

Serve

- Anamosa
- Cedar Rapids
- Center Point
- Central City
- Coggon
- Garrison
- Grinnell
- Hale
- Keystone
- Lisbon
- Marion
- Monticello
- Mount Vernon
- Tama
- Urbana
- Vinton
- Walford

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

Sisters In Sobriety Group – 1 Year Anniversary– Thursday, March 20th, 2025- Cedar Rapids Gratitude Club 212 Edgewood Rd SW, Cedar Rapids, Iowa – 5pm Potluck and Social Hour – 6-7:30pm Group Founders, Group history and Share time – Women and Children welcome.

New Beginnings 31st Anniversary – Panel Discussions on “Approaching the Newcomer” and “Sponsorship” – Saturday, March 22nd, 2025 – 10:30am – 2:30 pm – Lunch Provided – Cedar Rapids Fellowship Club 3224 1st Ave NE Cedar Rapids, IA 52402

IAYPAA IX March Meeting of Champions!! Sunday, March 23 -11:30 am- 4:30 pm at the Cedar Rapids Fellowship Club 3224 1st Ave NE Cedar Rapids, Iowa 52402

Chili Cookoff Championship \$10 entry fee (entries by 11:45 please- people’s choice voting style). 11:30 am -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) – 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.

By the Big Book 14th Anniversary – Wednesday, March 26th 2025 at 7 pm – Walking Tacos and Traditions Skit – Bring a side dish or a dessert! Cedar Rapids Gratitude Club 212 Edgewood Rd SW Cedar Rapids, Iowa.

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 . see [Flyer](#)

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.

Greater Cedar Rapids Area Events Committee Hosts 81st Anniversary of AA in Cedar Rapids!! Saturday, April 5th, 2025 – Marion Industrial Club 225 35th St, Marion, Iowa. – Doors open at 5:30pm-Baked Potato Bar – \$10 suggested donation – Speaker -Tony A. – kids 10 and under eat for free.

IAYPAA IX – Potluck Picnic/bingo – Saturday, April 12th, 2025 – Fellowship Club Auditorium 3224 1st Ave NE Cedar Rapids, Iowa 52402 – 1:30-5pm – Speakers- Danielle and Scott B, Potluck (bring your favorites), Bingo!!

Crossroads 32nd Anniversary Celebration– Sunday, April 13th, 2025 – St. Mary’s Catholic Church- 402 Ash Ave- Urbana, Iowa – Dinner is at 6pm, Speaker – Joe P. , Coralville, IA at 7pm- Desserts and side dishes are welcome!



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/>



Turning my life and will over

When I was new to the rooms of Alcoholics Anonymous until the time I did my first 3rd step prayer (coupled with the set aside prayer), the idea of turning my life and my will over to god sounded alot like giving up or suicide. Surrendering sounded like doing a bunch of have tos or admitting defeat.

Today my outlook on turning my life and will over to the care of a loving god as I understand him.... Still isn't completely first nature but it does come more often than fixing, managing, or controlling. For that I am incredibly grateful for Alcoholics Anonymous, incredibly patient sponsorship, and a home group that keeps me busy. Today I get a daily reprieve when I stay with my feet, Pray, and remind myself things are okay. God's got me. I'm finding acceptance, joy, and freedom. I can look back on the times I HAD to have something or someone to be okay that didn't come to fruition. My loving god gave me more than I thought I deserved. I get to do alot of amazing things with alot of amazing women these days. Turning over my life and my will today is a feeling of peace and gratitude.

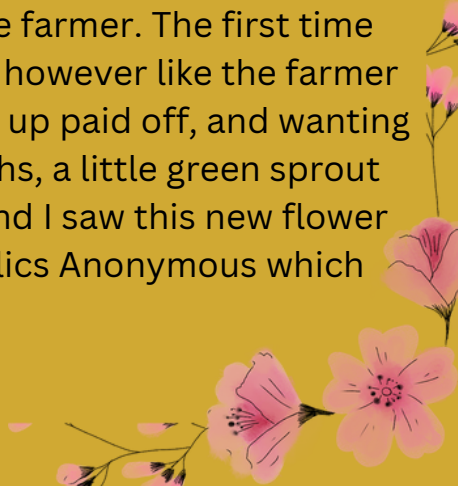
-Gabriella M.
Hiawatha, IA



Springtime in Iowa

Spring time and the buds of new life are here again. AA recovery is like a new life; however, I did not notice this fact at first. How could this be the way? AA people said to have faith. What? I need help now. Like farming, the soil had to be prepared before seeds could be deposited to create this new life. Those feelings of hurt, resentments, and fears were like huge clods of dirt and rocks that needed to be removed before my new life could begin. Daily prayer and meditation became as important to me as rain is to the farmer. The first time working the steps with a sponsor it seemed like a laborious activity however like the farmer this work would pay off. Having patience paid off, keeping your chin up paid off, and wanting something different paid off. After tending the soil for a few months, a little green sprout appeared. What is this? I felt calmer, more loving, more capable, and I saw this new flower before me. Is this magic? No, it is the spiritual program of Alcoholics Anonymous which gives us a new life.

