

The Messenger

October 2026

Area 24–District 11 News

Issue #29



October — The Tenth Month

The nexus between the Alcoholics Anonymous (AA) 10th Step and the 10th Tradition is the practice of humility, personal restraint, and accountability applied to both individual behavior and the collective fellowship. While the Steps govern the individual's spiritual recovery and the Traditions govern the unity of the group, the number ten in both contexts asks members to check their ego, keep their side of the street clean, and avoid unnecessary conflict.

The Core Connections of Restraint of Tongue and Pen: Bill W. famously noted in one example that a single unkind tirade or snap judgment can ruin an individual's day (Step 10), just as public controversies can tear the fellowship apart (Tradition 10). Both principles demand pausing when agitated and exercising self-control over what one says or publishes.

Ego Reduction: Both guidelines require setting personal righteousness aside. In Step 10, you promptly admit you are wrong instead of needing to “win” an argument with a neighbor or spouse. In Tradition 10, the group suppresses its collective opinion on important social causes because being “right” on an outside issue isn't worth harming the primary purpose of helping alcoholics stay sober.

Anonymity and Humility: Practicing the 10th Step repeatedly teaches us that we do not have all the answers. Our personal humility naturally feeds into respecting the 10th Tradition—realizing that our members' strong political or religious views are their own, and we should never parade them under the auspices of AA.

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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](#)**

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	October 3 Committee Meeting Minutes	

District 11 BUSINESS MEETING minutes

- Opening | Oct 3, 10:30 am
- Call to Order & Welcome - Keith K., DCM
- Serenity Prayer
- Introductions (first name, home group, service position)
- Welcome visitors

ADMINISTRATIVE ITEMS

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

GROUP REPORTS (7 GSR's present)

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

The Family Afterward Big Book Meeting is now held in the O'Brien Meeting Roo at Nativity Church 1225 Alta Vista Drive, 9am Monday mornings. We read from the Big Book cover to cover; we'll be starting the story 'ME AN ALCOHOLIC?' page 382. The Meeting may range from 5 to 10 people. There is good sharing regardless of the size of the Meeting. It is an Open Meeting, and children are welcomed. Coffee, decaf or regular tea, hot chocolate is available. We invite you to join us and partake in our fellowship. Thank you for letting me share; yours in service, Mary CE

Cascade meetings:

- Friday Night Meeting 7pm, at Cornestone Church
- Gift of Desperation, Noon Saturday at Cornerstone
- There is a Solution Group Noon at St Mathias Parish
5-10 ppl in attendance

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

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

Galena meetings:

Rod M GSR for the Monday through Friday meetings.

Unity Step Group, Gabe GSR; Sunday 7pm WestSide 12 Step group (red folders) 15-20 ppl on average. All positions are filled.

AL-ANON REPORT

Fall Speaker Supper Today

INTERGROUP REPORT

- Done with remodeling with everything in place
- 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 H or Terry C would be the ones to contact if you need bulk!

COMMITTEE REPORTS

- **Archives:** Rod present; no report
- **Corrections:** Mick L
– Jail meeting and literature update
– Bridge 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 \$30.00/month
- **Newsletter:** Thom - thank you for all your hard work!
- **Public Information** (OPEN POSITION)
- **CPC:** Sue G not present!! Still working on magnets and other items; looking into Clarke College visit talking to nursing program- sharing their story about Alcoholism
- **Treatment & Accessabilities:** Carol - not much going on still working with ASAC and now have 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 ASAC, Grapevine magazine and Event fliers.
See if they come and see the fun we have.
Yours in service,
Treatment & Accessabilities Chair -Carol K.
- **Activities:** Marc -Oct 30th Halloween Party at Fellowship Cub; Doors Open at 5:30, Chili Cook-Off at 6pm . Food, Fun, Laughter and Singing !! New Years Eve Party dance Thursday night in the works as well.
- **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. We have a busy couple of months ahead, both with fellowship events and with preparing for the next service rotation.

