



District 3 Newsletter

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**District 3
ELECTIONS**

When: September 8, 2024 @ 1:30 PM
Hosted by: Downtowners
Where: McCormick Clubhouse, Ames

All Positions Are Open
 District Committee Member
 Alternate Committee Member
 Secretary
 Treasurer
 Archives
 Cooperation with the Professional Community,
 Corrections
 Grapevine
 Literature
 Newsletter
 Public Information
 Treatment

Voting members are District Officers and Chairs, and GSRs.
 Anyone can stand for a position. Sobriety requirements may apply.

<http://www.aacentraliowa.org>
aa.ia.d3@outlook.com

Summary of Minutes for District 3 Business Meetings, Q2

April

Officer Reports

DCM – Glenn R.

Appreciation to Marshalltown group for helping host meetings.

Attended the Zoom meetings with the delegate and has a letter from delegate regarding the response to the founder's writings that she will be taking to the GSC. He will email to GSRs.

Attended the April Boone Breakfast meeting and talked to people about service work. Their GSR will need to step down due to family matters.

Discussion on why the draft of the Plain Language Big Book confidential to conference members only and why we can't see a draft? 1) In order to retain the copyright of A.A.'s literature assets, we have to be able to assert that they are not "at large", shared widely in whole or in part within the Fellowship or shared on social media, prior to being published. 2) It usually takes several years to complete a piece of literature. During that time, multiple versions of the piece are shared with the reviewing

Newsletter published quarterly.

conference committee. if shared widely, it would be possible for the fellowship and the public to become confused about what is in revision, what is the current revision and what is "conference approved"

Alt DCM – vacant

Secretary – Kim H.

Let her know of any edits or corrects after she sends out the meeting minutes so changes can be made before the next meeting.

Chair Reports

Archives – Catherine N.

No report

Cooperation with the Professional Community/Public Information – Judy R.

She has been in contact with her committee members and they are taking care of business while she is laid up.

Corrections – vacant

Grapevine – Jamie S.

Not present

Literature – Christy J.

Inventory same; ordered case of L.S. for Bridging the Gap

Newsletter – Anne D.

Email from her

Treatment – Justin F.

Not present

Group Reports

Ames Downtowners – Dan M.

Moving along pretty good; 20 yr chip given out; couple of new people move in and are attending. Gearing up for June Jubilee

Boone Group – Karl L.

Fellowship Friday Night Group – Roger H.

Attendance holding with around 20. Always looking for new homegroup members. Present a 6 month chip this month.

Full Support Women's Group – Tracey W.

We continue to have about 22 attendees and 6-8 attending online. We had 5 visitors and one newcomer. We gave out 4 white chips, 5 green chips, 1 red chip, 1 blue chip, a 1 year chip, and a 23 year chip.

Marshalltown Group – Michelle C.

23 yr chip; 4 6-mo chips

McCormick Group – Scott R.

The McCormick Group meetings reported steady attendance for March. The sobriety recognized in March was four white chips, one blue chip and six annual sobriety dates ranging from seven years to fifty-two years.

Noon Groups –

Sunday Night Grapeviners – Scott D./Denny I. filling in

Attendance has been great! We are moving to the big room upstairs tonight to better accommodate the numbers. Grapevine raffle is on the third Sunday of the month.

There is a Solution – Paul L.

Meetings have been going well for TIAS in Nevada. Attendance is up and we recently celebrated seven and 37 year anniversaries. Come join us for a Thursday night meeting!

Tuesday Night Big Book Discussion Group – Elza M.

Meeting going really well; gave a homegroup member a 14 year chip and we also had a 6 month too! Getting ready to help host the Memorial Day Picnic at Moore Park in Ames on Memorial Day. JOIN US AT THE PICNIC!!!

Unfinished Business

Workshops

Service Workshop Updates - Kim H., Anne D. and Catherine N.

Flyer is out; have copies to distribute today.

The food is planned and the cost has been estimated at approximately \$500. I checked stores online for food and incidentals. The cost should be about the same as the Concepts Workshop since we learned we didn't need as much as originally bought. Also, the donation to Alano has not been figured in yet. Group food and task assignments have been approximated.

