



# District 3 Newsletter

## Summary of Minutes for District 3 Business Meetings, Q4

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Special Thanks

Newsletter published quarterly.

### Nov

Officer Reports

DCM – Amanda P.

Fall Conference:

Half of the Area 24 chairs were able to go to the West-Central Regional Forum. Everyone who went reported that the experience was great and that they learned a lot.

The treasurer's report was approved.

The area delegate will also hold a agenda item review for those who would like to attend.

The delegate meeting went well and the information for it is on the Area 24 Dropbox.

West Central Regional Conf. Is in Minot, Minnesota this upcoming year. The delegate will hold a review of conference agenda items for those who would like to attend.

The fellowship connection is at [fc.aa.org](http://fc.aa.org). Dan can help DCMs connect. Dan needs all chairs, GSRs, and group contact's mailing addresses to update the directory.

Erin - Fall 2024 Conference Committee. Getting chairs together and met in September and October. Meeting again to get more chairs and volunteers.

Roger - [Spring 2023 Conference there are flyers available now.](#)

Registration is available by mail and online as well. Will ask for second half of seed money. See you on the road to happy destiny.

Jeff- Archivist visited Marshalltown 2 times. Visited Canada for the International archives workshop. It was great. We are putting this in Area 24 Des Moines in 2024.

Doug - Corrections visiting multiple locations to visit districts.

Please reach out to Doug if you need literature for corrections.

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John- CPC thanks for coming to the workshop last night. Ask your CPC chairs to contact me. Please attend if you can. Have a qr code sheet to hand to professionals. Let me know if you want it.

Jason-Grapevine working on getting the app out to groups and districts. Some content is free. They are currently looking for stories on why we love the Grapevine and each step and tradition. La Viña is looking for stories about rock bottom.

Dawn-Literature table is stocked, out of big books. Have many kinds of pamphlets. Have venmo to receive payment. Please order ahead. Looking for stories for the "do you think you're different" pamphlet.

Patti-Newsletter I am willing to go to any length to be of service. I have virtual newsletter events this winter and have a presentation to give you. This is fun, come join me! Email or contact me to get on the email list. Let me know if you need a paper copy of the Area newsletter. See you tonight 9:30 for the workshop.

Jodi- PI chair. Need a tabletop display. Working on helping with workshop. Drug courts are great places to hand out AA info. Please let me know if I can help you!

Steve-Treatment/Accessibilities Went to overcoming barriers workshop. Gone to Spencer for treatment and corrections workshop. If anyone would like a treatment workshop please reach out to me.

Adam- Webmaster many changes and updates, added venmo to the website. Reach out to me for help setting up websites. Doing a PI and Web workshop tonight. 5,000+ visits to the website. Area events will be added to the website when sent to the web chair.

Pink can update: have set up new area account. The manager for the pink can has been working to get the names on the account corrected. The treasurer is also working with an attorney and the bank to make sure that we have aliases that allow us to deposit checks. The pink can manager will still need to manage fund until the end of term to transition the money to the area account. Brandon was unable to be here but wants to work on things with area. Please contact the corrections chair, Doug, to place pink can orders.

The new motion that the 5 area business meetings be hybrid passed 46 for and 40 against.

Motion to give \$500 seed money for Fall 2024 Conference.

Voting on WCR Trustee Sheryl won.

Motion to have the venues area 24 holds meetings at have hybrid capabilities.

Much Discussion. Motion fails.

\$500 for seed money for Spring Conference. Motion passed.

Motion to have the hybrid meetings start in 2024. Discussion. Motion failed. (Hybrid will already be starting at next area business meeting)

Motion to close passed.

Banquet and speaker were amazing. Especially the speaker!

Corrections workshop was great. I believe all of the workshops were attended by at least one district 3 member.

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Other:

I have reached out to all chair positions to start subcommittees. These committees are to help you fulfill your district position, train your replacement, and engage AA members who are not already participating at the district level. These subcommittees will be a great resource when planning a workshop. Many groups have a homegroup position that may be able to be a part of your committee.

I will need all current chairs and GSRs contact information and mailing addresses. The directory is quite out of date. If your group does not have a current GSR than a contact person will work.

I would like to know how GSRs are doing. How are things going? Would you like a workshop to go over how to participate as a GSR?

Also sent out a questionnaire for everyone to complete to gather contact information

She has a packet of information for GSRs that was shared with her from District 53. Let her know if you are interested in a copy.

