

The Messenger

September 2026

Area 24–District 11 News

Issue #28



September — The Ninth Month

The intersection between AA's Ninth Step (*"Made direct amends to such people wherever possible, except when to do so would injure them or others"*) and Tradition Nine (*"A.A. as such ought never be organized, but we may create service boards or committees directly responsible to those they serve"*) lies in how both principles translate personal and interpersonal humility and unselfish service into orderly self-disciplined, non-hierarchical recovery.

Shared Spiritual Principles

Humility and Surrender: Step Nine requires setting aside ego and self-justification to repair personal harm. Tradition Nine requires groups to reject rigid governance, personal power, and institutional control.

Responsibility without Authority: In making amends, an individual takes personal responsibility for their past actions without trying to control the other person's reaction. Under Tradition Nine, service boards take responsibility for practical tasks, such as District chairpositions, while remaining strictly accountable to the fellowship, wielding no governing power.

Divine Order over Human Control: On a personal level, letting go of micro-management of relationships in Step Nine aligns with Tradition Nine's principle of giving up the need to organize or control everything, trusting instead in a simple, spiritual framework. Being able to look to the future clear-eyed and guilt-free.

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	The 2026 Area 24/District 11 Committee Chairs	



District Committee Member (DCM)	Keith K.	(815) 281–1591	area24district11dcm@gmail.com
Alternate DCM	Rod M.	(563) 564–7341	area24district11altdcm@gmail.com
Secretary	Erin R.	(563) 258–2668	area24district11secy@gmail.com
Treasurer	Cheryl P.	(614) 208–7477	area24district11treasurer@gmail.com
Archives	Rod M.	(563) 564–7341	area24district11archives@gmail.com
Grapevine	Travis	(563) 258–2668	area24district11grapevine@gmail.com
Corrections	Mick L.	(563) 580-1808	area24district11corrections@gmail.com
Treatment & Accessibilities	Carol K.	(563) 580–7377	area24district11treatmentchair@gmail.com
Newsletter	Thom E.	(815) 823–4655	area24district11newsletter@gmail.com
Cooperation w/ Professional Community (CPC)	Sue G.	(563) 845–9427	area24district11cpc@gmail.com
Public Information (PI)			area24district11pi@gmail.com
Activities	Mark R.	(563) 543–3218	area24district11activities@gmail.com
Fall Mini–Conference Chair	Stacy B.	(563) 580-8138	stacyb0108@gmail.com
Fall Mini-Conference Co-Chair	Steve G.	(563) 542-7639	

District 11 GSR Meeting
10:30 am First Saturday
 of each month: 1646 Asbury Rd
 (Lower Level)

Intergroup Business Meeting
10:30 am Third Saturday
 of each month: Dubuque Area
 Intergroup Office

Dubuque Area Intergroup
 (563) 557–9196
 1646 Asbury Road #7
 Dubuque, IA 52001

[Inside AA](#) [A Newcomer Asks](#) | [Alcoholics Anonymous The A.A. Group](#)
[Sponsorship](#) [Our Traditions: Intro](#) [Our 12 Concepts of Service: Intro](#)

September 2026	Area 24–District 11 News	Issue #28
	District 11 September Committee Meeting Minutes (notes)	

DISTRICT 11 BUSINESS MEETING minutes

- Opening | Sept 5, 10:30 am
- Call to Order & Welcome - Keith K., DCM
- Serenity Prayer
- Introductions (first name, home group, service position)
- Welcome visitors - Nic

Administrative Items

- Roll Call - GSRs & Committee Chairs
Absent: Treasurer (Cheryl P)
- Approval of August 1 Minutes
- Treasurer's Report:: *see below
- Motion / Second / Vote

Group Reports (7 GSR's present)

Vision For Hope: St Peter Lutheran, Asbury
Friday 7pm

The Family Afterward Big Book Group has been meeting now for a month at our new location: Nativity Church, O'Brien Room, 60 South Algona St. We study from the Big Book - cover to cover. We're currently into the stories; "The Tightrope" is the story we're just starting to read. We're a small Group 6 to 10 people a week. Great sharing, good fellowship; come join us the coffee is on! Yours in service, Mary CE

Cascade Friday Night Meeting 7pm at
Cornerstone Church

Gift of Desperation Noon Saturday in Cascade at
Cornerstone Church

There is a Solution Group Noon at St Mathias Parish in
Cascade 5-10 ppl in attendance

Tuesday WestSide 6pm 12X12 step book (Travis GSR)
10-15 ppl in attendance

JayWalkers Wednesday 7pm (Hillcrest campus under
chapel) All positions are full!.20-30 ppl in attendance.

