRAPEVINE CONTINUES TO EVOLVE TODAY THROUGH THE RESOURCES AT AAGRAPEVINE.ORG.

LIKE AA, IT IS SELF-SUPPORTING THROUGH MEMBERS' CONTRIBUTIONS WITH THE PURCHASE OF SUBSCRIPTIONS AS WELL AS BOOKS, CDS AND OTHER ITEMS FROM THE ONLINE STORE THAT CAN HELP YOUR SPIRITUAL GROWTH. IF YOU ARE LOOKING FOR ADDITIONAL WAYS TO BE OF SERVICE, TAKE A LOOK AT THE [AAGRAPEVINE.ORG/GET-INVOLVED](https://www.aagrapevine.org/get-involved) (AMIE, MAKE THIS A HYPERLINK TOO) PAGE ON THE WEB SITE.

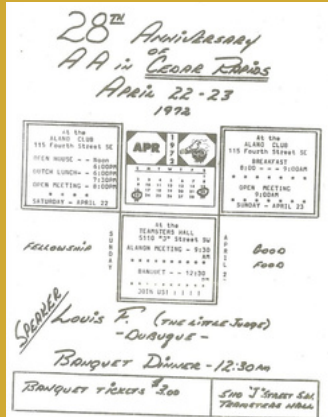
I ENCOURAGE EACH DISTRICT 8 GROUP TO CONSIDER HAVING A GRAPEVINE REPRESENTATIVE BE OF SERVICE TO YOUR GROUP. CONTACT ME AT GRAPEVINE@AA-CEDARRAPIDS.ORG FOR DETAILS. AND PLEASE VISIT THE DISTRICT 8 GRAPEVINE TABLE AT THE CEDAR RIVER ROUNDUP. PICK UP A FREE BOOKMARK AND SOME FREE DONATED GRAPEVINE MAGAZINES. YOU CAN ALSO DONATE COPIES OF EXTRA GRAPEVINES YOU MAY HAVE.

IN FRIENDSHIP AND SERVICE, ROSE S

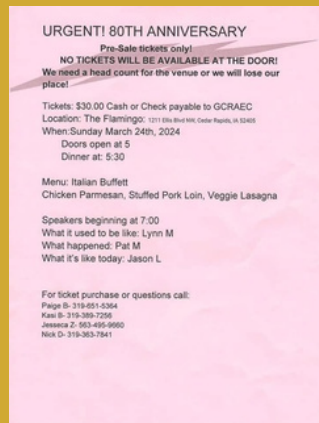


ARCHIVE CORNER

AA IN CEDAR RAPIDS ANNIVERSARY DINNERS THROUGHOUT THE YEARS



Happy Anniversary



SERVICE OPPORTUNITIES IN DISTRICT 8

DONATIONS NEEDED FOR THE AREA 24 PINK CAN FUND! [CLICK HERE](#) FOR FLYER AND MORE INFORMATION.

CORRECTIONS COMMITTEE IS LOOKING FOR VOLUNTEERS TO HELP WITH MEETINGS AT SEVERAL LOCATIONS. CHECK OUT THEIR [FLYER HERE](#).

TECHNOLOGY COMMITTEE WILL MEET MONDAY, FEBRUARY 10TH AT 7PM VIA ZOOM. FLYER LINK [HERE](#) .

PUBLIC INFORMATION COMMITTEE WILL BE MEETING ON SUNDAY, FEBRUARY 16TH, 4:00PM AT THE CEDAR RAPIDS FELLOWSHIP CLUB, 3224 1ST AVE NE CEDAR RAPIDS, IOWA 52402. CHECK OUT THE [FLYER HERE](#)

TREATMENT COMMITTEE WILL BE MEETING SUNDAY, FEBRUARY 23RD AT NOON AT THE CEDAR RAPIDS FELLOWSHIP CLUB, 3224 1ST AVE NE, CEDAR RAPIDS, IOWA 52402. THOSE INTERESTED IN BEING OF SERVICE OR ALREADY SERVING IN TREATMENT FACILITIES ARE ENCOURAGED TO ATTEND. BRIDGING THE GAP -VOLUNTEER FORM [HERE](#)

GREATER CEDAR RAPIDS AREA EVENTS COMMITTEE NEEDS VOLUNTEERS! COMMITTEE MEETS ONCE A MONTH ON A SUNDAY AT 1:00 PM DOWNSTAIRS IN THE FELLOWSHIP CLUB. CHECK OUT THE [FLYER](#) TO LEARN MORE OR CONTACT PAIGE B. AT 319-651-5364.



Resources

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.

OCTOBER 2025

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?

DECEMBER 2025

REMOTE COMMUNITIES (STORIES DUE MAY 15, 2025) ARE YOU INVOLVED IN REMOTE COMMUNITY SERVICE? DO YOU LIVE FAR FROM AA MEETINGS? ARE YOU A LONER? STATIONED FAR AWAY? DO YOU HAVE A LANGUAGE OR CULTURAL BARRIER? ARE YOU HOMEBOUND? DO YOU USE ONLINE MEETINGS? IS IT DIFFICULT TO FIND AA MEETINGS WHERE YOU LIVE? TELL US HOW YOU STAY SOBER.

SOBER HOLIDAYS! (STORIES DUE MAY 15, 2025) DECEMBER IS A GREAT TIME OF YEAR TO REACH OUT TO ALCOHOLICS AND HELP OTHERS. WHAT ARE THE WAYS YOU STAY SANE AND GRATEFUL DURING THE HOLIDAYS AND NEW YEAR'S? HOW DO YOU NAVIGATE HOLIDAY PARTIES AND FAMILY GATHERINGS? SHARE YOUR BEST SOBER HOLIDAY STORIES!

Updated District 8 Printable

Meeting List available

[here](#)

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

Area 24 Iowa

[Home](#) [Meetings](#) [Events](#) [Newsletter](#) [Contact](#) [Web Guidelines](#)

You can sign up for the Area 24 Newsletter [here](#).

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!

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](#).

DEC 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.

FLYERS AND UPCOMING EVENTS