Alt DCM – Glenn R. - Workshop came off very well and was mentioned at Area; attended a couple of workshops and will pass on the information. Liked having the QR code idea.

Secretary – Kim H. - Thank you for allowing me to serve. It's great being back in District.

Please have your reports to me by the end of the week however you want. Email to Amanda, written, picture, whatever it takes. I will update the minutes in Dropbox as I receive information but a draft will be ready by the end of the week. If I don't receive a report I'll assume you don't have one to submit. Also, feel free update or make corrections in DropBox.

Treasurer – Brian W.

Let him know if any of your treasurers are interested in being on his committee. Asked if anyone would be interested in having the Area treasurer come and share information. Possibly in combined with another workshop. Possibly in April.

Chair Reports

Archives – Catherine N. - Hello District 3!! Filing away events flyers that are going on in District 3! If you know of other events going on in District, could you email the flyer to [Cathe-rine.Nolan@ankenyschools.org](mailto:Cathe-rine.Nolan@ankenyschools.org)? Thanks! If you would like for me to come to your homegroup with the Archives, please give me a two-week notice. Thanks.

Just a little tidbit from the Archives workshop with our Area 24 Archives chair, Jeff M: Did you know that our very first National Archives workshop was put on in the year 1983 in Dubuque, Iowa? Her name is Jackie O. Interesting, huh?

Also, if you are interested in being the next District 3 Archivist, get ready to be elected in the year 2024.

Cooperation with the Professional Community/Public Information – Judy R. - charges for the business cards and holder are on the Treasurer report – bus.

Corrections – Lauren -

Grapevine – Jamie S. -

Literature – Christy J. - No orders. On hand: 11 hard cover BB, 1 large soft cover BB, 1 small soft cover BB, 2 Daily Reflections, 6 large print 12x12, 7 Service Manuals, 70 AA pamphlets and numerous other. The new Treatment chair needs a workbook; their electronic copy available on GSO website.

Newsletter – Anne D. - The last few months have been a little more challenging than usual so I am running behind on getting the newsletter out. It's almost done but finalizing can take some time. I hope to get it out in the next few days.

Please keep passing around those sobriety birthday sign up sheets in your business meetings! That said, I've already started work on next quarter's issue. One of our members has committed to submit an article, and I will be contacting one of the committee members soon to set up an interview. I have also created some systems that will help streamline the process of putting the newsletter together. In order to get more people involved, and to add some fresh ideas- and possibly make it easier for someone to step into this role in the next term- I will be trying to lay the groundwork for setting up a small newsletter committee (2-3 people) that will include various members throughout the District. Please put the word out and let me know if you think of anyone that would be a good fit! We'll probably just be meeting quarterly. Because I haven't finalized the Summer newsletter, you still have a chance to submit any birthdays you have for June/July/August, but please send it today or tomorrow! I will be advertising an email attached to the Newsletter chair from now on, but also writing you from the one I've been using so feel free to use either. The new one is [newsletter@acentraliowa.org](mailto:newsletter@acentraliowa.org). Obviously that one will be passed on to all subsequent newsletter chairs so it's best to give that one out.

As always, I welcome your comments and suggestions!

Thank you for letting me be of service!!

Anne D.

Amanda distributed sign-up sheets for the birthdays.

Kim H. attended the Newsletter workshop and has information that will send to Anne.

Treatment – Justin F. Presented a motion to order 20 Living Sober books in the amount of \$135 max including tax and shipping. Brian seconded. Will be distributed by YSS through Bridging the Gap. Glenn has notes from fall conference and contact information for area chair.

## Group Reports

Ames Downtowners – Dan M.

Boone Group – Karl L.

Fellowship Friday Night Group – Jamie S. Friday night has grown exponentially. Ladies needed. Discussion with speaker on the second Friday. Attendance holding steady with around 20. Gave out one 15-year medallion.

Full Support Women's Group – Tracy W. Attendance average: 21 in person, 3 or 4 online, Newcomers (1<sup>st</sup> meeting): 3, Visitors: 6, Chips/Medallions: (3) white chips, (1) 30 day chip, (2)

60 day chips, (4) 90 day chips, (1) 6 month chip, and a one year chip!, Our online meetings are becoming more consistent, with regular attendees.