Galena AA meetings: Rod represents all the weekly meetings.
Unity Step Group Sunday 7pm WestSide (Gabe GSR)

12 Step meeting (red folders) 15-20 ppl on average.
All positions are filled.

Al-Anon Report

Fall Speaker Supper Oct 3rd:
Sept 21st district meeting Al-Anon business
6pm Grandview Methodist Church

Intergroup Report

- Done with remodeling with everything in place
- Monday PICNIC at Labor Day Murphy Park
- Next Business meeting will be discussing
Gathering of the Eagles
- Elections March 2027 (co-chair and secretary)
See chair individuals for Literature (English and Spanish) and Coins available
- Plain Language Books available, Portal Books (go into the jails) Phil or Terry C would be the ones to contact if you need bulk!

Committee Reports

- Archives: Rod present; no report
- Corrections: not present
jail meeting and literature update
- Bridging the Gap / Elm Street update
Committee transition
- Grapevine: Travis present; Feb 2027 New Big Book released; annual rates \$36.00/month prints, digital via app \$30/month
- Newsletter: Thom: sick-in our prayers!
- Public Information (OPEN POSITION)
- CPC: Sue G present!! Woot Woot! She will be working on magnets and other items; looking into Clarke College visit talking to nursing program- sharing their story about Alcoholism
- Treatment chair not much going on still working with ACSA and now has a list to get people to sign up early. Also got a referral from district 8 for a guy coming our way, and the call list worked great. To find a guy to talk to. I'm still putting items in a little library house with the Intergroup labels on them. Plus, I'm going to take down ACSA Grapevine magazine and event flyers. See if they come and see the fun we have.
Yours in service
Treatment & Accessibilities Chair, Carol K.
- Activities: Marc present; in hopes of Oct 31st

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	Sept. Committee Meeting Minutes, <i>cont.</i>	

Halloween Party at Fellowship Cub; flier will be coming Oct 3rd; New Years Eve Party dance Thursday night in the works as well.

District Reports

- Alternate DCM Report - Rod M.
Meeting schedules are up to date, newspaper info will be checked on, and no website updates at this time
- DCM Report - Keith K.

Thank you all for being here and for continuing to serve District 11. Every GSR, committee chair, officer, and member who participates helps keep communication moving between our groups, the district, and Area 24.

Last month, we were fortunate to welcome our Area 24 Delegate, Dan P, who shared his report from the 76th General Service Conference. Thank you to Dan for making the trip, to Erin L. for coordinating the meal, and to everyone who helped or stayed for the presentation. I encourage our GSRs to continue sharing information from Dan's report with their home groups.

We have several opportunities for fellowship and service ahead of us. The Fellowship Club will hold its first-Sunday breakfast tomorrow, September 6, with breakfast at 9:00 am and the speaker beginning at 9:30. The Labor Day Picnic will follow on Monday, September 7, with coffee at 11:00 am and the meal at noon. These events may appear simple, but fellowship can be especially important during holidays, when isolation can be dangerous for someone who is struggling.

The Al-Anon Fall Speaker Supper will be held October 3 at Bread of Life Church. I am grateful for the invitation to participate as the AA speaker. The Area 24 Fall Conference will follow October 16 through 18. I encourage everyone to attend if they are able and to bring the information back to their home groups. Planning continues for our District 11 Mini-Conference on November 7. Mark O. will be the AA speaker, and Joanne will be the Al-Anon speaker. Anyone willing to help should speak with Stacy or Steve G. A successful Mini-Conference does not depend on one or two people doing everything, it depends on many people each doing a small part.

We also continue to have open service opportunities. Our Public Information Chair position remains vacant, and we still need someone willing to help coordinate our

relationship with ASAC. The Corrections Committee is also going through a transition. Please continue announcing these needs at your home groups and personally inviting members who may be a good fit. Sometimes people do not volunteer because they do not believe they are qualified, but willingness and a desire to learn are often the most important qualifications. District chair and officer elections will take place in November for the next two-year service rotation. Work is underway to make our **Standard Operating Procedures** available before the elections so members can better understand each position. Please begin discussing these opportunities within your groups and encourage members to consider standing for service. Rotation allows new people to grow while giving outgoing trusted servants the opportunity to share their experience.

Please continue sending all meeting changes, including locations, times, formats, and contact information, to Rod so our printed and online schedules remain accurate. When someone reaches out for help, they should be able to trust that the information we provide will lead them to an open door.

Thank you again for showing up and being willing to serve. We do not need to perform service perfectly. We only need to remain willing, teachable, dependable, and focused on carrying the message to the alcoholic who still suffers.

