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A note from the editor

Dear Friends in Sobriety,

Welcome to the first-quarter 2025 District 3 newsletter!

Below, you'll find abridged minutes from the January, February and March district meetings along with the quarter's financial reports. Be sure to read to the end for a great meditation on managing anger from Joel W. of Iowa Falls.

If you have questions or feedback you'd like to share, please send me a note at d3.newsletter@aacentraliowa.org.

Thank you for being part of this community. Together, we carry the message of recovery and keep the spirit of AA alive in our community.

In service,

Fred L.

Editor, District 3 Newsletter

Meeting Minutes

January

Held 1/19/2025 at the McCormick Clubhouse in Ames

Unfinished Business

A) 2 vacancies Alt. DCM, Archives — If you know someone that's looking for service work, bring it up at your groups

B) finish meeting information — Discussion on groups to host the business meetings moving forward. Passed around sign up sheet. Host Information: District pays \$ 40 to host group, \$ 20 to the group and \$ 20 for Cookies and Coffee. Workshops, the rate structure is different. Any event that district has, get authorization from Gary W to make sure the clubhouse is available

New Business

A) Continuing PayPal account.

We currently don't use our PayPal account. Motion approved to discontinue the PayPal account due to attached 2.5% fee to use the platform, and the account has to have a phone number associated with it. Kim's phone number is associated and ties up her phone number with the account.

B) Literature request by Sandy E. for

Cost: One case of Big Books(case/ 20 11.28 ea)

one case of Living Sober (5.64 per case/ 50)

50 Pamphlets of Bridge the Gap (P-49) 0.30/ each

50 Pamphlets of Questions and Answers on Sponsorship (P-15) 0.30/ each

Total Cost: 537.60

This will go back to the Sandy E. to get more information on quantities.

C) Mini Workshop on Meeting Structure and Drop Box

Brian: Workshop on the structure of a business meeting. 3 Hour workshop

- Learn Dropbox
- How you run a business meeting

February 1st, 9-12 noon

- First half, Cover business structure. Last half of the workshop working on Dropbox for District 3/ Area 24. Tentatively: held at UCC (Tuesday Night Big Book Group) or Community of Christ Church

Chair entertains a motion: Motion that District 3 will hold a workshop on February 1st to discuss business structure and DropBox to be held location to be determined. Motion:

Phil 2nd: Jarrod Hanson. All those in favor: I's have it

D) Phil Motions: District hosts a Sponsorship Lunch and Learn in April 5, 12 or 19th Possible Speakers: Dennis and Bev H from Omaha. Tentative time 11-4 and serve lunch. Phil will form a committee and work with someone to ID potential dates and potential costs. Contact the speakers for availability

February

Held Feb. 9 at the Zoo in Boone

Unfinished Business

- A) Literature request for Boone and Ames CFR. Motion approved.
- B) Sponsorship workshop. Motion approved to hold sponsorship lunch-and-learn event at McCormick Clubhouse on April 12 from 10 a.m. to 2 p.m.

New Business

- A) Literature request by New Journey, independent addiction counseling. Motion approved to donate four Big Books, four plain language Big Books, two copies of the 12 & 12, and meeting schedules.
- B) Amended meeting schedule. Motion approved to change May district meeting date to May 18 to avoid conflicts with Mothers' Day. Motion also changes August meeting date to Aug. 3.
- C) Motion approved for Intergroup to share the district literature order by purchasing \$138 of literature reimbursed.

March

Held March 9 at McCormick Clubhouse

Unfinished Business

A) Update on April 12 Sponsorship Lunch-and-Learn. Estimated budget for the event: \$250 for food, \$50 to rent the space at McCormick, \$160 for speaker mileage.

New Business

A) District 3 debit card for literature purchases. Motion approved to reactivate debit card.

Financial Report

January

Beginning Balance: \$856.59

Expenses:

Income: \$456.19

Ending Balance: \$1,312.78

(less \$600 prudent reserve)

Final Balance: \$712.78

February

Beginning Balance: \$1,652.21

Expenses: \$616.86

Income: \$620.63

Ending Balance: \$1,655.98

(less \$600 prudent reserve)

Final Balance: \$1,055.98

March

Beginning Balance: \$1,652.21

Expenses: \$616.86

Income: \$620.63

Ending Balance: \$1655.98

(less \$600 prudent reserve)

Final Balance: \$1,055.98

District Officers and Chairs

DCM — Paul L.

Alt DCM — vacant

Secretary — Jon B.

Treasurer — Dan M.

Archives — Ben L.

Grapevine — Stephene C.

Literature — Jarrod H.

Newsletter — Fred L.

Public Information — Rachael M.