Marshalltown Group – John P. - Not able to make it today

McCormick Group – Scott R. – The McCormick Group meeting attendance for October was 1049. The sobriety recognized in October was 9 white chips, 2 green chips, 1 red chip and 5 annual sobriety dates ranging from 28 years to 35 years. The McCormick group has a new open AA meeting. The meeting started on Monday, 10/23/23. The meeting is on Monday mornings at 7:30 and is a meditation meeting based on the 11<sup>th</sup> Step. Please see the flyer on the AA.org website for more details.

Noon Groups – Catherine N. – I was not able to make it to the postponed business meeting on the first week of November. I was there the original date the last week in October with my report from fall conference. The reason being was I was working overtime for Ankeny schools. I will have the noon business meeting report when the secretary is done with them, I will email the secretary.

Sunday Night Grapevines – Scott D. – will find out if we give Grapevines to give to CFR to them for distribution

There is a Solution – Paul L.

Tuesday Night Big Book Discussion Group – Elza M. - Meeting is going well. Many new faces! Steps Month coming up in January. Covering 3 steps each week beginning at 7pm with a wrap-up and eatin' meetin' the last week that begins at 6pm. We're a hybrid meeting so can join us from anywhere – Zoom info found on amesaa.org and the AA Meeting Guide app. Join Us!

Intergroup Liaison – Kim H. Link to Upcoming Events in District 3 Dropbox: [Upcoming Events.xlsx \(dropbox.com\)](#)

#### Unfinished Business

Catherine (Archives Chair) wants to do archive Workshop on January 13<sup>th</sup>? Tabled for now.

CFR in Ames is in need of Grapevines – will update at next meeting

AV Technology report for District Meetings Committee Report – tabled for now

Fall Conference – Turned in receipts and has been reimbursed. Great source for information sharing. If you need information on a workshop, Amanda can connect you with someone who attended one.

Anyone wanting an email similar to Anne's, let Brian know and he can set you up. The email goes directly to the person in the position so you don't have check a separate email.

#### New Business

Location of next meeting: Jan 7<sup>th</sup> – check with groups and let her know if you might be interested. Poss. Paul.

Meditation meeting not on printed schedule but on the online meeting list Brian W. will go ahead and put on print schedule.

## Dec

### Officer Reports

DCM – Amanda P.

Working to update contacts for District.

May need to step down due to circumstances beyond her control (still sober) – will keep us updated. Happy to discuss details after the meeting

Alt DCM – Glenn R.

Visited Grapeviners to do a process of inventory. Any group interested in doing an inventory, he will be glad to help.

Distributed a handout – will discuss in new business

Secretary – Kim H. – please give me your information for the minutes either email, written, picture, etc.

Treasurer – Brian W. – his report contains the November treasurer's report as well as an annual report. The annual report shows the different categories of what was brought of which group contributions were the most common, and the wide variety of expenses.

### Chair Reports

Archives – Catherine N. – not present/no report - ill

Cooperation with the Professional Community/Public Information – Judy R. – No report.

Corrections – Lauren – No report

Grapevine – Jamie S. – Grapevine has a project called "Carry the Message" and also 20% off of ordering through the end of the year.

Literature – Christy J. – let her know if you need something

Newsletter – Anne D. – No present - I did manage to finish the newsletter albeit quite belatedly. I hope you'll still give it a look, especially our spotlight interview and member article! You might notice a couple sections are missing as I've omitted GSO News and Upcoming Events because of the time delay, but those sections should be back in our next issue.

I have gotten a little interest in forming a small committee to work on the newsletter together and I'm excited about involving others in this fun service position. Obviously the help will be great, but I'm also looking forward to different perspectives and new ideas! I will be following up with the people I've already spoken with, and others. Please keep your eyes open for anyone you think might be interested and send them my way!

Treatment – Justin F. – Not present. Let him know if you need anything or have questions.

### Group Reports

Ames Downtowners – Dan M. – run on chips lately. Doors are open and have lots of fun

Boone Group – Karl L. – Not present

Fellowship Friday Night Group – Roger H. – attendance is steady

Full Support Women's Group – Tracey W. – Attendance average: 21 in person, 2 or 3 online;

Newcomers (1st meeting): 3, Visitors 3; Chips/Medallions: (2) white chips, (2) 30-day chip, (1) 60

-day chips, (1) 90-day chips, and a one-year chip! In the last month, we have had a several women coming to our meeting who have told us that they are looking for a “women’s only” meeting and seem happy to have found one! Last meeting of the month we have a speaker. Marshalltown Group – John P. – Nothing to report. Introduced Michelle C. as the new GSR starting next month.

