



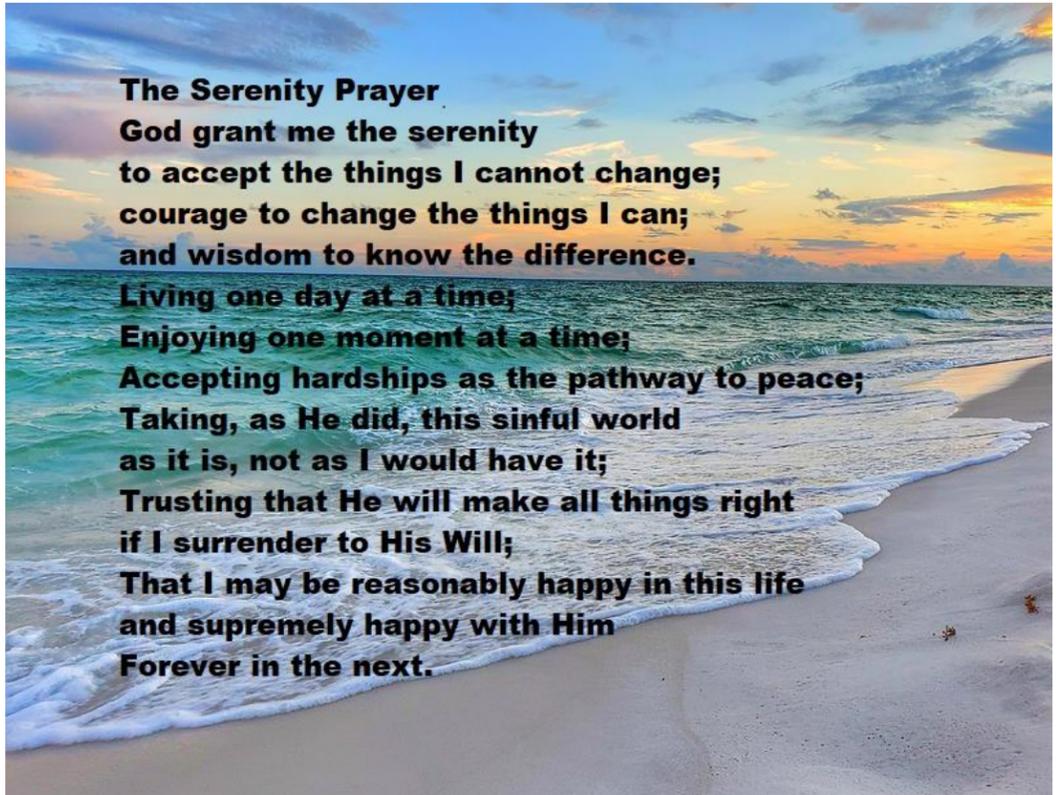
# The Messenger

Area 24 - District 11 News

**JULY  
2022**

**ISSUE  
#1**

**The Preamble** Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institutions; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.  
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HISTORY OF THE PREAMBLE



Origins of the Serenity Prayer

## DISTRICT 11

### MEETINGS

#### ZOOM MEETINGS

I finally remember what Zoom meetings remind me of.



#### Inside A.A.

*A Newcomer Asks / Alcoholics Anonymous (aa.org)*

*A.A. for the Black and African-American Alcoholic / Alcoholics Anonymous (aa.org)*

*A.A. for the Native North American / Alcoholics Anonymous (aa.org)*

*A.A. for the Older Alcoholic—Never Too Late / Alcoholics Anonymous (aa.org)*

*Call for stories - Fifth Edition of the Book Alcoholics Anonymous — Big Book*

**ARMED FORCES INTERVIEW PROJECT**  
HOME // ARMED FORCES INTERVIEW PROJECT

The Trustees' Committee on Cooperation with the Professional Community/Treatment and Accessibilities is seeking A.A. members in the U.S. and Canadian Armed Forces to discuss their experience, strength, and hope as sober members of A.A. in the military in recorded anonymity-protected interviews. The goal of this effort is to improve A.A. outreach to members in the U.S. and Canadian military. Interested military members can volunteer or get more information about this project by writing to [militaryoutreach@aa.org](mailto:militaryoutreach@aa.org).