In service,
Kelly F.



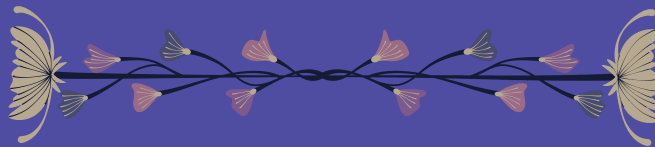


Grapevine Reps Wanted – Help us carry the message forward using the Grapevine at your group. Learn how by emailing me or get details online at AA Grapevine.org

AA Grapevine App – Carry everything Grapevine at your fingertips. You can download the free AA Grapevine app from either the Apple App Store or Google Play Store. A few tools on the app are a daily spiritual maintenance checklist, Grapevine daily quotes and a sobriety calculator. In addition, you can listen to the weekly podcast or access the Grapevine YouTube channel. Grapevine subscribers can also read or listen to stories in the magazine.

Grapevine Magazines Needed—Our district can use additional Grapevines--of particular interest are ones published in the last three or four years, but all magazines will be helpful. Contact me by sending an email, and we'll figure out the best way for me to receive your donations.

In service and friendship, Rose S, District 8 Grapevine Chair, Email: Grapevine@aa-cedarrapids.org



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.

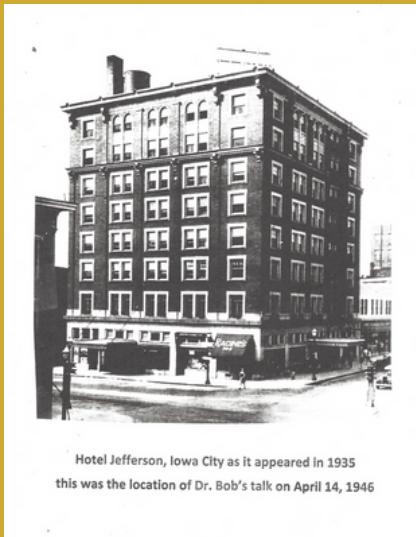
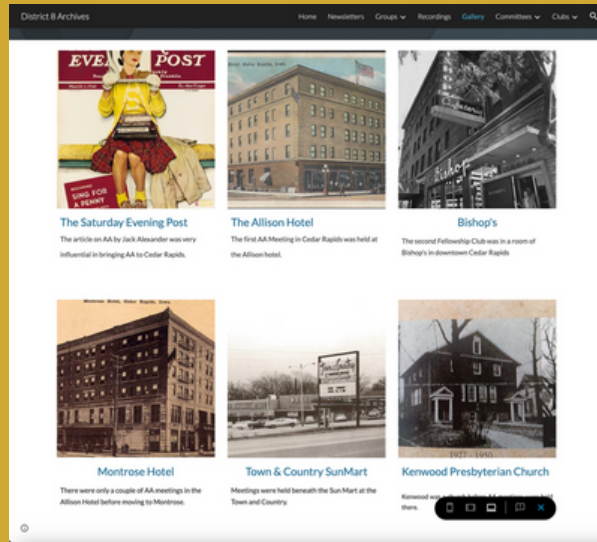
Bridging the Gap -volunteer form [here](#)

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.

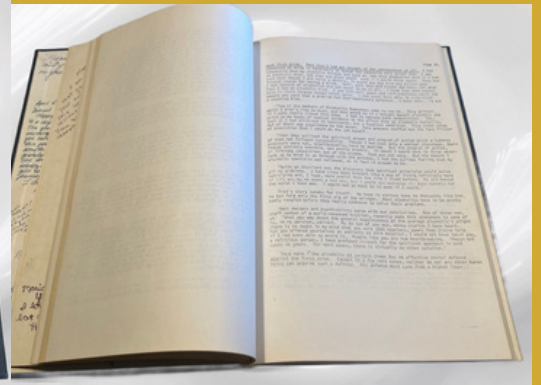
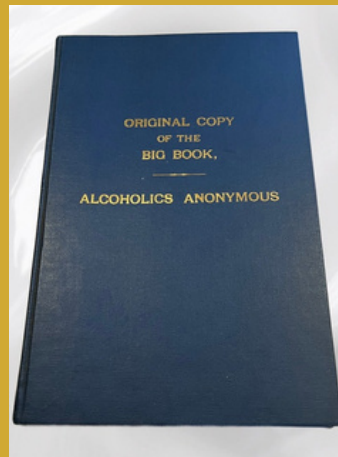


ARCHIVE CORNER

A SNEAK PEAK AT A PAGE FROM THE DISTRICT 8 ARCHIVE WEBSITE....



District 8 Archives contains this book, this is the very first draft of our Big Book. This content was sent to numerous people for input prior to the Big Book publishing. It's very different from what we read in our Big Book!