McCormick Group – Scott R. – The McCormick Group total meeting attendance for November was 960. All meetings report good attendance. The sobriety recognized in November was 7 white chips, 6 green chip, 6 red chip, 1 blue chip and 7 annual sobriety dates ranging from 1 year to 35 years.

Noon Groups – Catherine N. – Not present - ill

Sunday Night Grapevines – Scott D. – doing well, had to bring in extra chairs, so get there early to get a seat

There is a Solution – Paul L. – holding 4 yr anniversary in Jan. – everyone welcome. Distributed flyers. Celebration a 52 yr anniversary

Tuesday Night Big Book Discussion Group – Elza M. – Meeting is going well. Available hybrid on Zoom – see amesaa.org. Have been working through our inventory. Steps month is next month with Jolene, Ryan F., Michelle B., Chris S. and Mark N. Join us!

Saturday night Speaker Meeting – Phil C. – possibly becoming a group.

Intergroup Liaison – Kim H.

Link to Upcoming Events in District 3 Dropbox: [Upcoming Events.xlsx \(dropbox.com\)](#)

Let Kim know if you of anyone who would like to volunteer to sell pop during the New Years Eve Event.

#### Unfinished Business

Catherine (Archives Chair) wants to do archive Workshop on January 13th? Tabled for now.

CFR in Ames is in need of Grapevines – will update at next meeting - resolved

AV Technology report for District Meetings Committee Report – tabled for now

#### New Business

Date/Location of next meeting: January 7, 2024 - McCormick hosting

Letter from GSO – Glenn R. - regarding changes in literature and many agenda items brought up. GSRs need to take back to groups and get a consensus. There is a suggested checklist attached to the letter. Not sure if it will be discussed at service weekend in January to see if it needs to be brought up at the spring assembly. Send an email your groups opinion to Amanda and/or discuss at next district meeting.

Other agenda items that groups needs to be aware of – Amanda will email out an update.

## Q4 Treasury Reports

November	December
Beginning Balance: \$2,553.99	Beginning Balance: \$2,776.82
Expenses: \$1,174.35	Expenses: \$172.64
Income: \$917.18	Income: \$500.22
Ending Balance: \$2,296.82	Ending Balance: \$2,604.40
(less \$600 prudent reserve)	(less \$600 prudent reserve)
Final Balance: \$1,696.82	Final Balance: \$2,004.40

District Officers and Chairs	
DCM	Glenn R.
Alt DCM	vacant
Secretary	Kim H.
Treasurer	Brian W.
Archives	Catherine N.
Grapevine	Jamie S.
Literature	Christy J.
Newsletter	Anne D.
Public Information	Judy R.
Treatment	Justin F.
Cooperation with the Professional Community	Judy R.
Corrections	vacant

District Groups and GSRs	
Ames Downtowners	Dan M.
Boone Group	Karl L.
Friday Night Fellowship	Roger H.
Full Support Women's Group	Tracey W.
Marshalltown Group	John P.
McCormick Group	Gary W.
Noon Group	Catherine N.
Sunday Night Grapeviners	Scott D.
There Is A Solution	Paul L.
Tuesday Night Big Book Discussion Group	Elza M.

Are you looking for a service position in District 3?

We have two open service chair positions and we are always looking for members for our subcommittees. Please join us at our next business meeting or reach out to (515) 520-4019 or [aa.ia.d3@outlook.com](mailto:aa.ia.d3@outlook.com) for more information.

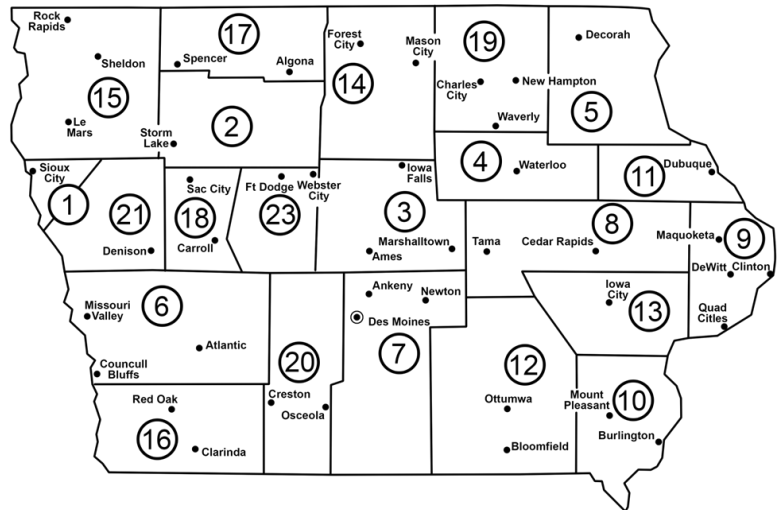


*slogans~*

*I am responsible, when anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.*