In love and service,
Keith K, District 11 DCM

• Treasurer Report

Dear friends,
First, I apologize that I am unable to be at the meeting this morning, as I am in Madison this weekend (where my husband now lives/works).
Second, for some reason I am having trouble launching Excel, so I can't submit the treasurer's report in the usual format, (I will send out the proper report once I get Excel fixed) but here are the numbers:

Starting balance (checking):	\$5631.52
Deposits:	\$ 248.00
(pass the basket plus a Keyway Lodge donation --	
Interest:	\$ 1.33
Expenses:	\$ 194.00

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(paid to Keith who reimbursed Erin L. for the BBQ for the Area 24 Delegate event on August 1)
 Current balance (checking): **\$5686.66**
 Prudent reserves: **\$1002.78**

In service,
 Cheryl P., District 11 Treasurer

Unfinished Business

- District 11 Mini-Conference planning
 - November 7, 2026
 - Mark O. - AA speaker
 - Joanne H - Al-Anon speaker
 - Planning Committee - Stacy B and Steve G, updates will be discussed at the next meeting in Oct. Please bring raffle items to Intergroup OR Wednesday night meeting at Bread of Life
- Public Information Chair vacancy
- ASAC volunteer/coordinator vacancy - See Carol K, if interested
- Corrections committee transition
- Chair position SOP accessibility before November elections - *Keith will be sending the SOPs to the chair positions and chairs will be making suggestions and updates and bringing those to the Oct. meeting

- Group-level Venmo discussion (every group will be voting on this singly) If district is needed for questions or District Venmo account will be looked into

New Business

- Labor Day Picnic final announcements
- Area 24 Fall Conference information for home groups fliers are up at Westside, if needed for your group, please see Keith

Upcoming Events

- September 6 - Fellowship Club Sunday Breakfast
 - Breakfast 9 am; speaker 9:30 am
- September 7 - Labor Day Picnic
 - Coffee 11 am; meal Noon
- October 3 - Al-Anon Fall Speaker Supper
 - Bread of Life Church; Keith K - AA speaker
- October 16-18 - Area 24 Fall Conference
- November 1 - Fellowship Club Sunday Breakfast
 - Breakfast 9 am; speaker 9:30 am
- November 7 - District 11 Mini-Conference

Closing

- Final Announcements
- Motion to Adjourn
- Lord’s Prayer

Hold On

Behind every sober person is a moment, or rather,
 A collection of moments.
 Where they simply held on.

At first, it was the deep habitual cravings,
 So confusingly difficult to say no.
 Then life events, filled with frustration and grief, that
 where slipping away, seemed like justified solutions.
 But they didn't.
 And then there was the devious thought, "Maybe I could.
 Maybe I am no longer."
 But they chose sobriety anyway.

Most all of these moments, and more, go unseen.
 There is no applause.
 There is no celebration.

No one will ever know how close they came to giving up.

But they didn't.
 They held on,
 And then, they held on again.

So the moments became days,
 The days became months,
 The months became years.
 The years became a life.

A life of sobriety.
 A life worth living.

Hold On.

- Anonymous

Dubuque Area Intergroup Office Rehab

Progress not perfection

When Carol K. and Terry C. took on the task of cleaning, repainting and rearranging the Intergroup offices it's unlikely that they anticipated the size of the task ahead. But service-minded they are and service-minded they stay, right up to the completion of an amazing job, in all it's glory, demonstrated by the images that follow.

Carol was nice enough to keep The Messenger apprised of their progress along the way, and the results were nothing short of impressive, right from the start. Carol sent this text to keep us up to date a bit...

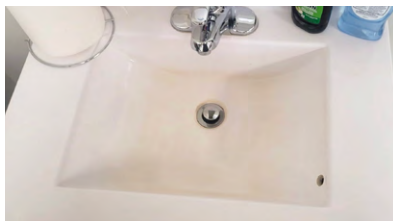
1st off, just an update as to how it's coming over here... Terry is helping me a lot. I'm getting a great arm work out for my shoulder that's been freezing up on me. So AA is helping my health again. It's a lot of fun, and I'm listening to a podcast while I work. Wait, not work, just good old-fashioned fun.

PS. I'm going to let Dusty (the landlord) know I'm putting the cabinet in the hallway, till the weekend moving it. I'll have good help. I'm not the one doing it. I have learned that my God & AA have my back. (and that come with strong, able helpers)

Come check us out at the Intergroup every day we are fixing up something new. Check out the literature.



Oh, I also found out what takes off coffee stains in the sink. Someone told me about denture tabs and they are working out great. I had to do it 2x with 4 tabs yesterday, and today, I used 8 tabs, and it's been sitting in the sink for a long time yet. (Sorry, my OCD or ADHD, one of my hang-ups, took over on that stain. LOL)



Have a great day... I hope it rains today it's so clammy.

– Carol and Terry, work crew

As the work went on, Carol was nice enough to continue sending pictures of the nearly finished rooms. What a testament to service work, cheerfully rendered and gratefully received. More from Carol...

