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A note from the editor

Dear Friends in Sobriety,

Welcome to the second-quarter 2026 edition of the District 3 newsletter, another small streetlight along 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 reflecting how District 3 continues to support AA's primary purpose and carry the message. Note there was no June district meeting due to the Area Spring Conference.

This issue also features a personal reflection from David M., who shares part of his sobriety journey and offers his experience, strength, and hope. His story is a reminder that while each of our paths to sobriety is unique, we never have to walk that road 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.

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In service,

Fred L.

Editor, District 3 Newsletter

Meeting Minutes

April

Held 4/12/2026 at St. John's By The Campus, Ames

Unfinished Business

A) Motion approved to hold a Stonemason-themed workshop on July 25

May

Held 5/3/2026 at the United Church of Christ, Ames

Unfinished Business

A) Area 24 Workshop time and date adjustment discussion. Motion approved that District 3 will support the motion to trial moving all workshops to Saturday afternoon.

B) Motion approved to support the General Service Conference agenda item to create a virtual-only area within the U.S./Canada general service structure of Alcoholics Anonymous.

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.

Financial Reports

April

Beginning Balance: \$1,156.66

Expenses: \$74.22

Income: \$288.35

Ending Balance: \$1,370.79

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May

Beginning Balance: \$1,038.01

Expenses: \$406.30

Income: \$223.73

Ending Balance: \$855.44

(less \$600 prudent reserve)

Available Funds: \$255.44

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.

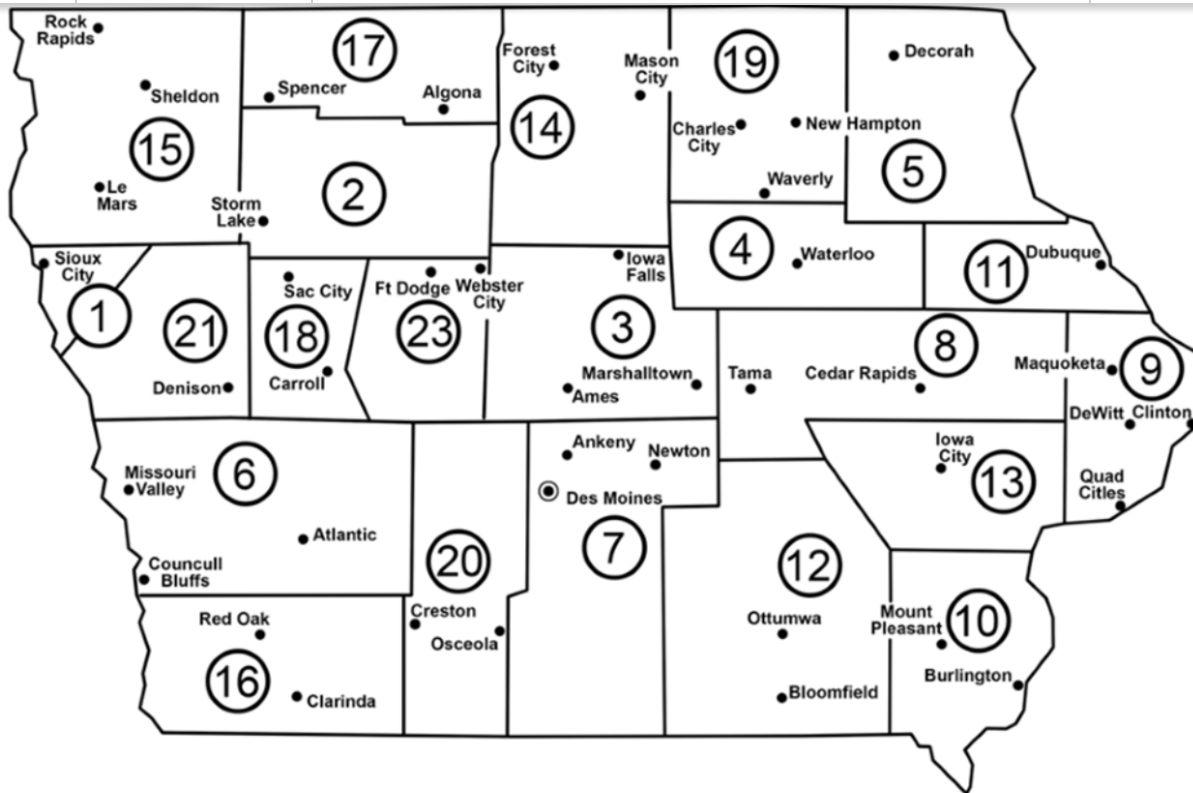
Treatment — Donny F.

Cooperation with the Professional Community — vacant

Corrections — Alisa K.

Upcoming Events

- **Full Support Women's Group 40th Anniversary**, Aug. 25, Ames
- **Zoo Breakfast Club**, Sept. 6, Boone
- **Ames Intergroup Labor Day Picnic**, Sept. 7, Ames
- **Area 24 Fall Conference**, Oct. 16-18, Cedar Falls, IA
- **31st Annual Men's 12-Step Retreat**, Oct. 23-25, Letts, IA

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A Message From One of Our Members

By David M., Ames

I decided around fifth grade I wanted to be a sportswriter when I grew up. I soon began writing for the local newspaper and read famous writers who wrote about sports, guys like Ernest Hemingway and Hunter Thompson. After college, I started using the byline “Max,” which sounded more like a sportswriter’s name than my name “David.” Better suited as a dog’s name, “Max” nevertheless followed me wherever I went—only my mother, who named me David, and wife called me by my given name.

Early on, I learned that those famous writers were also prolific drinkers. Sportswriters in particular were heavy drinkers, and I followed suit. But they tended to work sober (okay, Thompson not so much). Not me. I sometimes wrote columns when I was drunk, baffled the next day that I actually churned out copy that was mean-spirited and nasty to people who didn’t deserve it.

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leaving jobs because of alcohol abuse. Finally, I grew sick and tired of being sick and tired and sought help from a psychiatrist, who identified my alcoholism, gave me a meetings list, and told me to go to 90 meetings in 90 days.

That was 41 years ago. In sobriety, I embarked on a teaching career and retired from that eight years ago. All that time I was still going by that gritty bulldog's name of "Max." Alcoholics Anonymous is a program of total honesty, so when my wife and I moved to Ames, I reverted to my given name of "David." That's what most friends in the fellowship call me today. So you can call me David or you can call me Max. Just don't call me late for a meeting.

Words of Inspiration

"Whenever I am gripped by fear of an unknown future and all my projections are negative, I do what my sponsor directed me to do. I wriggle my toes and come back into the safety of the moment."

— New York, NY, January 2006, "Tools for Life", Beginner's Book

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