One of the things I’ve been working on is getting the Standard Operating Procedures (SOPs) for our District positions out to the current officers and committee chairs. The goal is to give everyone a chance to review their position, make any needed updates, and help the next person understand what the job actually involves. We talked last month about having these available before elections so people considering service can make an informed decision about standing for a position.

The Area 24 Fall Conference is October 16–18. I encourage our GSRs and District members to attend if they are able and, more importantly, to bring what they learn back to their home groups. These conferences are one of the ways we stay connected to the rest of Area 24 and better understand what is happening in General Service.

There is also a new District being formed within Area 24 specifically to represent online groups that otherwise may not have had a direct connection to the Area service structure. I think this is worth paying attention to as it develops, because online meetings have become a permanent part of AA and this gives those groups another way to participate in General Service.

We also have several local events coming quickly. The Al-Anon Fall Speaker Supper is October 3 at Bread of Life Church, the District 11 Halloween Party and Karaoke Jam is October 30 at the Fellowship Club, and our District 11 Mini-Conference is November 7. Planning for the Mini-Conference continues, with Mark O. as the AA speaker and Joanne as the Al-Anon speaker. If you can help with setup, food, raffle items, or anything else, please get involved. Last month we reminded everyone that a successful Mini-Conference works best when many people each take a small part.

We also still have some service opportunities and transitions to keep working on, including Public Information, Corrections, and coordination with ASAC. Please continue taking those needs back to your groups. Sometimes the best person for a service position is simply the person who is willing to show up, learn, and help.

Finally, please continue sending any meeting changes,

times, locations, formats, or contact information, to Rod so our schedules stay current. When someone new reaches out looking for a meeting, the information we give them needs to lead them to an open door.

Thank you again for your service and for continuing to carry information between your groups, District 11, and Area 24.

In love and service,
Keith K, District 11 DCM

• **Treasurer Report**

Dear friends,

Once again, apologies as I will miss the meeting as I will be in Madison for the weekend, where my husband now works/lives.

Please find attached the September 2026 Treasurer’s Report and also a list of AA groups that made 7th tradition donations that were recorded in the third quarter (July, August, and September).

In service,
Cheryl P, District 11 Treasurer

STARTING BALANCE		\$5,686.66
INCOME:		
8-Sep	\$100.00	
8-Sep	\$ 50.00	
8-Sep	\$ 16.00	
8-Sep	\$ 8.00	
5-Sep	\$ 6.00	
30-Sep	\$ 1.63	
TOTAL CONTRIBUTIONS:	\$181.63	\$5,868.29
EXPENSES: 1-Aug	\$112.06	
TOTAL EXPENSES:	\$112.06	
Total		\$5,756.23
PRUDENT RESERVE:		\$1,002.78

- **District 11 Mini-Conference** - November 7, 2026
 - Mark O. - AA speaker; Joanne - Al-Anon speaker
 - Planning Committee update - Stacy B and Steve G; raffle items / volunteers
- Public Information Chair vacancy
- ASAC volunteer/coordinator vacancy
- Corrections committee transition
- Chair position SOP review and updates before November elections
- Group-level / District Venmo discussion

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	Oct. Meeting Minutes, <i>cont.</i>	

NEW BUSINESS

- Area 24: formation of a new District representing online groups that otherwise may not be connected or involved in the Area
- Gathering of the Eagles discussion / update
- Open floor - new motions, announcements, and group concerns

COMING EVENTS

- October 3 - Al-Anon Fall Speaker Supper, Bread of Life Church

- October 16-18 - Area 24 Fall Conference
- October 30 - District 11 Halloween Party; Karaoke Jam, Fellowship Club
- November 1 - Fellowship Club Sunday Breakfast Breakfast 9am; speaker 9:30am
- November 7 - District 11 Mini-Conference

CLOSING

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

The Everything AA App is free with A.A. literature and resources

About the Everything AA App

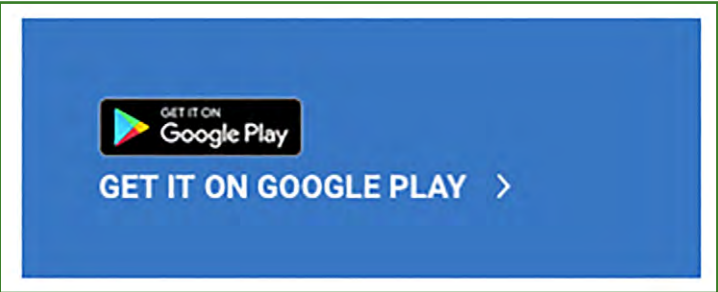
Easily access your favorite literature, read today’s Daily Reflection, listen to book audio, and more! Available on both iOS and Android.