### **In this Issue**

Keyway Lodge and The Galena Attitude Adjustment Groups in the Spotlight  
**Page 2**

### **In this Issue**

Our local District Chairs Share their experience, strength, and hope.  
**Page 3**

### **In this Issue**

Our State and Local Archivists' News. District 11 GSR Business Meeting and Chairperson's summaries  
**Pages 4, 5, & 6**

## ***Keyway Lodge***

Meets Wednesday Nights, 8:30 pm, 3342 John Wesley Dr, Dubuque

### **Helpful Weblinks: just click!**

[\*\*The A.A. Group\*\*](#)

[\*\*Inside A.A.\*\*](#)

[\*\*What is a G.S.R. General Service Representative\*\*](#)

[\*\*GSR Welcome Kit\*\*](#)

[\*\*Sponsorship\*\*](#)

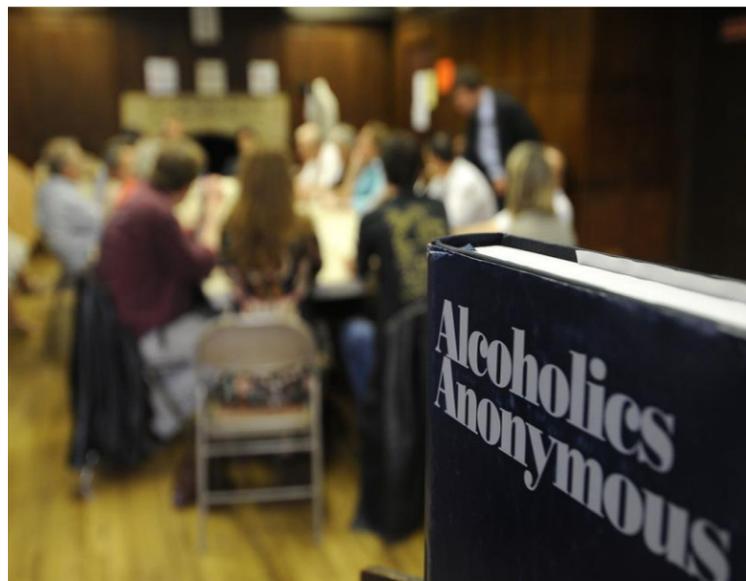
Greetings!

***The Keyway Lodge Group*** is an open, candlelight discussion meeting. We read from the Daily Reflections meditation book and share our experiences with the topic in the reading. It is an open meeting so anyone can attend, but only those who are recovering from alcoholism are invited to share. We also operate on Zoom at the same time. You can find the login information on the Dubuqueaa.org website.

On the last Wednesday of the month, we have "Cake Night" and everyone who has had an AA Anniversary that month, celebrates by speaking at the podium, sharing their experience strength and hope, followed by cake and ice cream.

We also have a literature chairperson, who keeps AA books on hand for purchase at the meeting. So come enjoy some good coffee and snacks and great fellowship before and after the meeting. In Love and Service,

***Carol K, GSR, Keyway Lodge***



## ***Galena Attitude Adjustment Group***

On Saturday morning in Galena Illinois, there is an AA group that meets in the church basement on Bench St. Our group is called ***The Galena Attitude Adjustment Group*** and the group's name is very fitting to my experience. Like most meetings of Alcoholics Anonymous, an hour spent in recovery and unity will provide that lift and ease of my spirit which I would usually get from drinking. The Saturday morning group is welcoming and deeply connected to the language of the heart.