Information packet for each officer and chair position has been passed out. SOPs distributed. Feel free to update.

I motion to be reimbursed up to \$600 for food and incidentals for the Service Workshop to be held on July 27, 2024.

Receipts will be submitted to the treasurer. Agreed.

Ask face-to-face for people to volunteer. Catherine said she would check with everyone

Please make sure you ask the GSR to ask personally their people. Paul will do GSR presentation

November – Traditions workshop and play with the delegate. Any updates?

Decided on date Nov. 9th

Contacted delegate and has on her schedule

Contacted area treasurer and he will do contributions talk on group through GSO.

Suggestions for three speakers; one has agreed; two yet to ask. Three speakers in morning covering traditions 1-4, 5-8, 9-12 at about 45 each including Q&A. Will start at the top of the hour.

Will have two afternoon speakers

Play at 12:45 after lunch – will be asking volunteers. Copy of play will be brought to next meeting by various members.

Delegate talk

Questions at the end

Will be talking about clean up/set up

Costumes maybe

Hospitality room for [National Alcoholics Anonymous Archives Workshop \(NAAAW\)](#) in Des Moines Update – Glenn R.

Catherine N. would like to have the District 3 Archives set up and will contact District 7.

She would like to know if District 3 is supportive of assisting with a hospitality room - yes. DCM did not find out the information needed from the last district mtg. Catherine will begin by checking with Area. Might be able to find out more details in June.

Open positions – no one stood for Alt. DCM or Corrections positions

New Business

Date/Location of next meeting: May 10th. Tuesday Night BB Discussion Group is host. Location TBD.

Open positions – no one stood for Alt. DCM or Corrections positions

Sending Officers & Chairs to 2024 Spring Conference – Judy R. motioned to cover expenses for four positions at \$600 total to include meals, registration and gas. Seconded by Tracey W. Passed. People going are Catherine, Archives; Brian, Treasurer, Glenn R., DCM; and Judy R., PI/CPC.

May

Officer Reports

DCM – Glenn R.

I have been back to Madrid.

Stratford, attended anniversary meeting, got contact Mark Nagel, emailmnagel1362@gmail.com.

Got a literature contact from Boone, will pass it on to Christy.

Contacted Lauren to get corrections workbook.

Continue with the Story County jail online meeting.

Eldora training school, looking for some NA members to go once a month consistently.

Attended the Boone Day at a Time's last meeting.

Alt DCM – vacant

Secretary – Kim H.

Brought flyers for the District open positions. Thanks everyone for let me know if you weren't attending the meeting and for those who sent their reports.

Treasurer – Brian W.

Upcoming expenses are the Spring Conference in June, \$600, and the Service Workshop in July, \$600.

There is a National AA tech workshop being held in St. Louis, MO, September 13-15 which he would like to attend

He also refreshed the meeting schedule

Chair Reports

Archives – Catherine N.

If you want flyer books, let her know within 2 wks. at hermoncatherine2@gmail.com. Also has new business

Cooperation with the Professional Community/Public Information – Judy R.

My team is asking for more packets to take to churches and health care facilities. I will be taking inventory of what I have soon and request what literature I need. We will put packets together and continue to do our best to get the information out.

Corrections – vacant

Grapevine – vacant

Literature – Christy J.

Not present – see last month's report for this month's report (no changes)

Newsletter – Anne D.

I'm sorry to miss the chance to be with you all today but as usual I'm having to conserve my energy as I have my kids this

week. I've also been struggling with allergies and a cold this month, so I did not get the newsletter out as planned. But it will be going out today! Please reach out with any questions, and please keep getting those birthdays from your group members! If you need a copy of the newsletters you can talk to the GSR which should be getting them printed for their group and should be emailed out to district email.

Treatment – Justin F.

Glenn is unable to contact by email, phone and no one in district has heard from him. Glenn will follow up.

Group Reports

Ames Downtowners – Dan M.

Gave out a 10 year medallion and a white chip. Getting ready for June Jubilee and seeing new faces.

Boone Group –

Fellowship Friday Night Group – Roger H.

Full Support Women's Group – Tracey W.