Everything AA features

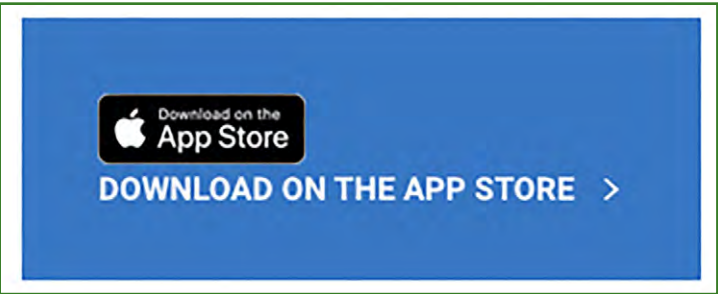
- **Big Book text and audio**
- **12 Steps and 12 Traditions text and audio**
- **Living Sober text and audio**
- **Daily Reflections daily quote and audio**
- **Pamphlets**
- **Find Meetings**
- **Sobriety Tracker**

The app is a recent addition to the many services GSO provides to the Fellowship. It remains available for download without cost; however, there is an option to subscribe at \$1.99 a month or \$19.99 a year to support the app’s continued development and maintenance. This optional subscription model follows a similar practice to the A.A. Grapevine’s subscription model for its app.

The AAWS board has engaged in thoughtful discussion and deliberation to ensure that this aligns with our Traditions. Subscribers will receive content and are not contributing to the Seventh Tradition with their subscriptions. In the next year, as the app team continues to review and develop this important platform, you will notice phased changes to content and features along with the addition of new resources for all app users.



Click on Either Box to Link



October 2026	Area 24–District 11 News	Issue #29
	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.

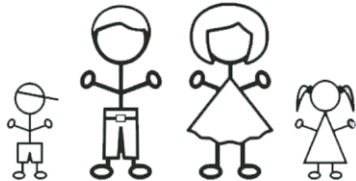
Key correlations between the Meeting Guide app and the Responsibility Pledge include:

- **“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.

*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 @ 815-261-1591
OR EMAIL
AREA24DISTRICTDCM@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

**Informational
Meeting**
DISTRICT 24 OF AREA 24

Inaugural Online District Meeting
UNITY • SERVICE • RECOVERY TOGETHER
ALL ARE WELCOME

DATE & TIME
Saturday,
October 10th
10 a.m. Central
Standard Time

LOCATION
Zoom Meeting ID
319-721-4056
No passcode required.

QUESTIONS?
Email Julie K. Shaw at
gmail.com
or call Julie at
319-721-4056.

MEETING HIGHLIGHTS

- Meet with other interested members
- Answer FAQs
- Identify persons interested in service positions
- Discuss next steps

*Together
We Make a Difference*

Online, Oct. 10

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 – 7:00 p.m. Officer and Chair Session
8:00 – 10:00 p.m. Working Sessions – ICA, CAA, and Area 24 Officers
9:00 – 10:00 p.m. Workshops – Anshin, Connections,
Newcastle, and W

Al-Anon and Alateen
8:00 – 7:00 p.m. CAA Registration and group donations begins
8:00 – 10:00 p.m. CAA, CAA, and Area 24 Officers
9:00 – 10:00 p.m. Workshops – Anshin, Connections,
Newcastle, and W

Pre-Registration Form – Due by Oct 3rd
(All fields required)

Name _____
Badge Name _____
City, State _____
Phone _____
Email _____

**Check Box – Due
November 1st**

☐ Spanish
☐ Interpreter
☐ ASL Interpreter

Adults	\$40 Pre-registration (\$50 at doors)	Al-Anon Alateen	Other
Alateen	\$50		
Pre-registration fees	\$22 Lunch		
	\$30 Banquet		
Total	\$		

Make check payable and mail to: Area 24 Fall Conference, P.O. Box 75, Cedar Falls, IA 50613
The Alateen consent form is required for all Alateen members to participate in the Area 24 assembly. No reservation is needed.

