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A note from the editor

Dear Friends in Sobriety,

Welcome to the latest installment of the District 3 newsletter. In this edition, you'll find abridged minutes from our recent district meetings along with the latest financial reports, offering a snapshot of how we continue to support AA's work in Central Iowa. Note: There was no October district meeting.

This quarter also features a guest contribution from **Denny I.**, who shares experience, strength, and hope drawn from a life grounded in service and sobriety. His reflections are a reminder that none of us walks this path alone, and that showing up for others is often how we stay standing ourselves.

If you have feedback, questions, or ideas for future issues, I'd love to hear from you. Please email d3.newsletter@acentraliowa.org.

Thank you for being part of this fellowship. Together, we carry the message and keep the light on for the next person who walks through the door. 🌟

In service,

Fred L.

Editor, District 3 Newsletter

Meeting Minutes

November

Held 11/9/2025 at McCormick Clubhouse

New Business

A) Motions were approved to schedule the May 2026 district meeting to May 3 and the August 2026 district meeting to Aug. 2.

B) Brian W. reminded attendees to volunteer for the 2026 Spring Conference, which the district is hosting June 12-14 in Marshalltown

C) Motion approved to donate 30 Living Sober books to CFR for up to \$141, half to Ames and half to Boone

December

Held 12/14/2025 at the Christian Church in Nevada

Unfinished Business

A) Motion approved on to create officer-specific email addresses that rotate to new officers.

B) Decision on three potential 2026 workshops postponed until February meeting.

New Business

A) John M. said he would take charge of updating yellow contact cards.

Financial Reports

November

Beginning Balance: \$803.60

Expenses: \$731.74

Income: \$379.31

Ending Balance: \$1,307.34

(less \$600 prudent reserve)

Available Funds: \$731.34

December

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Income: \$398.49

Ending Balance: \$1,197.53

(less \$600 prudent reserve)

Available Funds: \$597.53

District Officers and Chairs

DCM — Paul L.

Alt DCM — vacant

Secretary — Jon B.

Treasurer — Dan M.

Archives — vacant

Grapevine — Stephene C.

Literature — Jarrod H.

Newsletter — Fred L.

Public Information — Rachael M.

Treatment — Donny F.

Cooperation with the Professional Community — vacant

Corrections — Alisa K.

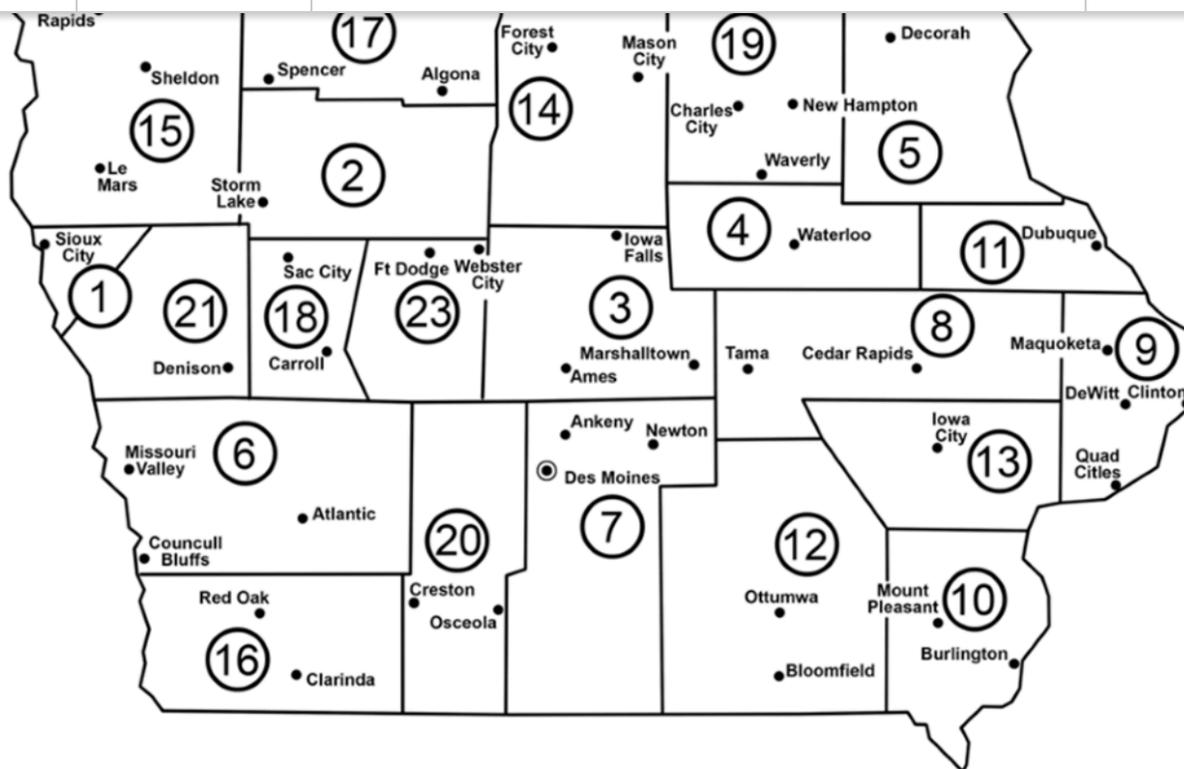
Upcoming Events

- **International Women's Conference**, Feb. 12-15, 2026, Des Moines
- **Area 24 Spring Conference**, June 12-14, 2026, Marshalltown

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A Message From One of Our Members

The Ripple Effect

by Denny I

There is a series on Netflix titled *Ripple*. It is about how the different characters in the story line have an affect on each other, and how that ripples through to other people in their lives. Conflicts in their lives, events that enter their lives, decisions made, and attitudes expressed affect others without even being aware of how it impacts them. The story reflects how each of them, knowingly or unknowingly, influence those around them.

In the book, *The Ripple Effect* by Fred H, he defines this situation as, “The effect we have on other human beings, based on what we do (or don’t do), what we say (or don’t say) and how we show up in each moment in other people’s lives.”

I was not aware of how I affected other’s lives until I did my first 4th and 5th steps. I selfishly thought I hurt no-one , other than myself, by my actions. Of course

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Today, I have learned to avoid making major harm, but my character defects still negatively affect my behavior. It is important that I daily watch for selfishness, dishonesty, resentment and fear, for these create negativity that surfaces into my daily actions. My function today is to grow in understanding and positive effectiveness. I strive to do this in service to others, but also in every interaction I have with others. A smile, a kind word, and expressions of acknowledgment can ripple through not only those I meet, but continue that attitude to those they meet. If I develop a sense of love and tolerance of others, and ask God to remove my character defects, I find that my actions can be a positive force for others. My small action can ripple as a wave of love and understanding that moves well beyond my small action.

Words of Inspiration

“Following a spiritual path has become increasingly essential to me. Contrary to my fear that taking Step Three would condemn me to a life of brave self-sacrifice, I find instead that it frees me to think and act as my truest self.”

— “A Remarkable Sensation,” Thompson, Pennsylvania, March 1997, Emotional Sobriety: The Next Frontier

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