We have had about 20 attendees and 6-8 attending online. We had 2 visitors and 4 newcomers. We gave out 1 2-month chip, 1 3-month chip, and 2 9-month chips. Since our GSR (Tracey) will be moving out of state, we will be electing a new GSR at our business meeting at the end of May. The new GSR will be attending the Spring Conference.

Marshalltown Group – Michelle C. – Not present

McCormick Group – Scott R.

Meetings reported steady attendance for April. The sobriety recognized in April was eight white chips, three green chips, one red chip and three annual sobriety dates ranging from eighteen years to thirty-seven years.

Noon Groups –

Sunday Night Grapeviners – Scott D, Denny I. substitute

There is a Solution – Paul L.

We have been having 8-12 meeting participants each week and presented a white chip.

Tuesday Night Big Book Discussion Group – Elza M.

Helping to host Memorial Day picnic. Meeting going well

Intergroup Liaison – Kim H.

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

Unfinished Business

Workshops

Service Workshop Updates - Kim H., Anne D. and Catherine N.

Kim emailed the food and room set up schedule after the meeting last month.

Someone will be personally checking with the groups about the requests.

Room set ups have been proposed but will most likely be much like the Concepts workshop set up with the meeting and tables in the main room and lunch items in the Alanon room.

November Traditions Workshop – Brian W.

Confirmed all three speakers for Traditions in the morning: Lyle, Joy (Marshalltown), and Nate.

Traditions play will be from 12:45 to 1:00. Christy J. is in charge of play and it was suggested that the District officers be in the play.

Hospitality room for [National Alcoholics Anonymous Archives Workshop \(NAAAW\)](#) in Des Moines Update – will be meeting in June and know more then.

New Business

Date/Location of next meeting: McCormick hosted by the McCormick Group

Open positions – no one stood

Alt. DCM

Corrections

Grapevine

Catherine – requesting \$100 to update Archives for presentation at the Service Workshop and Traditions Workshop. Judy motioned to give Catherine N. \$100 to update the Archives. Paul L. seconded. Passed.

Brian W.— let those who are going to the Spring 2024 Conference that he could write them a check for \$150 if you wanted it before you went. If you don't spend it all, you would return any extra to Brian.

Anne— had the Iowa Falls contacts incorrect, but it is correct now. AAcentralia website should have the latest but Brian will check.

***No District Business Meeting in June due to Area Spring Conference.**

Q2 Treasury Reports

April	May
Beginning Balance: \$3,063.89	Beginning Balance: \$ 3,012.42
Expenses: \$151.47	Expenses: \$250.94
Income: \$100	Income: \$368.24
Ending Balance: \$3,012.42	Ending Balance: \$3,129.72
(less \$600 prudent reserve)	(less \$600 prudent reserve)
Final Balance: \$2,412.42	Final Balance: \$2,529.72

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

For additions or corrections, please write to
newsletter@aacentraliowa.org

District Groups and Contacts	
Ames Downtowners Group	Dan M., GSR
Boone Group	Karl L., GSR
Four Horseman	Erik T.
Friday Night Fellowship	Roger H., GSR
Full Support Women's Group	Lindsay D., GSR
Iowa Falls Group (Fireside)	Pat V.
Madrid Group	
Marshalltown Group	Michelle C., GSR
McCormick Group	Scott R., GSR
Monday Night Saw Mill Group	Joel W.
Ames Noon Group	
Ogden Group	Al T., GSR
Saturday Morning Eyeopeners Group	
Stratford Meeting	Mark N.
Sunday Night Grapeviners	Scott D., GSR
There Is A Solution	Paul L., GSR
Tuesday Night Big Book Discussion Group	Elza M., GSR

slogans~
Let go and let God

Spotlight on Committee Members

Catherine N., Archives

Sobriety Date: 11/20/2015



Sitting and talking with Catherine is always a hoot! She is so spirited (must be the red hair, lol) yet so gentle and loving. It is clear within moments of engaging with her that in addition to her mischievous sense of humor, she has a momma's heart and sees through to the inner child of every person she meets. She is so very committed to carrying the message of AA because she truly believes in its power to save lives. And it is clear that she cares just as much about supporting each other once we are sober, so that we may go on to truly thrive in our purpose in the world, to love and serve others.

