

SOBER TIMES

Iowa District 8 AA Newsletter



UPCOMING EVENTS

Foxhall in the Forest – Friday, May 30th- June 1st, 2025 – Pinicon Ridge Park in Central City, Iowa- Group Site #1 – Friday Night Campfire Meeting 7pm – Saturday Night Campfire Al-anon and AA speakers 7pm. Flyer coming soon!!!



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



Area and Regional Events

Area 24 Spring Conference – June 13-15, 2025 in Clear Lake, IA.

Area 24 August Service Day – Sunday, August 10, 2025 (ONLY) from 9:00 am – 12:00 pm at the MACC, 709 S Center St, Marshalltown, IA 50158.

Area 24 Fall Conference – October 17-19, 2025 in Fort Dodge, IA.

IAYPAA IX – Iowa Young People In AA Conference–October 24-26, 2025 at the Best Western Plus Longbranch Hotel and Convention Center, 90 Twixt Town Rd, Cedar Rapids, Iowa 52402.

District 11/Area 24 Fall Mini Conference – Saturday, November 8th, 2025 at the Westminster Presbyterian Church, 2155 University Avenue, Dubuque, Iowa.

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

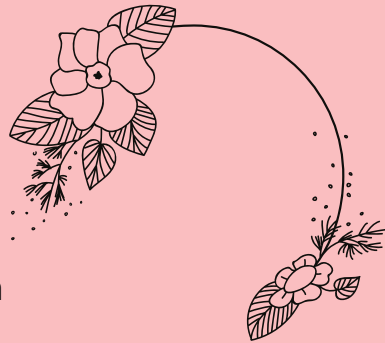
3224 1st Ave NE
Cedar Rapids, IA 52402
319-364-0314

INDUSTRIAL CLUB

225 South 35th St
Marion, IA 52302

Iowa District 8 of Alcoholics
Anonymous Website

<https://www.aa-cedarrapids.org/>



AA Mornings with Morning Meditation

When I make time in the morning for pages 86-88 of the Alcoholics Anonymous Big Book, I have much more serenity, than if I don't. I have many mornings when "On Awakening" I hear my mind saying, "I can't get up today. I can't do this today. I can't get out of bed," The list continues to go on the longer I lay there. When I start my day with keeping it simple, I will work on the next right thing in front of me. I will pray and do my morning meditation. Sometimes I do this from where I'm at and sometimes I do this on my knees. It's absolutely necessary for a recovering alcoholic like me to start my day in prayer. When I don't pray, meditate and do what must be done one task at a time in the morning hours, my feelings will take over and will ruin my day. I have a daily reprieve contingent on the maintenance of my spiritual condition. Each morning is a new opportunity to be a better person and be useful to others, which in turn helps me. I often forget that it's not all about me. Sometimes I will start and all I can do is say "please help me God". I will wait for a moment and continue what I need to do. Sometimes my morning meditation doesn't get read at all. My sponsor says "You can still do it, you can start your day over". I can start my day over at any time of the day.

Recently I have been adding to my morning meditation. I have been taking some ideas from meetings that I attend and implementing them into my mornings. One positive change that I have added to my mornings is 3-5 min of silence on my knees. I've noticed that I am more grounded, focused and more open to The Sunlight of the Spirit when I do this before I begin my morning meditation. I have times when I have a very profound spiritual experience and times that I simply feel disconnected. My sponsor again reminds me "this is normal, what goes up must come down and stay close to AA". I do my best to take her suggestions. I will have many spiritual experiences as long as I'm working the steps, meeting with my sponsor and going to meetings, I must do the work and work all three sides of the triangle. AA is a spiritual program of action, I often will lose sight of that as well. I cannot rest on my laurels. I will drink again if I do.

Once I have completed my 3-5 minutes of silence, morning meditation, I add more prayer work. I pray for the still suffering alcoholic both inside and outside of rooms of AA, and those who love them. I thank God for keeping me sober and to please keep me sober 1 more day, I will pray for those who are in need of prayers to the best of my ability. When I pray for others it gets my mind off myself, and I get out of my head. I feel connected to God when I am able to do this work. The last thing that I have implemented into my mornings with AA and morning meditation, is the "Just for Today" reading. When I am able to say, "Just for Today" I stay more focused on the 24 hours ahead of me. Many times throughout the day I will say "just for today, Thy Will be done", for me it hits differently than saying 1 day at a time. Just for today helps me stay in the moment and not focus on the past or the future. I will finish my morning meditation and prayers with the "Just for Today" reading. Similar to having daily goals, "Just for Today" gives me something to aim for. I must be prayerful about these actions, left up to my own free will and my selfish behavior. It's easy for me to not look at what can be done. When I am helping others, I in turn am helping myself. I keep in line with my principles and values and as long as I'm working the program of AA to the best of my ability I am Happy, joyous, free and sober. .