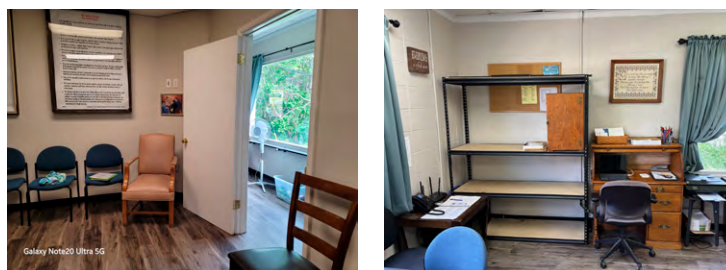
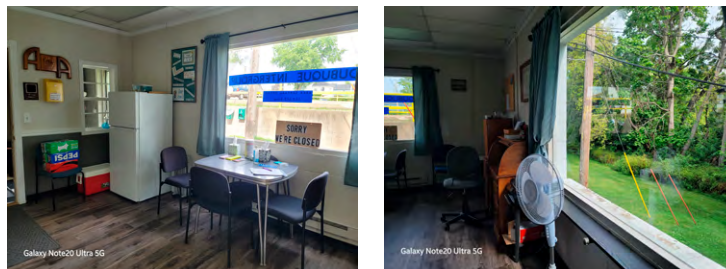
Some of the last painting and removal of shelf and tables. Then, I added the photos, and after you read them, read the first word of each it makes a sentence. Come by and



see. A little birdie told me that Tom M. talked about that. I had some great helpers working on this project, and the Intergroup Chairs voted at business meetings on what goes or stays. I won't name names, but they know who they are. It was a team effort. We have just a few things left. We need to see if our landlord, Dusty, will replace the mop board that's not staying up. I'm working on the fliers so they stay standing upright and don't fall forward. We're going to try to keep the bulletin board updated the 1st of every month. We also have the older tape, and the DVD, of the one where the lady is having an AA Birthday. Books on the bookcase by the literature rack can be read at the Intergroup office. We have coffee and water, and sometimes pop, available, too, for a small donation.

– Carol

We certainly applaud the effort and the results. The amount it took to achieve this transformation must have been amazing. The change is remarkable and goes to show that service work benefits both the givers and the receivers. We don't often get to acknowledge the servers in our midsts, as they often go about their work quietly and anonymously, but when the effect is so noticeable we joyfully offer our thanks and appreciation. Thank you to all who contributed



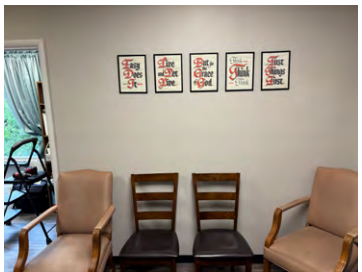
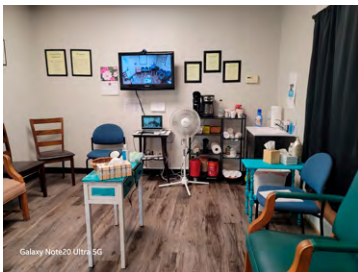
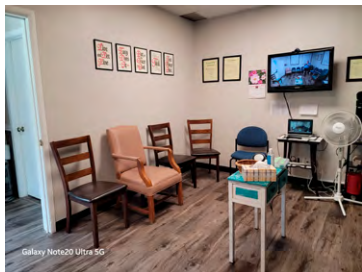
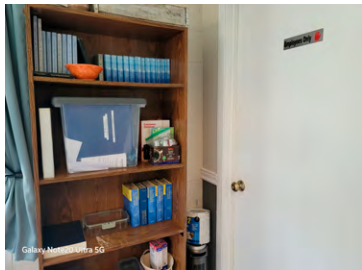
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	Dubuque Area Intergroup Office Rehab <i>cont.</i>	

to this makeover, especially Carol and Terry. But Carol characteristically offered this when we asked who all helped. Carol's reply....

Okay, well, I know that Rod helped, and Linda R., Mary Jo, Patti P., Jeff P., Phili & then there was the PC set up in the meeting room, Chris and her husband, plus Jeff K., my husband helped, too. When we first moved to the new area, Jerome K. and his crew helped get things there, as the rest of us on the Chairs and others help put it into order the first year. We then slowly started removing stuff and cleaning out. Then we got busy with painting and getting it all fixed up, cleaning out the closet, I put things in totes, and together, and Terry C. organized the closet. Patti and Jeff P. got the showcase, and Terry and Phili got it all together. Jeff K. and I started painting the cleaned up area as we went, and fixed the baseboards in the meeting room. Linda helped with pictures and Terry C, too. The Intergroup Chairs at the meetings voted on removing some items that just needed to be gone or replaced. Plus, Patti & Jeff P. and Mary Jo and Jeff K. helped me with lifting when I cleaned, keeping the place clean every week. It was a service of love. ❤️ I would like to thank everyone who helped and worked together on the Intergroup area.

It's always a group effort.

The signs were fun Cricut® cutting machine projects for me, and Terry C. gave me the idea for the yellow arrow. Hubby helped on the ladder.



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	Meeting Guide APP info/links	

Meeting Guide

Meeting Guide is a free app supported by Seventh Tradition contributions

The app helps people quickly find A.A. meetings and resources using information provided by A.A. service entities. Available on both iOS and Android.