## Congratulations!

District 3	Sobriety Birthdays
Scott R.	10/29/1995
Sashya C.	11/11/1997
Lindsey D.	11/13/2022
Phil C	11/13/1978
Catherine N.	11/20/2015
Ben C.	11/21/2003
Megan S.	11/27/2020
Kim W.	12/11/2021
Brenda G.	12/11/2006



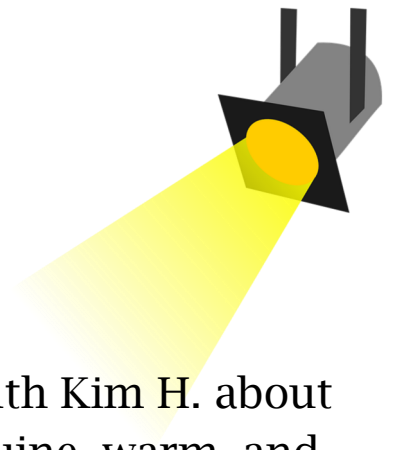
Would you like your birthday published in the Newsletter? Contact Anne D. at: [newsletter@acentraliowa.org](mailto:newsletter@acentraliowa.org)

## **Spotlight on Committee Members**

**Kim H., Secretary**

**Sobriety Date: 6/28/2012**

**Home Group: Full Support Women's Group**



I'm so grateful for the opportunity I had to talk with Kim H. about her journey in Alcoholics Anonymous. Kim is genuine, warm, and welcoming, and she is the very embodiment of AA service. In addition to that, as many in the Ames AA community already know, she is an absolute joy to be with. Kim is truly a gem for us in District 3!

Newsletter: What are you most grateful for in AA?

Kim: Before AA, I didn't like to be around people, I was very anti-social. Since allowing myself to become a part of the fellowship and to depend on you all for community, I am so much happier than I ever thought I'd be! And now I actually love being around people!

N: What is your favorite AA slogan?

K: "Live and let live." I used to always worry what people were thinking- in fact, I *knew* what you were thinking, and it wasn't good (laughs)! Now, I don't even bother wondering about it, I just let people do what they're going to do (or not) and I do what I need to do.

N: Do you have a favorite passage in the Big Book?

K: I am absolutely fascinated when it talks about the 4<sup>th</sup> dimension. I love that it reminds us that there is no need to worry about anything in the past, and no reason to concern ourselves with the future, the best we can do is to stay in the present!

N: Is there something in your story that you feel passionate about sharing with others?

K: I think it's important to share my experience of going in and out of AA lots of times, over 10 years, and that I wasn't able to get sober

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until I was 51. We see so many people come in and out and I don't want them to be embarrassed to come back. Same with older folks who may think it's "too late" to get sober. One of the main things that brought me back for the last time was Sandy E.'s willingness to be there for me as a friend. She let me know that whenever I was actually ready to quit, she would help me- but most importantly, that she loved me no matter what. That really made a difference for me, and I want others who are struggling with going in and out, or those who are older, to know that we are here for them and that we don't think any less of them and we are ready to help whenever they are ready to accept our help!

N: Besides your sponsor, is there anyone in particular who has been especially prominent in your recovery journey?

K: Catherine N. is my person! She has been there for me from day one, literally- she was on the 12 Step call with Sandy. She was new too, so we've grown up together and we are like sisters! We have so much fun and I know she is always there for me.

N: What is your favorite principle in AA?

K: I love that the only requirement is that we desire to quit drinking. For so long I couldn't, but I *wanted to*, and ultimately that was enough to get sober.

N: What are some service positions you've sat for?

K: My first service position for District 3 was archives- I love history so that was interesting for me. I've also served as Grapevine chair, I've been the Intergroup Liason, the DCM, and this is my second time serving as Secretary. For my homegroup, I've been GSR, secretary, and I'm the treasurer right now.

