

[View this email in your browser](#)



A note from the editor

Dear Friends in Sobriety,

Welcome to the first-quarter 2026 edition of the District 3 newsletter—a small streetlight on the road of happy destiny we share.

Below, you'll find highlights and condensed minutes from recent district meetings, along with up-to-date financial reports that reflect how we continue to support AA's primary purpose.

This issue also includes a guest reflection from Cameron C., offering experience, strength, and hope. Cameron's words point to a simple truth: we don't stay sober alone.

As always, this newsletter is a shared effort. If you have feedback, questions, or something you'd like to contribute to a future issue, please reach out at d3.newsletter@aacentraliowa.org.

Thank you for being part of District 3. Together, we carry the message—one conversation, one meeting, one day at a time.

Editor, District 3 Newsletter

Meeting Minutes

January

Held 1/11/2026 at Marshalltown Group Clubhouse

New Business

A) A motion was approved to purchase binders for all District 3 chairs and officers, which could be transferred to incoming chairs and officers after district elections.

February

Held 2/8/2026 at McCormick Clubhouse, Ames

Unfinished Business

A) Motion approved on to spend up to \$200 for Big Book Stone Mason themed workshop to be held July 25.

New Business

A) Motion approved to pay registration fees for all District 3 chairs and officers to attend the Area 24 Spring Conference in Marshalltown June 12-14.

March

Held 3/8/2026 at the Zoo, Boone

Unfinished Business

A) Motion approved on to purchase four boxes of AA business cards, each containing 250 cards, for \$60.

Financial Reports

January

Beginning Balance: \$1,586.53

Expenses: \$65.77

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

(less \$600 prudent reserve)

Available Funds: \$951.11

February

Beginning Balance: \$1,551.11

Expenses: \$1,106.05

Income: \$176.45

Ending Balance: \$621.51

(less \$600 prudent reserve)

Available Funds: \$21.51

March

Beginning Balance: \$481.29

Expenses: \$175.96

Income: \$798.59

Ending Balance: \$1,103.92

(less \$600 prudent reserve)

Available Funds: \$503.92

District Officers and Chairs

DCM — Paul L.

Alt DCM — vacant

Secretary — Jon B.

Treasurer — Dan M.

Archives — vacant

Grapevine — vacant

Literature — Jarrod H.

Newsletter — Fred L.

Public Information — Rachael M.

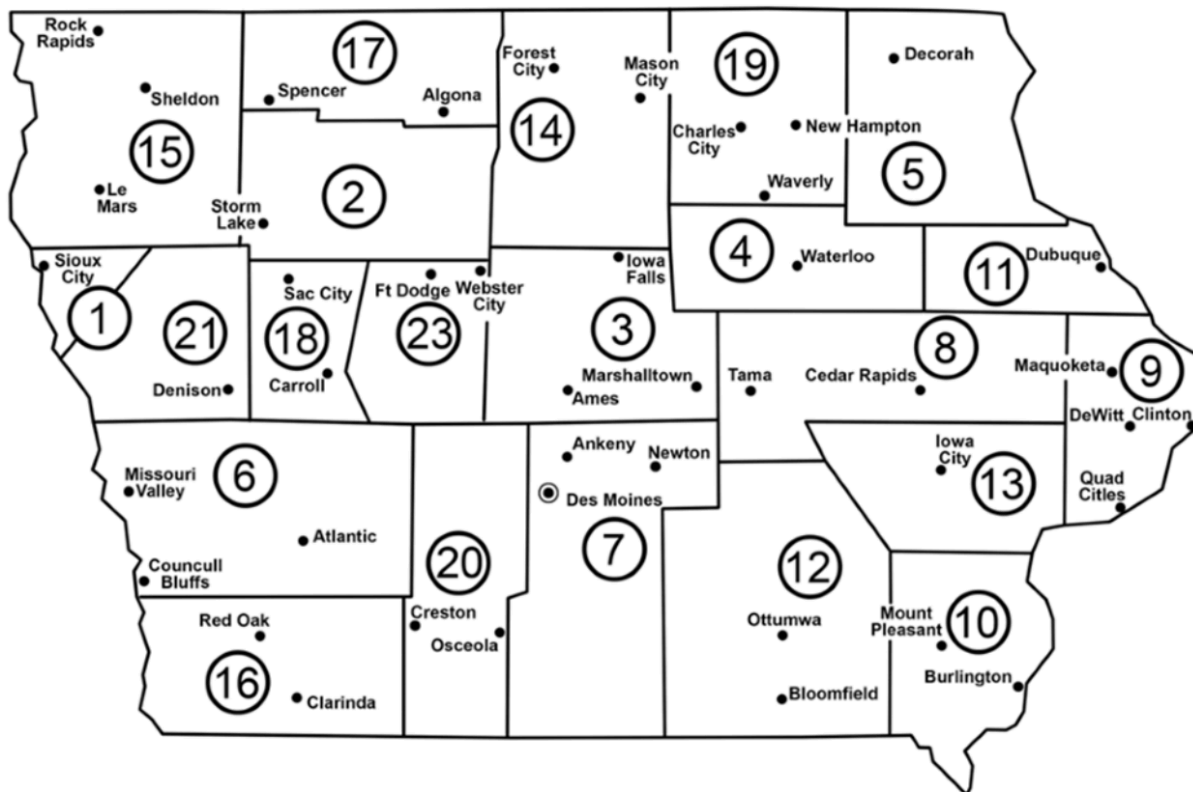
Treatment — Donny F.