About Meeting Guide

Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

Meeting Guide features

- Listing of both in-person and online meetings
- A default view that provides a list of meetings showing time, location and meeting name
- A meeting detail view that offers extra information such as meeting format and any notes provided by the group
- A search function to find meetings by location or keyword
- A daily quote feature lets users read from "Daily Reflections"
- Multiple access points that make finding local A.A. contact information easy
- A news feature with the latest from the General Service Office and Grapevine



GET IT ON GOOGLE PLAY >



DOWNLOAD ON THE APP STORE >

[CLICK HERE](#) to get the Meeting Guide Mobile App from AA.org

The Meeting Guide app directly relates to the “I am responsible” pledge by acting as a digital, 24/7 extension of the “hand of A.A.”

By providing immediate, accessible, and up-to-date information on over 100,000 weekly in-person and online meetings, the app fulfills the commitment to be available whenever anyone, anywhere reaches out for help.

Key correlations between the Meeting Guide app and the Responsibility Pledge include:

“When anyone, anywhere reaches out for help”: The app provides instant access to meetings worldwide, regardless of geographic location, meeting the needs of isolated or newly seeking individuals.

“I want the hand of A.A. always to be there”: The app lists both in-person and online meetings, ensuring that support is accessible at all hours. It acts as a tool for “carrying the message,” which is the basic service AA provides.

“And for that I am responsible”: The app is supported by Seventh Tradition contributions and is designed to be user-updated, encouraging members to take responsibility for the accuracy of the information.

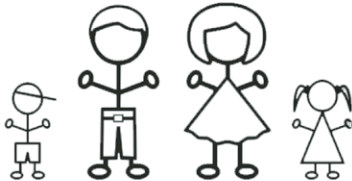
Supporting Newcomers and Professionals: The tool allows users to easily find meetings, and it is frequently used by professionals (therapists, probation officers) to help people find support, acting as a modern “hand of A.A.”

Voluntary Contribution: The app relies on local A.A. service organizations to voluntarily provide and update the meeting information, reflecting the collective service responsibility of the fellowship.

The app also respects the principle of anonymity by not tracking user locations when not in use and by allowing users to search without sharing their personal location.

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Current Events and Activities of Interest in the Tri–State Area		

**Sunday Evening is
Family Recovery Night!**
Beginning at 7:00 pm
Grand View Methodist Church
3342 John Wesley Dr., Dubuque, Iowa



Alcoholics Anonymous 12X12 Group meeting
Missing Link Al-Anon Family Group meeting
Alateen meeting
Free Childcare Provided

Grand View Methodist, Current

Are you looking for a way to get more
involved with your recovery?
'Service is the answer!!'
Currently there is an open service position for
**Dubuque Area Intergroup
Co-Chair**



Please call us with any questions and learn more about this
fantastic opportunity 563-557-9196 or visit
www.dubuqueaa.org

Dubuque Intergroup, Current

CALL TO SERVICE!

**IMPORTANT
ANNOUN
CEMENT**



OUR DISTRICT IS IN
NEED OF A PUBLIC
INFORMATION
CHAIRPERSON!

FOR MORE INFORMATION:
CALL DCM KEITH K. @ 815-281-1591
OR EMAIL
AREA24DISTRICT11DCM@GMAIL.COM

District 11, Current



AA
Al-Anon
Alateen
& More!

The DUBUQUE FELLOWSHIP CLUB PRESENTS!
12 STEP RECOVERY BREAKFAST

BISCUITS AND GRAVY THEN A SPEAKER - \$5
THIRD SUNDAYS EACH MONTH
9:00 AM BREAKFAST
9:30 AM SPEAKER

1166 MAIN STREET, LOWER LEVEL, DUBUQUE

EVERYONE WELCOME!

DFC, Current

UPDATED TIME!
"SINSINAWA SERENITY CIRCLE"

**FRIDAY NIGHT
OPEN MEETING**

ALCOHOLICS ANONYMOUS
6:00-7:30 PM
doors open at 5:30

SinsinawaMound Center
St. Clara Chapel
515 County Road Z
Hazel Green, WI 53811
fellowship, coffee and cookies

Sinsinawa Mound Center, Current

Dubuque
Fellowship
Club
Breakfast

FIRST SUNDAY OF THE MONTH
BREAKFAST – 9:00 AM for \$9.00
ATTITUDE ADJUSTMENT SPEAKER MEETING – 9:30
AA, AL-ANON, AND EVERYONE WELCOME!!

Speaker Lineup
Sept 13 – Jerome K – AA – South Dakota
Oct 4 – Lance & Debra B – AA/Al-Anon – Olathe, KS
Nov 8 – Marty R – AA/Al-Anon – Galena/Chicago, IL
Dec 6 – Jessica Z – AA – Cedar Rapids, IA
Jan 3, 2027 – Jim McK – AA – Moorhead, MN
Feb 27 – Tom S "Doc" – AA – Westside
Mar 7 – Sheila C – AA – Westside
April 4 – John M – AA/Al-Anon – Westside
May 2 – Bob E – AA – Westside

1166 Main Street, Lower Level
Elevator Available at Front Entrance

DFC, Sept. 13

Downloadable copies of most of these events are at DubuqueAA.org

Coming Events and Activities of Interest in the Tri–State Area

**2026
Fall Speaker Supper**
Saturday, October 3, 2026

Bread of Life Church
2155 University
Avenue, Dubuque, IA

Doors Open: 4:00 PM
Dinner: 5:00 PM
Speakers Begin: 6:00

Dinner will include: Pulled pork sandwiches, Sloppy Joes, potatoes, salads, vegetables, and desserts. Water and coffee will be available.