The Galena Attitude Adjustment Group starts the meeting at approximately 9:30 am. The address is 106 North Bench Street in Galena Illinois. The entrance for the church basement is at the end of the pathway on the left side facing the building. This is an Open Meeting of Alcoholics Anonymous which provides a virtual and in-person format. The Zoom Login is 586 106 0770 and the password is "kiss." There is coffee made at this meeting and a room for children if anyone needs a safe place to bring their kids. The format of this meeting is a discussion based on the daily readings from the *24 Hours a Day* and *Daily Reflections* books.

What makes this group unique is often visitors to the Galena vacation destination will join the meeting. I have found our spiritual program is universal and being shared all over the world and in our little towns. Recently, there has been a change in the service structure in Galena. The groups in the area have found their assigned District geographically difficult to support as well as a disconnection in available services to the groups. Therefore, our meetings have been warmly welcomed by District 11 in Dubuque. Since that shift, there has been an infusion of enthusiasm for general service in the area. This has allowed all three legacies of alcoholics Anonymous to bloom and grow.

Please join us if you find yourself in the Galena area!

Yours in love and service,

***Shannon P.  
GSR, Galena Attitude Adjustment Group***

***Galena, IL***

[GSR Welcome Kit](#)

[What is a G.S.R. General Service Representative](#)

[Sponsorship](#)

*Grapevine* has played a huge role in my life! Shortly after finding my seat in the rooms of AA, my husband – after many years of health issues and operations – was diagnosed with mid-stage Alzheimer’s. It was a devastating blow to both of us, and I found myself in the role of a caregiver for a disease we knew little about. It was a tremendous help being in AA, having a sponsor, working the Steps, doing what service work I could manage, and attending as many meetings as I could, but that would soon change, as he needed more and more care.

The Grapevine played a huge role in the fact that he was able to be cared for by me at home until the last five months. My home group had a number of Grapevine issues available, and I borrowed them to read at home in the beginning, and after truly enjoying this “meeting in print”, got my own subscription. Although it definitely did not take the place of meetings, the Grapevine proved to be one of the best tools and influences in my recovery. It helped me in my caretaking role for nearly 12 years and in my recovery now for 16 years.

I can still remember watching for the latest issue of the Grapevine to arrive, the good feeling of finding it in our mailbox, and opening it up like a kid with a Christmas present! I saved all of my issues, almost to a fault, and never thought of giving any of them away. It’s been four years now since my husband passed away, and I enjoy the Grapevine just as much today.

What a very nice surprise this past year when another fellow in the program took me aside after a meeting and told me this story of his own recovery. He was a medical professional who was referred to me to provide physical therapy for my husband in our home. He remembers seeing the Grapevine on tables around our home and realizing that I was in AA. He explained that it made him feel that it was okay to be a member of AA and not be so shy about it when the opportunity came. He told me that spotting the Grapevine in homes where he has provided therapy has now happened on several more occasions.

The Grapevine has been a blessing to me in my recovery and this story proved to me that it can be an ideal and useful 12 Step tool as well! I no longer find myself hoarding my issues, but now share them freely with friends and sponsees.

Thank you for allowing me to share this story about how the Grapevine influenced two lives.

*Yours in love and fellowship,*

*Lynn G.*

### **Grapevine and La Viña**

Grapevine communicates the experience, strength, and hope of its contributors and reflects a broad geographic spectrum of current A. A. experience.



Throughout its history the magazine has been a forum for the varied and often divergent opinions of A.A.s around the world. Grapevine and La Viña are the international journals of Alcoholics Anonymous in print, digital and audio. Written, edited, and illustrated by A.A. members and friends of A.A., Grapevine is a lifeline linking one alcoholic to another.