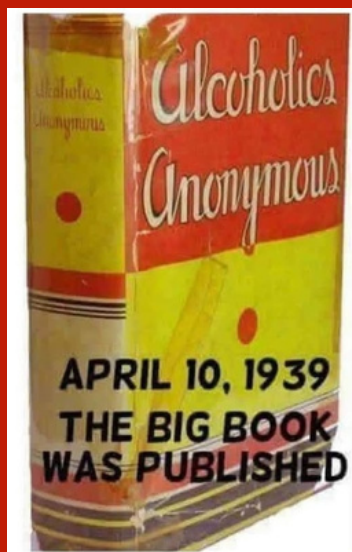
Rachel D.



Morning Routine

In Step Eleven there is a meditation about On Awakening. "We alcoholics are undisciplined and so we let God discipline us in the simple way." When I came into the AA program in June 2022, I was completely undisciplined. I had no morning routine or any routine at all. I wasn't taking care of myself and had to rely on others to take care of me. I had diabetes and was not taking my insulin in the morning. I was full of self-pity. I would wake up at 7:00 a.m., feed my cat, and then go back to bed and stay in bed until noon. Then, I would get up, dress, eat, get ready for the day, and go to work. I would begin dumping on myself like nothing is going to change. I had absolutely no structure or purpose to my days. I also had a lot of resentments. I would blame other people for my problems - like my parents and my teachers. As I started working through the steps, there was a slow change in my thinking patterns. I would start to wake up at 7:30 a.m., stay awake, and go to my meeting the Early Birds Upstairs Zoom meeting at 9:00 a.m. I started to do morning meditation with my sponsor and we would read the entire On Awakening meditation. Well, I wasn't really getting out of bed. I kept my meditation books in bed with me. Then one day I had to get honest with my sponsor and she asked me this simple question, "Are you still in bed?" I answered honestly, "Yes, I am still in bed." She said to get a meditation chair, put your books next to your meditation chair, and I will call you, and you better be out of bed and ready to go around 7:30. Slowly, but surely, that was the start of my new morning routine. Now I wake up every morning around 5:15 - 6:15 a.m. I have discipline and structure to my day. I immediately get out of bed and get ready to start my day. I text my sponsor, "Good Morning." I post in a grateful chain the five things I am grateful for. I do my basics almost automatically without even thinking. This includes prayer and meditation with other people or on my own. I read the On Awakening every single day, either out of the big book or a shortened version in the Twelve-step Prayer Book published by Hazelden. Most days I either go to an in-person meeting at 9:00 a.m. or I do Early Birds Upstairs Zoom. I also have service commitments for Early Birds Upstairs Zoom. I usually go to the gym and get my walk in for the day and that gets me mindful for the day. This discipline and structure has helped my self-pity go down, almost to non-existent. My self-esteem is rising every single day. I thank this program and my higher power which I call God. This change has impacted my life in so many ways. Too many ways to even count. I am so blessed and grateful for the life that I do have. This morning routine has provided the structure that I needed to get my day on the right foot. The self-pity started to go away and I am building my self-esteem and confidence, and a new life for myself. I am now teaching another woman the same discipline that my sponsor taught me. It feels so good to be helping others.

Katrina A



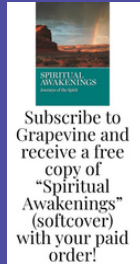
Happy
Birthday



Hi District 8!

In case you are still interested in helping support AA Grapevine by purchasing a subscription, there's a limited time offer to receive a free Spiritual Awakenings book with your subscription.

Click on the image to learn more and to subscribe:



Subscribe to Grapevine and receive a free copy of "Spiritual Awakenings" (softcover) with your paid order!

For a list of all subscriptions, visit AA Grapevine Subscriptions.

[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.)

Feel free to email me with any questions. Would love to have you as a Grapevine Rep!
Rose S, Grapevine@aa-cedarrapids.org

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



[Service Opportunities in District 8](#)

Corrections Committee flyer [here](#)

Public Information Committee Meeting- Sunday, March 30th, 2025 -2pm – Cedar Rapids Fellowship Club 3224 1st Ave NE Cedar Rapids, Iowa 52402

Technology Committee Meeting – Via Zoom Monday, April 7th, 2025 – 7pm

CPC(Cooperation with Professional Community) Committee Meeting – Saturday April 12th, 2025 – 10:30 am via zoom see flyer [here](#)

Treatment Committee Meeting – Sunday, April 16th, 2025 – Noon – Cedar Rapids Fellowship Club 3224 1st Ave NE Cedar Rapids, Iowa 52402



ARCHIVE CORNER

BIG NEWS from District 8!

Get ready to step back in time like never before!

We are absolutely **THRILLED** to announce the launch of our **BRAND NEW** Digitized Archives! We've been hard at work preserving 80 years of incredible history, and now it's easier than **EVER** for **YOU** to explore it all online! Curious about the past? Want to uncover fascinating stories and moments? Our digital archives are your gateway!

Dive into:

- Rare audio recordings by early Cedar Rapids founders!
- Detailed group history information and fascinating Oral Histories.
- The rich history of our group events over the decades.
- A stunning gallery of historical photos – see the faces and places of the past!
- Copies of old newsletters, capturing snapshots of bygone eras.