FEATURED SPEAKERS
Jody H. • Nevada, IA
District Representative, Al-Anon District 3
Keith K. • Galena, IL
District Committee Member, AA District 11

Join us for
Food,
Bag Raffles,
Fellowship,
Fun, and
Recovery!

Adults \$10.00
Age 10 and
under eat Free

Hosted by District 11 Al-Anon Family Groups
Any questions, please call Sherri D at 563-542-4275.

Bread of Life, Oct. 3

2026 Area 24 Fall Conference
Hosted by District 4
October 16th – 18th, 2026
Blen Venue Event Center • 7400 Hudson Rd., Cedar Falls, IA 50613

ONE ULTIMATE AUTHORITY

Alcoholics Anonymous
8:00-7:45 p.m. Officer and Chair Session
8:00-10:30 p.m. Sharing Sessions – DCM, CAA, and Area 24 Officers
9:00-10:30 p.m. Workshops: Alcoholics Anonymous, Narcotics, and 12

Al-Anon and Alateen
7:00-8:00 p.m. CAA Registration and group donations begins
CAA attending virtually must be registered by 9:00 Oct. 16th
CAA attending in person must be registered by 9:00 Oct. 17th
8:00 p.m. *Opening Meeting about District 4
9:00 p.m. *AAIC Meeting

SATURDAY
8:00-10:00 a.m. CAA Registration and Group Contributions
9:00-10:00 a.m. *Workshop: AAIC Training – Jeffrey G.
10:15-11:15 a.m. *Workshop: Sponsorship / What's it all about?
Lynn A. and Christine G.
11:30 a.m. Lunch followed by Al-Anon and Al-Anon Speaker
Al-Anon – 1201 Al-Anon • David B. WSO Truist, Chicago IL
12:00-1:00 p.m. *Assembly Business Meeting
1:00-2:00 p.m. *Workshop: AAIC Training – Jeffrey G.
2:00-3:00 p.m. *Workshop: AAIC Training – Jeffrey G.
3:00-4:00 p.m. *Workshop: AAIC Training – Jeffrey G.
4:00-5:00 p.m. *Workshop: AAIC Training – Jeffrey G.
5:00-6:00 p.m. *Workshop: AAIC Training – Jeffrey G.
6:00-7:00 p.m. *Workshop: AAIC Training – Jeffrey G.
7:00-8:00 p.m. *Workshop: AAIC Training – Jeffrey G.
8:00-9:00 p.m. *Workshop: AAIC Training – Jeffrey G.
9:00-10:00 p.m. *Workshop: AAIC Training – Jeffrey G.
10:00-11:00 p.m. *Workshop: AAIC Training – Jeffrey G.
11:00-12:00 a.m. *Workshop: AAIC Training – Jeffrey G.

SUNDAY
8:00-9:00 a.m. Early Bird Meeting
9:00-10:00 a.m. *AAIC Training – Jeffrey G.
10:00-11:00 a.m. *AAIC Training – Jeffrey G.
11:00-12:00 p.m. *AAIC Training – Jeffrey G.
12:00-1:00 p.m. *AAIC Training – Jeffrey G.
1:00-2:00 p.m. *AAIC Training – Jeffrey G.
2:00-3:00 p.m. *AAIC Training – Jeffrey G.
3:00-4:00 p.m. *AAIC Training – Jeffrey G.
4:00-5:00 p.m. *AAIC Training – Jeffrey G.
5:00-6:00 p.m. *AAIC Training – Jeffrey G.
6:00-7:00 p.m. *AAIC Training – Jeffrey G.
7:00-8:00 p.m. *AAIC Training – Jeffrey G.
8:00-9:00 p.m. *AAIC Training – Jeffrey G.
9:00-10:00 p.m. *AAIC Training – Jeffrey G.
10:00-11:00 p.m. *AAIC Training – Jeffrey G.
11:00-12:00 a.m. *AAIC Training – Jeffrey G.

Pre-Registration Form – Due by Oct 2nd
(All fields required)

Name: _____
Banner Name: _____
City, State: _____
Phone: _____
Email: _____

Check Box – Due September 26th
☐ Spanish Interpreter
☐ AAIC Interpreter

Adults	\$40 Pre-registration (\$45 at door)	Check one
Al-Anon	\$40	☐ AAIC
Alateen	\$20	☐ AAIC
Pre-Registration Meals	\$22 Lunch	☐ Turkey Club
	\$29 Banquet	☐ French Dip
		☐ Vegetarian
		☐ Lemon Pepper Salmon
		☐ Beef/Pork Loaf
		☐ Vegetarian
		☐ Other _____
Total	\$	

* Hybrid meetings
The Alateen consent form is required for all Alateen members to participate in the Area 24 assembly. The notarization is needed.