[Grapevine Project](#)

[Submit your story, art or photo to Grapevine](#)

[Grapevine YouTube Link](#)

[AA Grapevine Podcasts](#)

[Grapevine Rep Handbook](#)

### **A message from Doc. M: District 11 Secretary and Newsletter Chair**

April marked [my] 10-year anniversary of being introduced to the service structure in Dubuque. As I reflect on this, I am reminded how truly blessed my recovery has been being actively involved in service. Nobody had to do a hard sell to me on the importance, as it was instilled in me prior to returning home. I have been willing to help and stand for service positions nobody wanted. I was willing to take unpopular stands based on principle of the traditions and concepts, rather than accept the ‘norm.’ I was willing to learn and remain teachable. I was willing and able to go to towns I never knew existed, to meet strangers I never met, yet walk away feeling alive knowing I have created lifelong friends. I was willing and able to do the work necessary to carry the message to the still suffering alcoholic.

I have had the honor and privilege of standing in as Newsletter since August of 2019 and later elected as Secretary [and Newsletter Chair] for the 2021-2022 rotation. I have had fun, but after much discussion and prayer, I officially resigned as District 11 Secretary in May. This will be my last [report] for now. This is not a ‘good-bye’ but see you later. I have been truly blessed.

*Yours in Love and Service,*

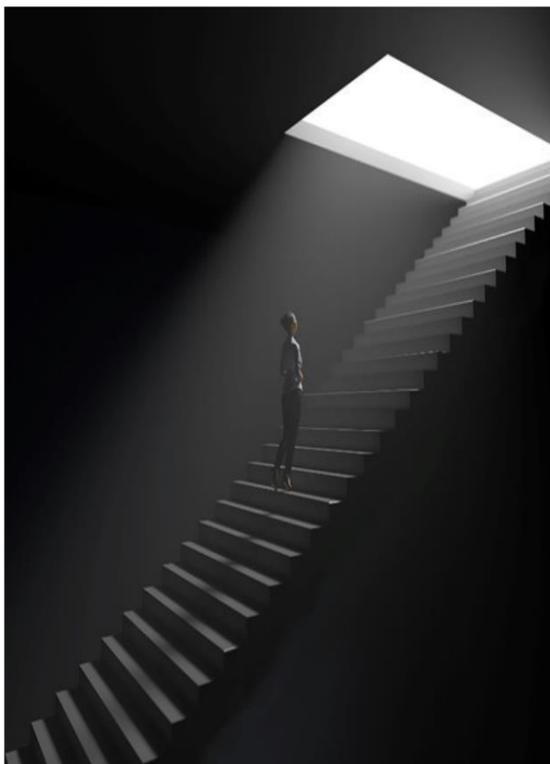
*John ‘Doc’ M.*

### **MEETING CARDS**

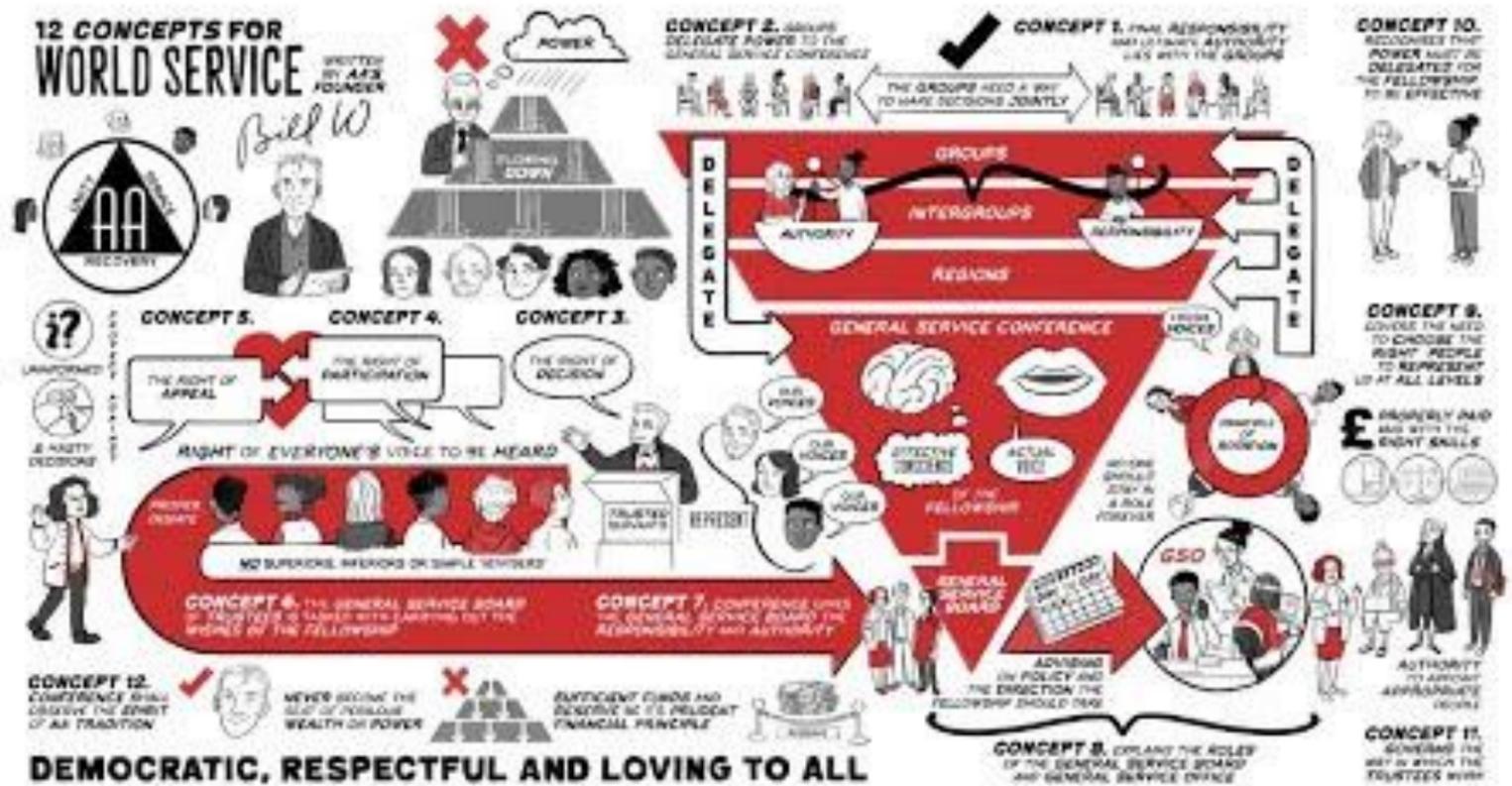
[Safety Suggestion Card for use in Meetings](#)

[We Are Fully Self Supporting Card](#)

[Our Primary Purpose Card](#)



## Quick Explanation of AA's 12 Concepts



From a Computer: Click the center arrow to link to the embedded video. Click the arrow in the center of the video, to play. Press Esc to leave the video. OR, if from a mobile device, go to <https://www.youtube.com/watch?v=qN6t4jAXId0&t=1s>

## From Area 24 - District 11 Archivist, Jeff M.



### Latest Acquisitions to Our Archival treasury of AA History

I met up last month with the Area 41 (Nebraska) Archivist and gave her a tour of our archives collection in Marshalltown. She in turn shared with me information on Don Farrell of Omaha who was Ray Harrison's sponsor.

A.A. Internationals: Special call-out—requesting flyers, programs, etc. from past Internationals especially San Antonio 2010, Atlanta 2015, and the ill-fated Detroit 2020.

District 11 possesses an autograph of Marty Mann from 1979 on a newspaper supplement. Marty Mann's story in the Big Book is entitled Women Suffer Too. She was one of the early female pioneers of A.A. She was a national educator on alcoholism. In addition, she founded the National Council on Alcoholism in 1944.