Cedar Falls, Oct. 16-18, Pg 1

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

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

**2026 District 11
 Halloween Party, "Karaoke Jam" and
 Chili Cook-Off**
 Hosted at the Dubuque Fellowship Club
 October 30, 2026



Who: All AA's and Al-Anon's including family and/or friends
What: Join District 11 for a Halloween Party, "Karaoke Jam" and Chili Cook-Off
Chili Cook-Off: We are asking folks to bring their best chili in a crockpot for a chili contest. If you don't want to bring chili, please bring a side dish or dessert to pass or some chili fixings!
 Halloween Party, "Karaoke Jam" and Fellowship. Feel free to dress up with your Halloween outfits! We will have an informal "Karaoke Jam" where people can join in at any time and sing your favorite songs! Should be lots of fun!

Where: Dubuque Fellowship Club (DFC), 1166 Main Street, Lower Level, Dubuque, IA.
When: Doors Open at 5:30 pm Halloween Party and Fellowship: 6:00 pm to 9:00 pm
 Chili Cook-Off Tasting 6:00 pm Karaoke Jam: 7:00 pm

Costs: Suggested \$5.00 donation for coffee, dinnerware, decorations and facility usage. Water and Pop will be provided for purchase. Please bring a side dish/dessert to pass. No one will be turned away from the festivities!

Contact Info: Marc R. 563-543-3218

DFC, Oct. 30

**AL-ANON
 DISTRICT 8
 CEDAR RAPIDS**



FALL FESTIVAL

SAVE THE DATE: **THURSDAY, NOVEMBER 5**

EATS | SWEETS | SPEAKS

Join us for a fun-filled evening of fellowship, good food, inspiring speakers, and a silent auction—all wrapped up in the warmth and spirit of the season. Come share a meal, connect with friends, and support our Al-Anon community.

Donations accepted — 4:30pm	Donations of Baked Goods & Treats and Silent Auction Items are Appreciated
Silent Auction starts — 5:00pm	Welcoming Speakers from Dubuque
Italian Dinner — 5:30pm	AA SPEAKER: Steve G
Announcements/welcome — 6:15pm	AL-ANON SPEAKER: Shirley G
Speakers begin — 6:30pm	

CEDAR HILLS COMMUNITY CHURCH
 6455 E AVENUE NW
 (CORNER OF E AVE & STONEY POINT RD BY CHERRY HILL AQUATIC PARK)
 CedarRapidsAreaAl-Anon.org

Cedar Rapids, Nov 5

**LIFE BEYOND OUR
 Wildest Dreams**

**District 11 Mini Conference
 & Business Meeting
 November 7, 2026**

BUSINESS MEETING & ELECTIONS
Right after Lunch

Bread of Life
 2155 University Ave. Dubuque
 Stacy B. 563.580.8138
 Steve/Shirley 563.542.7639
 Keith K. 815.281.1591