Newsletter: What is your favorite thing about AA?

Catherine: My most favorite thing about AA is meeting people that understand me, people who think outside of the box!

N: What is your favorite AA slogan?

C: "One day at a time."

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

C: The Promises!

N: Is there something about your story that you feel passionate about telling?

C: I'm an open book for the young girls in rehab that I work with.

N: What is something in your story that you think is important to share to help people identify?

C: When a cop arrested me and I said, "Don't you know who I am?!" That is the audacity and ego of this alcoholic! (shakes head, laughs)

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



C: Elza, Sandy, Amanda, Lee, Jeanine.

N: Which principle means the most to you?

C: Willingness!

N: What was a challenge or fear when you first got into service?

C: Lack of confidence!

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

C: The people! Being around some good, hard working people that are passionate about the work they're doing for AA. And they don't have to be perfect, I love the people who make mistakes, we're here to share our true selves with each other!

N: What has been your favorite service position so far?

C: GSR, it helped so much with my confidence.

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

C: Yes, to find someone to replace me! (laughs)

N: What has been helpful for you to balance your service commitments with life's other responsibilities?

C: I've learned to not compare myself to others and to only do what I'm personally capable of.

N: What do you have to say to the newcomer?

C: Smile! And welcome to our family.

N: What advice would you offer to someone new in service?

C: Take your time on this one, make sure you can breathe in your sobriety before you take on more.

N: What message do you have for the newest generation of AA?

C: That the future of AA is in our hands and we are in this together. Know that there is change, and we are part of that change. Gradual change is important. The most effective positive change for communities comes from within.

GSO HIGHLIGHTS

from box 459

Vol. 71, No. 1 Spring 2024

New Staff Member!

Welcome Nick S. from Rockland County, New York, who serves on the Corrections assignment.

INTERNATIONAL CONVENTION 2025

July 3-6, 2025, in Vancouver, British Columbia, Canada. Online registration and housing will open on September 10, 2024. It is A.A.'s first in-person International Convention in 10 years and excitement is building for this celebration of the Fellowship's 90th birthday. Go to AA.org for info on the convention.

The International Women's Conference turned 60!

In Kansas City, Missouri, 1965, 45 women in A.A. met to share experiences common to women alcoholics and to hear women speakers from other areas in the U.S. This past February in Portland, almost 4,00 women, virtually and in-person gathered to develop friendships and share what A.A. is doing in their lives. To quote Tracy P., the Hispanic liaison for the IWC, "Just knowing what other women are doing around the world is so important." The 2025 IWC will be held in San Diego, CA, January 30 – February 2.

SAVE THE DATE

27th National AA Archives Workshop
"24 Hours a Day: Then & Now"
September 26-29
Scottish Rite Consistory
519 Park Street, Des Moines, IA

Want to learn more about the
PROPOSED AGENDA ITEM PROCESS?

Go to www.aa.org/box-459

You can read the entire current issue or sign up to receive the newsletter quarterly.

Check the BULLETIN BOARD for a calendar of events!

A.A. LITERATURE ANNOUNCEMENTS

On April 10th, 2024, the Big Book of Alcoholics Anonymous celebrated its 85th Anniversary! Translated into more than 70 languages and available around the world, you can get it as an e-book, an audiobook and on video in American Sign Language. In English alone, since its debut, more than 41 million copies have been sold. David R., publishing director at GSO notes, "It is astonishing to consider that in 2023, A.A. World Services distributed an average of more than 2,500 copies of the Big Book *each day of the year*."