“Democratic, respectful and loving to all”  
Bill W

- [Inside A.A.](#)
- [The A.A. Group](#)
- [Circles of Love and Service](#)

- [The A.A. Service Manual/Twelve Concepts for World Service](#)
- [Twelve Concepts Illustrated](#)
- [The Twelve traditions](#)

## District 11 GSR Business Meeting Highlights

The District 11 July GSR Business meeting covered the following topics:

- The 2022 Mini-Conference;
- Past DCM's voting rights;
- 2023 Area 24 Fall Conference bid;
- Changes in organization of the Business meeting minutes and Newsletter;

The 2022 Mini-Conference is set for October 22, and planning is well underway with Carol K as Chair and Shannon P. and Gail G. as Co-Chairs. There is still time to get involved in this exciting and fun way to enjoy "carrying the message". Slots are open for Tear-Down Crew, Greeters, and Kitchen Helpers/servers. Many hands make for light work!

A motion was brought to reinstate past DCM's right to vote at the District Business meetings. After much discussion, the motion failed.

The 2023 Area 24 Fall Conference bid highlights were read and discussed and the District voted unanimously to present the bid at the 2022 Area 24 Fall Conference.

GSR's will no longer be required to read their group reports at the business meetings, except for changes in format or events. The Newsletter will spotlight Groups, if they so desire. GSR's are

invited to send their Group reports to [Dist11newsletter@gmail.com](mailto:Dist11newsletter@gmail.com)

The Newsletter will incorporate summaries of the monthly GSR Business meeting outcomes and Chair reports. Minutes will be emailed to GSR's, Chairs and those requesting them.

Doc. M has officially resigned Secretary and Mary C.E. will be assisting with this role. Patti P. is filling in Newsletter. Lynne G, Grapevine Chair, has had to resign. The Grapevine Chair position is now open.

If you are interested in filling in for the Grapevine Chair in the coming months until January 1, 2023, please contact the District DCM at [Dist11dcm@gmail.com](mailto:Dist11dcm@gmail.com)



## A Word from Treatment and Accessibilities:

### Bridging the Gap

Here are a few pointers for participants in Bridging the Gap:

When participating in Bridging the Gap, please be mindful of your share time when you are accompanied by other volunteers. For example, if we have 1 hour and 4 volunteers: attempt to allow each person 10-15 minutes to share.

Please share your experience, strength, and hope by talking about what it was like, what you did to become sober, and what it is like now. Your focus should be on the solution.

Please be aware of and follow the 12 Traditions of AA.

**Cont.** Please be available to take the telephone calls if you are writing your contact information on our schedule. You may ask if anyone would like you to contact them, as well. We need to assist newcomers with telephone contact and with rides to meetings.

Please update me monthly and be sure to let me know if we are running low on brochures or packets in the waiting rooms or in our facilities.

## Corrections: Reminders

Volunteers: please let the Corrections Chair know if people in the jails are reporting a lack of available literature. She will be researching the facilities for the presence and/or need for Spanish recovery literature. **More info in the links below.**

***Yours in Love and Service,***

***Nicole S.***

[Accessibilities Workbook / Alcoholics Anonymous \(aa.org\)](#)

[Corrections Workbook](#)

[A.A. for Alcoholics with Mental Health Issues - and Their Sponsors](#)

[The Twelve traditions](#)

## More July Report Summaries from District 11 Chairs

**DCM** I want to let everyone know of some changes in the way we handle our monthly meetings. Mary C.E. has agreed to help with secretarial assistance for the remainder of this term. We have split secretary and newsletter back to the original 2 separate positions and the ADCM and a Newsletter Subcommittee will be working to produce a monthly newsletter. To sum up, the monthly GSR reports that had previously been submitted will no longer be required except when a group has changes or events. We will no longer require GSR's to provide verbal reports at our business meetings. Group reports can be emailed to [dist11dcm@gmail.com](mailto:dist11dcm@gmail.com) **Jeff P**