Cooperation with the Professional Community — vacant

Corrections — Alisa K.

Upcoming Events

- **Ames Alano Lasagna Dinner**, April 25, McCormick Clubhouse, Ames
- **Breakfast at the Zoo**, May 3, Boone
- **Grace, Gratitude & Growth Women's Retreat**, May 15-17, Panora, IA
- **Area 24 Spring Conference**, June 12-14, 2026, Marshalltown, IA
- **Meal and a Message**, July 11, Fort Dodge, IA



A Message From One of Our Members

No One is Forgotten

by Cameron C., Ames

When thinking about my first week in the program, I recall wanting more than anything to fly under the radar and go unnoticed. I hoped that I could get away without introducing myself or

My third meeting was on a Saturday morning. Walking into the building, I was certain that I wouldn't recognize anyone. I was still new, of course, and couldn't imagine that too many people would want to spend the beginning of their weekend at an AA meeting of all places. Nervous, I walked in alone, hoping to find a seat near the door and plant myself there. Before I could even set my eyes on a chair, a woman I'd never seen before walked up to me with a big grin and the confidence of someone who might as well have known me for years and said: "Hi, my name is Karen. Is this your first meeting?"

We talked briefly from there, and before long the meeting started. In all honesty, I can't remember what other words we shared or if numbers were exchanged, but I had enjoyed the meeting and already made plans to come back the following week. Unbeknownst to me, an event was being held in that same space the following Saturday. Startled by the sight of numerous people I did not know, I turned away from the door and down the hall, finding no one in the alternate meeting area. Feeling embarrassed, I circled back towards the front door. I told myself it would be easier to just go home. Then, out of nowhere, the same woman from last week popped out of that full room in a rush, calling out my name. "Cameron! Hi! How are you? It's good to see you."

I didn't realize it then, but that singular moment of being recognized changed so much for me.

Now, everywhere I look in AA, there's a familiar face or someone reaching out a hand to ask how you are. The meeting before the meeting is when the rooms feel most alive. There's an overwhelming communal relief in getting to see so many close friends and say to each other in our own ways: *I'm so glad you made it back to us.*

At the end of the second season of one of my favorite shows, the female lead gives a long monologue. After forty minutes of all hope being lost and then found again, she speaks of the things we do for each other as people to ensure safety, comfort, and wellness for years to come. As I sit in meetings, listening to the buzz before the meetings, I find myself thinking of the words she shared. How they've been proven to be true time and time again:

"Nobody has ever been saved alone."

(P.S. Believe it or not, if you ask her, my sponsor will tell you that she is terrible with names.)

Words of Inspiration

"You don't help anyone by trying to impress them; you impress someone when you try to help them."

— "Distilled Spirits," Indianapolis, Indiana, August 1982, AA Grapevine

Subscribe

Past Issues

Translate ▼

Copyright (C) 2026 AA Central Iowa District 3. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