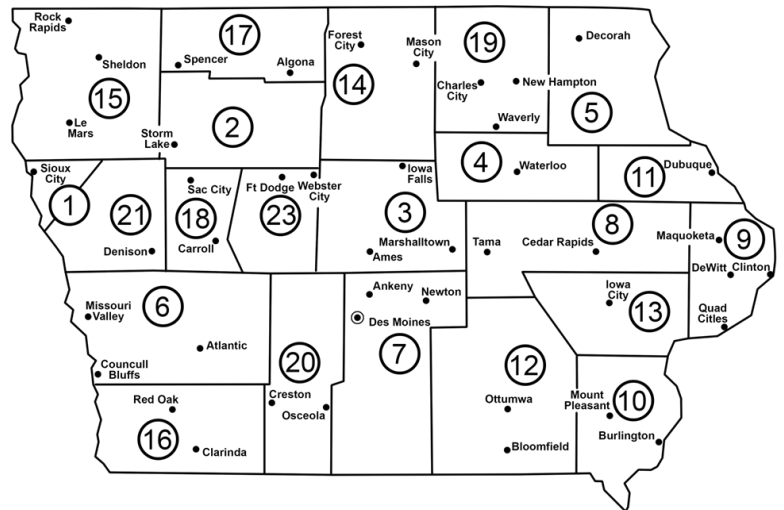
Happy 85th Birthday to the Big Book!

Upcoming Events

Date	Time	Event - Host	Location
Jul 27, 2024	9 AM	District 3 Service Workshop	McCormick-Ames
Aug 4, 2024	8:30AM	Boone Breakfast Speaker Meeting	Boone
Aug 20, 2024	5:30PM	Full Support Women's Group Anniversary Celebration	Ames
Aug 25, 2024	1:30PM	District 3 Business Meeting and Elections	McCormick-Ames
Sep 2, 2024	11:30AM	Labor Day Picnic - Shagbark Shelter - Inis Grove	Ames
Sep 8, 2024	1:30PM	District 3 Business Meeting and Elections	TBD
Sep 26-29, 2024		National Alcoholics Anonymous Archives Workshop	Des Moines
Oct 11-13, 2024		Area 24 Fall Conference	Sioux City
Nov 9, 2024	8:55AM	District 3 Traditions Workshop	McCormick-Ames

Congratulations!

District 3	Sobriety Birthdays
Helen L.	4/12/1986
Jenny D.	4/19/2018
Marcia L.	4/23/2021
Brian W.	4/25/2018
John M.	5/6/2023
Joy E.	5/25/2003
Lisa D.	6/4/2022
Chris T.	6/4/2011
Scott N.	6/13/2001
Bobby C.	6/14/2023
Kim H.	6/28/2012



Would you like your birthday published in the Newsletter? Please write to: newsletter@aacentraliowa.org

A Message from One of Our Members~

Trust in God and Clean House

By Fred L

"Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house." Alcoholics Anonymous p. 98

As I write this, I've managed to string together 317 continuous days of sobriety, thanks to God, sponsorship and the fellowship of A.A. While many things have improved in that time, I still struggle with restlessness, irritability and discontent.

Life still happens. Situations beyond my control test me and throw stumbling blocks in my path.

But those words from p. 98 of the Big Book provide great comfort and motivate me to keep moving forward, putting one foot in front of the other, taking one right action at a time. I sometimes think of that quote as the "steps within the steps" because those two conditions – trusting my Higher Power and cleaning house – boil down much of the work detailed in the 12 steps into just six unforgettable words.

I struggle more with trusting in God than I do with cleaning house. I think that's largely due to the highly specific instructions contained in the 12 steps regarding how I can face up to my past and make right my previous mistakes. I continue to take a moral inventory and try to admit when I'm wrong. I keep an eye on my fears and resentments. I've learned to call my sponsor when faced with difficult situations when the right path isn't immediately clear. Those practices all help me to keep my side of the street clean.

But when people, places and things beyond my control don't go my way, when my only recourse is to trust that God's plan is perfect and that I'm right where I'm supposed to be, that's when my impulse to try to direct everything and everyone grows stronger. I find myself in such a situation right now as I type these words on my laptop.

So I pray.

I ask my Higher Power to relieve me of my anxiety. I ask only for knowledge of His will and the power to carry it out. I shut my eyes and breathe deep and focus on that point in my soul where God is still in the act of creating me. And I feel a little better.

I know enough about alcoholism to never say I'm cured of my disease. Some days, I wouldn't even describe myself as well. Yet I know that no matter what life throws my way, I can get through in relatively good shape if I just trust God and clean house.

*Correction: The author of last quarter's member article, Erik T., was accidentally omitted. Sincere apologies for that! Thanks for your contribution, Erik!

Special thanks to our contributing members, Catherine N. and Fred L.!