*Big Book Edition 3 Spanish:  
Capítulo 1 – La Historia del Bill /  
Alcoholics Anonymous (aa.org)*

*Big Book Fourth Edition -  
American Sign Language (ASL)  
Press Release / Alcoholics  
Anonymous (aa.org)*

*LGBTQ Alcoholics in A.A. /  
Alcoholics Anonymous (aa.org)*

**ADCM** One outcome of the District 11 Inventory was that the Fellowship suggested summarizing District meeting highlights and shorter reports in the Newsletter. A Newsletter Subcommittee was appointed by the DCM and has been working together to create an online Newsletter to address these wishes. It will be posted on Intergroup website [DubuqueAA.org](http://DubuqueAA.org) and a new email for the newsletter is [Dist11newsletter@gmail.com](mailto:Dist11newsletter@gmail.com). The emailed Newsletter was not getting to all on Distribution list members so I created a secure Gmail account for these purposes. [Dist11adcm@gmail.com](mailto:Dist11adcm@gmail.com)

*We will continue to distribute the monthly GSR Business Meeting Minutes via email to District Chairs, GSR's and individuals by request.*

We're reminded, the AA Groups are the Voice of the Fellowship and all service officers on up to GSO, are trusted to carry out the Groups wishes. Overall, we work to preserve and nurture our 12 Steps, 12 Traditions and 12 Concepts, the legacies which ensure we preserve the message of hope of Alcoholics Anonymous. That there is a way up and out of the terminal illness of alcoholism. **Patti P**

**Public Information** I attended a Public Information workshop in Urbana, hosted by District 8/Cedar Rapids. I shared on the panel about the billboards that I put up in Dubuque, to carry the message to the still suffering alcoholic. I also met some new people which is always great. I learned that every District approaches Public Information in their own way. I plan on putting on a P.I. Workshop here in Dubuque sometime in the fall so watch for a flyer to come. **Curtis R**

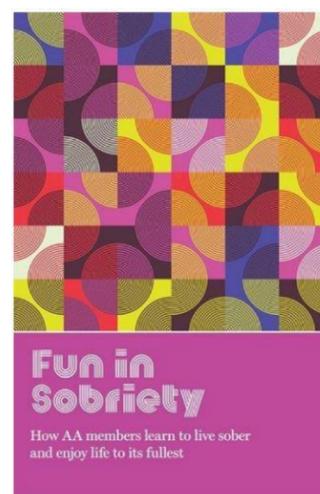
*Young People and A.A. |  
Alcoholics Anonymous (aa.org)*

**CPC** I attended the Area 24 Spring Conference and learned more about what's going on with the Area CPC. I've been finishing up the local newspaper listing. I do go back and keep adding them till I get it to come up in the newspaper again. It takes a bit of time. If there's too many items listed for those day only some make it into paper. Still adding more Grapevine magazines around town with the label on them to find Intergroup. **Carol K**

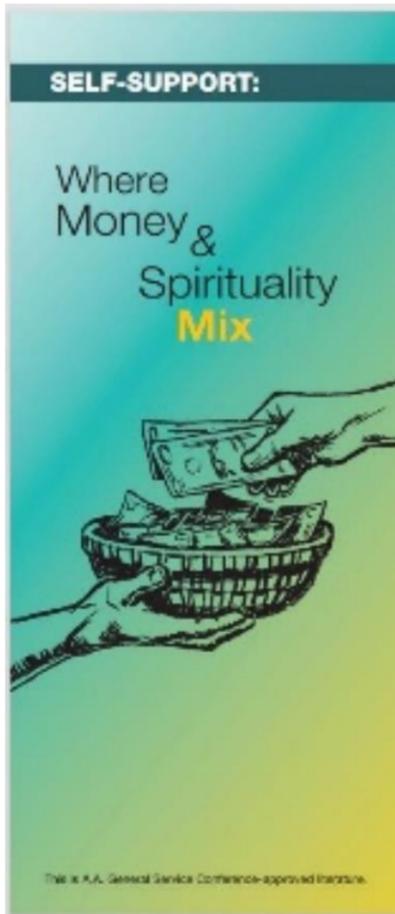
**Grapevine** This month's Grapevine is The Annual Prison Issue. It has been a rough two years for incarcerated alcoholics enduring quarantines, lockdowns, loss of AA meetings and no incoming outside members. This month's special section features stories of hope from our fellows inside and those who do service to help them. When I got my Grapevine and saw the topic this month, I checked with our Treatment Chairs. They report that six subscriptions are going to the local jail and another facility. The Area has Pink Can funding for all literature in correctional facilities. I am adding this to my report to make sure everyone is aware of that.