Dr. Bob spoke at the Hotel Jefferson in Iowa City in 1946

Saturday Night Live
Saturdays at 10pm
CR Gratitude Club

March 15th - Tyler H
March 22 - Jason L
April 5th - Frank T
April 12th - Laura

UPCOMING SPEAKERS

Foxhall

Wednesdays at 7pm
March 12th - Sarah D
March 19th - Katie H

EBUZ Super Sunday Speaker

March 16th - Tina L
March 23rd - Angie S
March 30th - Saige T
April 6th - Brad D
April 13th - Jerry M

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!

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

[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.

FLYERS AND UPCOMING EVENTS

32nd Anniversary Celebration



April 13th, 2024
Dinner @ 6pm
Speaker @ 7pm

Joe P.
coralville, IA

In person at
St Mary's Catholic Church
402 Ash Ave Urbana, IA
*No church to handicap accessible

This is an opening meeting of Alcoholics Anonymous
Desserts and side dishes are welcomed

"HAPPY HOUR"
ST. PATRICK'S DAY
SUPPER AND FUNDRAISER

SATURDAY
MARCH 15TH 20²⁵

6:30 PM
AT THE
FELLOWSHIP CLUB

Corned Beef & Cabbage
& Potatoes
& Soda Bread
& Desserts

Children Under 10 \$3.00
Adults \$10.00

BUY TICKETS WHILE THEY'RE STILL AVAILABLE!
STAY AND PLAY BINGO AFTER SUPPER

Join us for
**By the Big Book's
14th Anniversary!!**

Wednesday, March 26th @ 7pm
CR Gratitude Club on Edgewood Rd SW
Walking Tacos and Traditions Skit!
Bring a side or dessert if you wish!

IAYPAA IX
Presents
Potluck Picnic

Sat, April 12th
1:30-5PM

Featuring:
BINGO! \$5 per card
SPEAKERS: Danielle B. & Scott B.
Serving through Service

Encouraging attendees to bring their favorite sides, drinks, and DESSERTS! Maidrites will be provided!

Fellowship Club
3224 1st Ave NE, Cedar Rapids

\$8 suggested donation

Iowa Young People in Alcoholics Anonymous

MARCH MEETING OF CHAMPIONS

Sunday,
March 23rd
11:30 am - 4:30 pm

Panel of champions to discuss all about the inner workings of bidding and hosting a Young People's Conference.

Panelists: Kyle T. • Carson L. • Michael C.

Fellowship Club
3224 1st Ave NE
Cedar Rapids, IA 52402

Claim your own champion status by winning the chili cook off - \$10 entry. Entries by 11-45am

Cooking not your thing, take home the championship title in a bags tournament. Grab a partner \$40 entry per team. 2-4pm

Please bring a side dish or dessert to add to this potluck. Chili, bread and communion rolls will be provided.

www.iaypaa.org
Pre-Register and Book Hotel today!

50/50 RAFFLE

**Full Measures Speaker Group
Fifteen Year Anniversary**

Friday, March 28, 2025 - 7PM

Mary T. - Tampa, FL

SPEAKER - Free event
Cedar Hills Community Church
6455 E Ave. NW
Cedar Rapids, IA

- SEPARATE EVENT -
Saturday, March 29, 2025 - 9AM to 5PM
A Journey Through the Steps
With
Mary T. - Tampa, FL

Suggested \$20 Donation for Saturday workshop at Fellowship Club Main Auditorium
3224 1st Ave NE, Cedar Rapids, IA
Questions contact Erica M. @ (319) 310-7791

SATURDAY APRIL 5TH
DOORS OPEN 6:30PM
SPEAKER TONY A.

50-50 RAFFLE

JOIN US FOR OUR 2025
GREATER CEDAR RAPIDS AREA
81ST ANNIVERSARY

MARION INDUSTRIAL CLUB
225 35TH ST MARION IA

BAKED POTATO BAR

SUGGESTED DONATION \$10
KIDS 10 AND UNDER EAT FREE

1 YEAR ANNIVERSARY
CELEBRATION

MARCH 20th 5PM

Sisters in Sobriety

Potluck & Social Hour 5-6pm
Group founders, Group history and
Share-Time 6-7:30 pm
CR Gratitude
212 Edgewood Road SW
women and children welcome

a new beginnings workshop

MAR 22, 2025

In celebration of the group's
31-year Anniversary
Join us for a panel discussion on
the topics of:
"Approaching the Newcomer"
and
"Sponsorship"

Addison B.
Danielle B.
Scott B.
Nathan D.
Brian F.
Jeff F.
Josh H.
Caleb M.
Jeremy M.
Katrina N.
Amy S.
Will S.
Kyle T.

10:30 AM - 2:30 PM
Lunch will be provided

Fellowship Club
3224 1st Avenue NE
Cedar Rapids, IA 52402