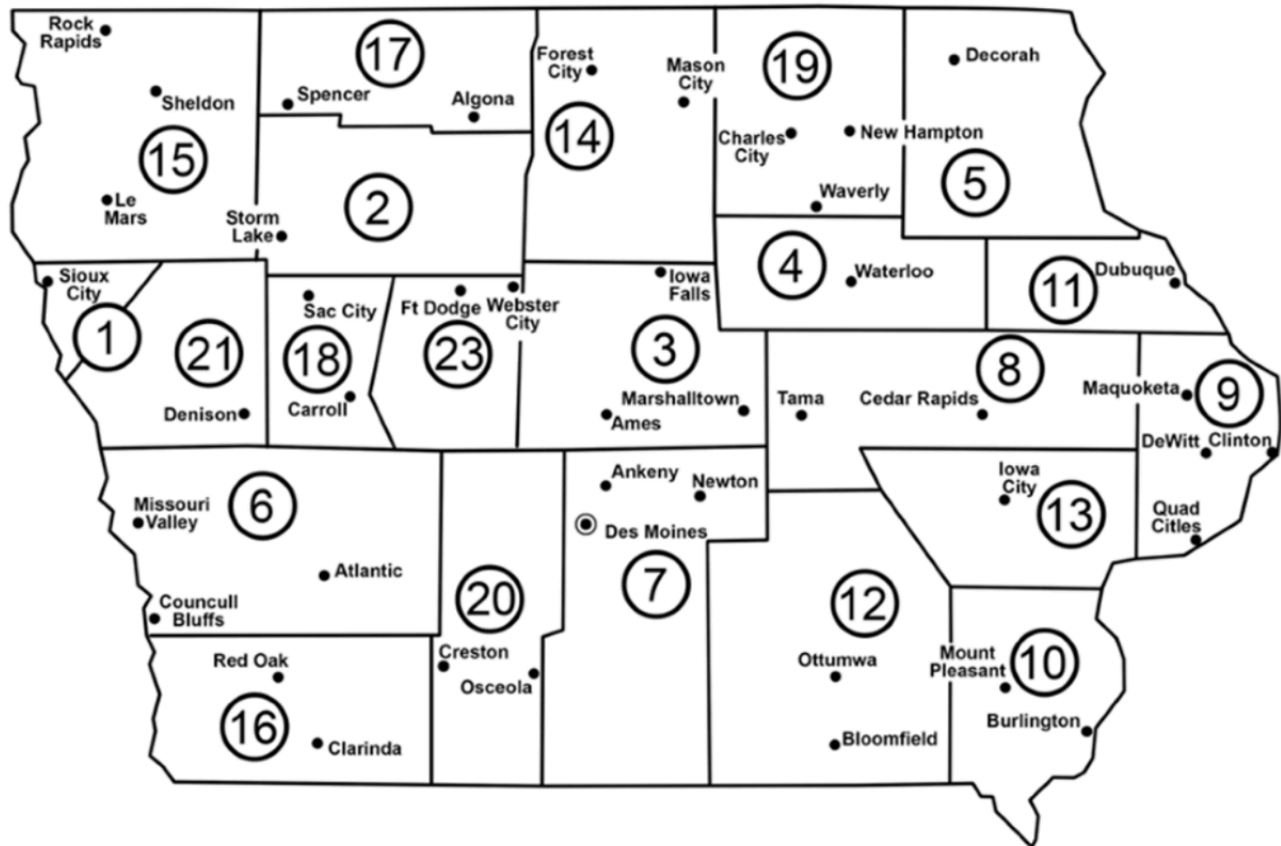
Treatment — Donny F.

Cooperation with the Professional Community — Stephanie A.

Corrections — Alisa K.

District 3 Upcoming Events

- **Breakfast at the Zoo**, May 4, 8 a.m., Boone
- **Party Time Stratford AA**, May 13, 6 p.m., Stratford
- **Ames Alano Lasagna Dinner**, May 31, 5 p.m., Ames
- **Area 24 Spring Conference**, June 13-15, Clear Lake
- **2025 AA International Convention**, July 3-6, Vancouver, B.C.
- **Area 24 Fall Conference**, TBD, Fort Dodge



A Message From One of Our Members

By Joel W. (Iowa Falls)

Living sober in a world that often feels like it's pushing against you is no small feat. Stopping drinking may seem like the hardest part at first, but as anyone who's walked this path knows, the real challenge lies in staying sober.

In my work at the State Training School for Boys, I encounter young men who are struggling with anger and emotional turmoil. Unfortunately, they often lack healthy tools to manage their emotions, with substances and alcohol frequently serving as their means of escape. But in our Residential Substance Abuse Treatment program, we plant the seeds for change—helping these young men build better coping

mechanisms.

One part of *Living Sober* that really resonates with me is from page 28, where it says: “Yet a great number of people are certain that bottling up anger is very bad for emotional health, that we should get our hostility out in some way, or it will 'poison' our insides by turning inward toward ourselves, thus leading to deep depression.”

The book goes on to say, “Anger in all its aspects is a universal human problem. But it poses a special threat to alcoholics: Our own anger can kill us. Recovered alcoholics almost unanimously agree that hostility, grudges, or resentments often make us want to drink, so we need to be vigilant against such feelings.”

The importance of managing anger and learning healthier ways to express it is undeniable. *Living Sober* offers several pro-social strategies for dealing with anger, and I personally rely on techniques like deep breathing, counting to ten, or simply stepping away from a heated situation. I challenge you to explore what works for you when it comes to handling your anger. Denying that you ever get angry? That’s just lying to yourself. We all experience anger—it’s how we deal with it that makes the difference.

Words of Inspiration

“We who live in the haven of AA clang together with an intensity of purpose which the outside world seldom comprehends. The anarchy of the individual melts away. Self-love subsides and democracy becomes a reality. We begin to know true freedom of the spirit.”

AA co-founder Bill W., July 1946, “The Individual in Relation to AA as a Group”, *The Language of the Heart*

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