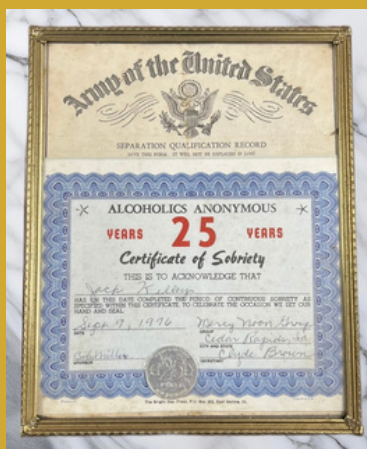
Reliving the last 80 years of our community's journey is now just a click away!

It's an amazing resource for members, history buffs, students, and anyone interested in our local heritage.

Don't wait! Check out the District 8 Digitized Archives today and start exploring!

<https://sites.google.com/view/district-8-archives/home>

25 years of sobriety certificate for Jack Kelley from Mercy Noon Group awarded on September 9, 1976. Jack was so proud of his achievement he displayed it in the same frame as his Army separation papers.



Crossroads Group's 2 year anniversary flyer. They group just celebrated 32 years this past weekend!

Saturday Night Live Saturdays at 10pm CR Gratitude Club

April 19 - Laura
April 26 - Wes T
May 3rd - Ian H
May 10th - Jason H
May 17th - Joe Z
May 24th - Matt B

UPCOMING SPEAKERS

Foxhall

Wednesdays at 7pm

April 16th - Julie S
April 23rd - Joe Z

EBUZ Super Sunday Speaker

April 20th - Emily L
April 27th - Will S
May 4th - Ryan H
May 11th - Ray C
May 18th - JP G
May 25th - Marty H

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.

JANUARY

Stories for Day Counters (stories due June 15, 2025)
What are the things that helped you most when you were very new to AA? How did you find a sponsor? How did they help you? What parts in the literature helped you most? Which suggestions or slogans or service positions helped you? Share your newcomer stories!

FEBRUARY

Getting Through Tough Times (stories due July 1, 2025)
A serious illness, divorce, the death of a loved one, a house fire, loss of a job, bankruptcy...How have you stayed sober through adversity? Tell us how the program and fellowship helped you.



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

PLEASE JOIN US FOR
Easter Dinner
AT THE
Fellowship Club (lower level)

**Sunday, Apr 20th
Noon**

Menu: Ham, Pot Roast with Onion, Carrots, & Potatoes,
Mashed Potatoes & Gravy, Glazed Carrots, & Rolls.

Other sides & desserts are welcome.

Please bring friends & family to gather, eat, & fellowship this Easter Sunday

Foxhall in the Forest



May 30-June 1st

Pinicon Ridge Group site #1
Central City, Ia

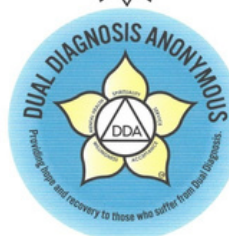
Friday- Campfire (discussion meeting) at 7

Saturday- Campfire Al-anon and AA speaker at 7

Come join us for fellowship, shenanigans, and fire. Camping is free
but we will be observing 7th tradition donations

Directions: Pinicon Ridge Park Group Campground is located in the far north
end of the park on the west side of the Wapsi. Enter through the south park

Access road to site is a long narrow gravel road with hilly terrain.



Tuesdays @ 5:00PM

At CRUSH RCC

317 7th Ave SE

Cedar Rapids

Hybrid Meeting Zoom ID 701 744 9729

*Good
Things
are
Coming*

Cedar River Roundup

2026 – *Save the Date* – 2026

February 20, 21, 22

SPEAKERS:

Kathy H – AFG Cincinnati, OH

Chris C – AA Coshocton, OH

Caleb F – AA Lewistown, MO

Sarah T – AA Rock Island, IL

Scott S – AA Stewart, FL

IAYPAA IX

**GARAGE
SALE**

WHAT? IT'S A GARAGE SALE!

WHEN? SATURDAY, MAY 24 10-2PM

WHERE? VAN VECHTEN PARK

\$5 HOT DOG, CHIP, & DRINK COMBO!

SWEET TREATS FOR SALE!

FACE PAINTING!

PARK AND LAWN GAMES!

FELLOWSHIP TIME!

www.iaypaa.com

SPRING CLEANING?

LET IAYPAA HELP!

COLLECTING ITEMS NOW FOR DONATION FOR THE
IAYPAA MAY FUNDRAISER GARAGE SALE!

HOW?

CONTACT

ALISSA N. (319-558-8102)

JESS Z. (563-495-9660) OR

EMAIL IAYPAA9CR@GMAIL.COM

TO COORDINATE PICK UP OR DROP OFF OF YOUR ITEMS.

ITEMS ACCEPTED UNTIL MAY 2

GARAGE SALE WILL BE HELD

SATURDAY, MAY 2

VAN VECHTEN PARK

THE IAYPAA COMMITTEE APPRECIATES YOUR
CONTINUED SUPPORT!