Cedar Falls, Oct. 16-18, Pg 1

Hotels

Holiday Inn & Suites
Attached to event center
7400 Hudson Rd.
Cedar Falls, IA 50613
(319) 266-2500
Rate \$119/room plus taxes
Sept 15th reduced rate cutoff date
Booking here may reduce Area conference cost

Holiday Inn Express & Suites
1614 Technology Pkwy.
Cedar Falls, IA 50613
(319) 277-2400
Rate \$129/room plus taxes

Online Registration / meals:

Ask for Area 24 Fall Conference hotel rates and reserve a hotel room by Sept 16th
Pre-registration for meals due Oct 2nd

For questions contact:
Lance W (319) 464-7994
Or email: webmaster.a24.d4@gmail.com

Cedar Falls, Oct. 16-18, Pg 2

31th Annual Men's 12 Step Retreat
October 23, 24, 25 - 2026

Cedar River Ranch
2798 Casey Ave
Letts, IA 52754
info@cedarriverranch.com

The Lodge opens at 4:00 PM Friday evening and we will end by 11:00 AM on Sunday.
12 Step Based Recovery *Group Discussions* *Home Cooked Meals*
All meals and coffee provided. Please bring your own soft drinks.
Bring Big Book, 12 x 12, Meditation books, Toiletries, Towel, Blanket, and Something for the Snack Table

For additional information, please feel free to contact:
Jim 319-212-0539 or Arnie 563-299-4598
Lodging Meals and linens are provided

Never blame others for the road you choose to travel. It's your own asphalt

\$100 Preregistration \$125 At the door

Name: _____
Address: _____
Phone/Email: _____

Please send Payment to:
Arnie Hart
1475 Penn Ave RD
Atalissa, IA. 52720

Letts, Oct. 23-25

**District 11/Area 24
2026 Fall Mini-Conference**
November 7
Life Beyond Our Wildest Dreams

Bread of Life Church
2155 University Ave., Dubuque

Mark O., Maquoketa, AA speaker
Joanne H., Dubuque, Al-Anon speaker

Sponsors/Sponsees!
Enhance Your Recovery
Unite in Service with a Chair position!

Contact your Mini-Conference Co-Chairs:
Stacy B., AA - Steve G., AA, and Shirley G., Al-Anon
(563) 580-8138 for Stacy – (563) 542-7639 for Steve or Shirley
or Keith K., DCM (815) 281-1591

Bread of Life, Nov. 7

Sept AA History *

Sept, 1930	Bill wrote 4th (his last) promise in family Bible to quit drinking	Sept 13, 1937	Florence R, 1st female in AA, in NY.
Sept, 1939	Group started by Earl T in Chicago.	Sept 13, 1941	WHJP in Jacksonville, FL, airs ‘Spotlight on AA’.
Sept, 1940	AA group started in Toledo by Duke P & others.	Sept 17, 1954	Bill D, AA #3, dies.
Sept, 1940	<i>Journal of Nervous and Mental Diseases</i> gives Big Book unfavorable review.	Sept 18, 1947	The Dallas Central Office opens its doors.
Sept, 1946	Bill & Dr. Bob both publicly endorsed the National Committee for Education on Alcoholism, founded by Marty M.	Sept 19, 1965	The <i>Saturday Evening Post</i> publishes article “Alcoholics Can Be Cured – Despite AA”, by Dr. Arthur H. Cain
Sept, 1946	1st A.A. group in Mexico.	Sept 19, 1975	Jack Alexander, author of original <i>Saturday Evening Post</i> article, dies.
Sept, 1948	Bob writes article for <i>The Grapevine</i> on AA “Fundamentals –In Retrospect”.	Sept 21, 1938	Bill W & Hank P form Works Publishing Co.
Sept, 1949	1st issue of <i>The Grapevine</i> published in “pocketbook” size.	Sept 24, 1940	Bill 12th steps Bobbie V, who later replaced Ruth Hock as his secretary in NY.
Sept 1, 1939	1st AA group founded in Chicago.	Sept 30, 1939	article in <i>Liberty Magazine</i> , ‘Alcoholics and God’, by Morris Markey.
Sept 11, 2001	30 Vesey St, New York, location of AA’s first office, is destroyed during the World Trade Center attack.	Sept, 1971	First European AA Convention, Bristol, England, Sally Cousins, Archivist
Sept 12, 1942	U.S. Assist. Surgeon General, Dr. Lawrence Kolb, speaks at dinner for Bill W and Dr Bob.		