N: What is your favorite part in serving the AA community?

K: It's hard to name one! I look forward to going to the business

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meetings and being social with everyone. I love giving back to the program that has given so much to me! And most importantly, I want to preserve the future of AA and make sure it is still around for others like it has been for me.

N: What has been challenging for you in service?

K: Wondering if I'm doing it right (laughs)! Especially at the beginning, I didn't know what to do- but then I learned to just ask my sponsor for help. I was also afraid to go new places, and I learned to tag along with others who had already been there. Now I get to take newcomers along with me!

N: Do you have any goals for your current District position?

K: Yes! Last time I did this, I tended to procrastinate and wait until the last minute to get the minutes up on Dropbox. This time I'm making an effort to get them posted and emailed before the first business meetings for our groups occur.

N: What would you say to the newcomer, or someone new or newer in service?

K: First of all, keep coming back! Of course it will be better for you if you never leave once you get here- but no matter what, we are here for you! For service- talk to your sponsor!! Sometimes people take on too much too fast and it's important for us to stick with what we can do so it doesn't negatively effect our sobriety. Our sponsor is the best person to direct us to a good place to start- like making coffee at our homegroup- then moving on from there. Last, ask for help!! Not just from your sponsor, but also from the community in AA. We're not meant to do this alone, and it helps us all, to help each other! Plus, we really do have a fun time- I really didn't know I could have so much fun in life!

## *A Message from One of Our Members~*

My Home Away From Home, by Phil S.

I moved to Ames in August of 1987 with a little over one year of dry time, and was very proud of MY accomplishment. The problem was that I had a mental defense, but no spiritual defense. You see, I hadn't taken the steps, I didn't have a sponsor, and I didn't have a homegroup (much less a position in a homegroup). The most important word in the previous sentence is 'I'. I was doing this sobriety thing alone. The members in the town where I got sober were wonderful examples, but I didn't think I needed to do what they were doing so I didn't ask for help. As a direct result of my inaction, I came very close to drinking my first night in Ames. I was very scared and felt very alone.

The next night I walked into what would become my homegroup. The group was called Big Book Recovery Group. I was amazed, even before entering the meeting. There was a line of people (we lovingly called it the gauntlet) ready to meet me and shake my hand outside the meeting. Once inside I saw many more smiling faces, and there was something about their eyes. I couldn't have told you then, but now I know that I saw God in their eyes. Those people (some of them younger than me and with more sobriety) had been taking the steps. They had sponsors, a homegroup, a position in the homegroup, and many had a position outside the homegroup. In the front of the room there was a sign that told me what I had been missing that first year. The sign had one word: WE. Finally, I was beginning to let the 'I' become 'We'. That group became my home. Soon after, I began doing what my new friends were doing, and I began getting what they had. Most importantly, I took the Steps and had the spiritual awakening mentioned in Step 12.

A couple years later, the group decided to multiply into smaller groups. Instead of one group with many meetings and limited service opportunities, we broke up into groups that each met one night of the week. Many of those groups are still around today. My homegroup is the Ames Downtowners, and we have the original 'WE' sign that was on the wall in that first meeting! When the group first formed, the name Big Book Serenity Group was chosen. However (as the story is told), during one of the early business meetings that almost ended in a fist fight between two of the members, the name was changed to the Ames Downtowners. We will be celebrating our 35th Anniversary in October. We are a Big Book top hat topic group. We pick a one-liner (chosen by members) from the hat and share about how we relate to the topic.

I love my homegroup and all its members. I'm not one to say that we are the best homegroup around. There are many wonderful groups in Ames. However, I will tell you that I am extremely grateful for my home in AA. As the Big Book states, I have a host of friends today. After 37 years, I am still sponsored, still have a homegroup, still have a position in that homegroup (literature), and still stay active outside my homegroup. A team of us bring the message into the Story County Jail via Zoom meetings, and a few of us bring the message into the Eldora Boys Training School. I sponsor others today, and it is a great joy to give to others what has been given to me. I'm on the 12th-Step call line and have received many calls over the years from people who want to get sober. I'm always excited to help a new guy change the 'I' to 'We', if he chooses to take a few simple actions. Thank God I found out how to do that in Big Book Recovery Group.

Special thanks to our contributing members, Kim H. and Phil S.!