Have you ever considered giving a gift subscription to an alcoholic who needs it? Consider your sponsees, newcomers, a raffle item or giveaway at AA celebrations; this is a great idea for 12 Step work! Please let me know if you have questions regarding ordering a subscription or accessing the Grapevine online. When you have a subscription, you have access to so much information that would be helpful in sobriety. Thank you to those people who have supplied me with additional Grapevines for the Little Libraries. They are always gone when I check back!

Next month the August issue will share stories on the topic of sober travel. Members will share the many ways they stay sober while on the road or in the air. Stories are being requested for the following topics: Spirituality -your personal journey with Step Two; Experiences you had in making your Ninth Step Amends; Steps and Traditions - do you have a favorite? Other upcoming issue themes will be: AA and Families; AA in the Military; Midlife Sobriety; What I Love About the Twelve and Twelve, and more! Give me a shout if you might have a story to share. I'm glad to help you work on it. **Lynn G**



**New Grapevine Book!**  
**Fun in Sobriety**



Self-Support: Where Money and Spirituality Mix | Alcoholics Anonymous (aa.org)

Where Your Contributions Are Applied

**Send GSO Contributions to:**  
 General Service Office  
 Post Office Box 2407  
 James A Farley Station  
 New York, NY 10116-2407

**Send AREA 24 Contributions to:**  
 AREA 24  
 PO Box 1291  
 Des Moines, Iowa 50305

**Send Dubuque Area Intergroup Contributions to:**  
 1670 Asbury Road  
 Dubuque, Iowa 52002

**Send Pink Can Contributions to:**  
 Pink Can  
 PO Box 1045  
 Marion, Iowa 52302

**Send District 11 Contributions to:**  
 District 11 Treasurer  
 PO Box 1264  
 Dubuque, Iowa 52004-1264

## Our 7<sup>th</sup> Tradition

**“Every A.A. group ought to be fully self-supporting, declining outside contributions” p.160, Twelve Steps and Twelve Traditions**

District 11 serves the following communities:

- Bellevue
- Galena, IL
- Delhi
- Dubuque
- Dyersville
- Cascade
- Epworth
- Manchester
- Maquoketa
- Peosta

## From the Editors

From the Editors:

We invite the District 11 Fellowship to submit articles, art or photos related to their recovery that emphasize their experience, strength and hope for the still suffering alcoholic. We especially invite GSR's to submit articles describing their homegroups and their activities. Articles need to be limited to 250 words. Summaries of the District GSR Business Meetings and Chair reports will be edited for brevity. Original, full Chair reports are emailed within the business meeting minutes. As editors, we need to be able to make things fit without disturbing the messages expressed. We will contact you to review edited final draft before going to press. This newsletter is a publication of District 11 Alcoholics Anonymous. The information presented is to be used for AA purposes and reflects the opinions of the writers, only. It does not reflect Alcoholics Anonymous as a whole.

Send submissions to [Dist11Newsletter@gmail.com](mailto:Dist11Newsletter@gmail.com)

Thank you!



*Contributions via PayPal*