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To understand the historical perspective on AA Step 9, consider the following points:

AA’s Step 9 asks members to make direct amends, when possible, to people they have harmed, except when to do so would injure them or others. Changing, for example, what may be a broken trust or failed commitment to a promise of better behavior in the future.

Origins and Evolution

Oxford Group roots: Early members drew the concept of restitution from the Oxford Group, a Christian faith-based fellowship that emphasized absolute honesty and cleaning up past mistakes.

Drafting the Big Book: Bill Wilson and early members formalized the steps in 1939. They moved away from vague apologies, realizing that true recovery required practical, tangible action to repair broken relationships.

Adding the exception clause: The pioneering groups quickly learned that forcing an apology on the harmed person could sometimes re-traumatize them or cause legal trouble, leading to the crucial condition: “except when to do so would injure them or others.”

Historical Practice vs. Modern Recovery

Beyond mere words: Old-timers stressed that saying “I’m sorry” just rang hollow; the spirit of Step 9 demanded substantive restitution, such as re-paying owed money or changing the nature of damaged relationships.

Spiritual hinge: Historically viewed as the turning point from the moral inventory (Steps 4 and 5) to active, outward restoration.

Dubuque Area Intergroup**Area24 / District 11 Alcoholics Anonymous
and Iowa Area Al-Anon Family Groups****Office Location: 1646 Asbury Rd #7, Dubuque, IA 52001****Office opened by appointment at your convenience:****Call (563) 557-9196****AA Literature**

Dubuque Area Intergroup stocks and sells A.A. Conference-approved literature and recovery anniversary medallions for the convenience of local members and groups. French and Spanish literature can be ordered. We stock outreach pamphlets that address recovery with inclusivity for all persons. Al-Anon Family Group's literature may also be purchased at our office.

(Call for prices)**Meetings and Events**

Dubuque Area Intergroup publishes and distributes up-to-date lists of in-person meetings as well as web-based meetings for those who are housebound or chronically ill. We publish local A.A., Al-Anon, and Alateen event flyers and other related information on this website. Our AA Meetings are also listed in the aa.org "AA Meeting Guide App".

**Speakers and Referrals**

The Dubuque Area Intergroup is one of 700 AA Intergroups throughout the U.S. We are a resource to connect with A.A. Members. We include public outreach for Al-Anon Family Groups and Alateen. Referrals to A.A. Speakers willing to share their personal experience with the A.A. program of recovery, may be reached by calling our office.

**Group contributions
support the operations of
Dubuque Area Intergroup.
Your group can make
contributions using
this PayPal QR Code:**



September 2026	Area 24–District 11 News	Issue #28
	Thoughts of Interest in District 11/Area 24	

From the Newsletter Chair:

We wish to acknowledge the contributions of the Dubuque Area Intergruop and its website, DubuqueAA.org, which hosts the District 11 *Messenger* newsletter, events and AA Meeting Schedules. Thank you, for all that you do!

Summaries of the District GSR Business Meetings and Chair reports are lightly edited for clarity and consistency. Original Committee Chair reports in full are represented in the business meeting minutes. If you would like to be added to the email list to receive the District 11 monthly Business Meeting minutes in full, please email requests to: area24district11newsletter@gmail.com

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 Home Groups and their activities. Articles should ideally be about 300 words or so.

Content submissions may require some editing, but every effort is made to maintain the spirit of the message, as expressed. Of course, anonymity is the spiritual foundation of all of our decisions including use of initials for last names.

This newsletter, *The Messenger*, is a publication of Area 24 / District 11 of Iowa Alcoholics Anonymous. The editor and contributors do not speak for AA, in whole or in part, and the information presented is for the sole use of the members of AA and the opinions expressed are those of the editor or authors only. All content quoted from AA Literature is offered in the spirit of recovery and we attempt to attribute the text appropriately and accurately.

District 11 serves the AA members and supports service groups & institutions of the following communities:

– Iowa –

Bellevue • Cascade • Delhi • Dubuque
Dyersville • Edgewood • Epworth • Hopkinton
Manchester • Maquoketa • Peosta

– Illinois –

East Dubuque • Elizabeth • Galena • Hanover

Our 7th Tradition:

“Every A.A. group ought to be fully self-supporting, declining outside contributions”

Reprinted from page 160, “Twelve Steps and Twelve Traditions”, with permission from A.A. World Services, Inc.



**Self-Support:
Where Money and
Spirituality Mix**

**Where Your
Contributions
Are Applied**

Your contributions support the local operations of District 11 and the Dubuque Area Intergruop. All contributions from AA members are gratefully accepted.

All of these AA organizations depend on our support to ‘Keep the Doors Open’

General Service Office
Post Office Box 2407
James A. Farley Station
New York, NY 10116–2407

Area 24
PO Box 1291
Des Moines, Iowa 50305

District 11, Treasurer
1646 Asbury Road, #7
Dubuque, IA 52001

Dubuque Area Intergruop
1646 Asbury Road #7
Dubuque, IA 52001