Bread of Life, Nov. 7

**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

DFC, Nov. 8

**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

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**

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

Oct AA History *

Oct 1936	Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.	Oct 8, 1988	Memorial Service for Lois W at Stepping Stones, NY.
Oct 1939	1st central committee formed in Cleveland; 1st example of A.A. rotation.	Oct. 9-11, 1969	1st World Service meeting held in New York with delegates from 14 countries.
Oct 1942	1st issue of <i>Cleveland Central Bulletin</i> is published.	Oct 10, 1943	6 of 1st 9 AA's attend clubhouse anniversary in Toledo.
Oct 1944	First non American branch started in Sydney, Australia by Father Tom V Dunlea as Trustee, and Rex A.	Oct 10, 1970	Lois reads "Bills Last Message" at annual dinner in NY.
Oct 1951	Lasker Award given to AA by American Public Health Assoc.	Oct 10, 1988	Lois is buried next to Bill in Manchester, Vermont.
Oct 1951	Sister Ignatia wrote "Care of Alcoholics ? St. Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress," the <i>Journal of Catholic Hospital Association</i> .	Oct 13, 1947	"The Melbourne Group" held its first meeting in Australia.
Oct 1954	The "Alcoholic Foundation" renamed the "General Service Board of A.A."	Oct 14, 1939	<i>Journal of American Medical Association</i> gives Big Book unfavorable review.
Oct 1958	Playhouse 90 TV airs "The Days of Wine and Roses".	Oct 15, 1904	Marty M, early AA woman, is born in Chicago.
Oct 1, 1941	Local news reports 1st AA Group in New Haven, CT.	Oct 17, 1935	Ebby T, Bills sponsor, moves in with Bill and Lois.
Oct 1, 1957	Book, <i>A.A. Comes of Age</i> , is published.	Oct 20, 1928	Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 2, 1944	Marty M. founded The National Committee for Education on Alcoholism, later became The National Council on Alcoholism.	Oct 21, 1939	<i>Cleveland Plain Dealer</i> begins series of articles on AA by Elrick Davis.
Oct 3, 1945	AA Grapevine adopted as national publication of AA.	Oct 22, 1963	E M Jellinek, alcoholism educator and AA friend, dies.
Oct 5-7, 1972	2nd World Service meeting held in New York.	Oct 24, 1942	<i>L.A. Times</i> reports AA groups in 14 California cities.
Oct 5, 1988	Lois Burnham Wilson died.	Oct 24, 1943	Wilsons start 1st major A.A. tour, returned Jan 19, 1944.
Oct 6, 1941	900 dine at Cleveland dinner for Dr. Bob.	Oct 24, 1973	Trustee's Archives Committee of AA has its 1st meeting.
		Oct 28, 1994	National Council on Alcoholism and Drug Dependence celebrates 50 years.

**reposted by permission of South Jersey Intergroup*

To understand the historical perspective on AA Step 10, consider the following points:

From a historical perspective, Step 10 evolved as the vital "maintenance" phase that transitions recovery from an acute emergency treatment into a sustainable, lifelong daily practice.

Origins and Evolution

The Big Book Foundation: When *Alcoholics Anonymous* (the Big Book) was published in 1939, the core ideas of continuous self-appraisal were already established, drawing heavily from the early Akron and New York groups influenced by the Oxford Group's daily check-ins.

Shifting from Past to Present: While Step 4 established a massive, one-time historical inventory of a person's entire past, early AA members quickly realized that resentments, fears, and dishonesty did not magically stop once the past was cleared. Step 10 was formalized as a real-time, daily mechanism to handle ongoing human friction.

The "Maintenance" Philosophy: Early AA "old-timers" recognized that overconfidence and

complacency were the greatest threats to sobriety. Step 10 was designed to counter what early literature called "rest on your laurels" thinking—the dangerous assumption that recovery could ever be "finished".

Historical Tenets of Step 10

Spot-Check Inventories: Co-founders and early members emphasized catching negative emotions (selfishness, dishonesty, resentment, and fear) the exact moment they "crop up" during daily routines, rather than waiting for a weekly or monthly review.

Immediate Correction: The directive to promptly admit mistakes served as an emotional pressure-release valve. Historically, it prevented small daily irritations from compounding into the severe resentments that traditionally triggered alcoholic relapses.

Progress, Not Perfection: The historical practice framing Step 10 moved the fellowship away from rigid, guilt-ridden perfectionism toward an emphasis on continuous spiritual and emotional growth.

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:**



From the Newsletter Chair:

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

Summaries of the District Committee Business Meetings and Chair reports are lightly edited for clarity and consistency. Original Committee Chair report summaries 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, please email requests to: area24district11newsletter@gmail.com

We invite the District 11 fellowship to submit articles, art or photos related to their recovery or events 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 less.

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 the use of initials of 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 Intergrup. All contributions from AA members are gratefully accepted.