

The Messenger

August 2026

Area 24–District 11 News

Issue #27



August — The Eighth Month

Welcome to the month of August — the eighth month, in which we look at Step Eight (and) Tradition Eight. Did you know that the first Saturday in August is International Hangover Day? Which may explain why the first Sunday in August is International Forgiveness Day. August is also considered a power month, tapping into the energy of completion, the tying of loose ends and leading to a brighter future. We don't know if the founders of A.A. knew this when they conceived the Twelve Steps, but it certainly fits.

Step Eight: “Made a list of all persons we had harmed and became willing to make amends to them all.” Many of us have trouble beginning the work of Step Eight because we are worried about Step Nine. And many more come into the rooms of A.A. believing that they only harmed themselves. As sobriety grows, so does understanding and clarity. This step only asks that you make a list and become willing. The Eighth Step Prayer helps us along. “Higher Power, I ask your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as you are forgiving to me. Grant me the willingness to begin my restitution. This I pray.” Remember that Step Eight is the beginning of the end of isolation.

Tradition Eight: “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.” Written to protect us from ourselves, the Traditions reflect the collective problem-solving experience during our Fellowship's first dozen years. The power of Alcoholics Anonymous has always been the person to person connection from one recovering alcoholic helping another. However, the business of A.A. does sometimes require paid workers. Carrying the message is never to be paid for, however, those who labor in service to us are worthy of their hire. As A.A. members representing the A.A. program we are all volunteers and the only expertise we claim is our own experiences as active alcoholics and our individual recovery through the practice of the Twelve Steps of Alcoholics Anonymous. This one-on-one sharing is the basis for our Fellowship's existence and the key to the spiritual experience of one alcoholic helping another alcoholic to achieve sobriety, thereby saving two lives.

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August 2026	Area 24–District 11 News	Issue #27
	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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	District 11 August Committee Meeting Minutes (notes)	

Saturday, August 1st, 2026 – 10:30am Westside Clubhouse – Dubuque, IA

Opening – 10:30am

- 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
- Approval of July Minutes read by Erin R - Motion / Second / Passed
- Treasurer's Report Motion / Second / Passed

ADMINISTRATIVE ITEMS

- Roll Call – GSRs & Committee Chairs
- Erin R (district secretary) read Unfinished Business from last month (June) and New Business - Motion / Second / Passed
- District Mini-Conference (November 2026) Joanne H, Al-Anon speaker from Dubuque Mark O, AA speaker Maquoketa. If you would like to get involved, please let Stacy and Steve G know!
- Public Information Chair Vacancy. If you know anyone that would like to get involved in service!
- Treasurer's Report (see pg 6) Motion / Second / Passed

GROUP REPORTS - 9 total in attendance

- GSR Reports
- Al-Anon Report
- Intergroup Report

Family afterwards*: Mary CE GSR. *moving to a new location Monday! The group will be meeting at the Church of Nativity, 1225 Alta Vista St, in the Gathering Room effective August 3rd, at 9am. We study the Big Book from cover to cover. We're currently reading the story, "Crossing the River of Denial". Please join us and enjoy fellowship and coffee, tea, hot chocolate, and great fellowship. Children are welcome.

Yours in service, Mary CE

Jay Walkers Group: GSR Randy; Wednesday 7pm Big

Book study group, once a month 12X12; 13-15 ppl in attendance; Hillcrest facility Tradition read first Wednesday of the month. Then we read and dissect the BB.

164 Pages: Alt GSR Erin L: Saturday 9am Westside clubhouse; 30-60 ppl in attendance; Big Book meeting, strong group.

Cascade area: Tom M GSR; Friday Cornerstone Church, (830 Nixon St) 7pm; Closed AA meeting, but do Open meetings every last Friday of the month, food and fellowship. Roughly 20 people, wide range in sobriety. 24 Hours and Daily Reflections readings.

Gift Of Desperation: Nate GSR (now in position); Saturdays at noon. Cornerstone Church, Closed meeting. Read both Big Books and 12X12 books. Roughly 6-7 people in attendance.

There is a Solution. Tuesdays at noon: St Mathias. People are coming from far away! Open meeting and representation from Al-Anon as well. Positions for service are available. Daily Reflection reading and Al-Anon.

Dyersville Meeting: Open meeting, Wednesday at 7pm. The second Wednesday of the month they have a speaker meeting.

Attitude Adjustment Group: Kevin GSR; (Dubuque Fellowship) read the 3rd, 7th, and 11th step prayer, St Frances prayer, and 24 hour a day; 1st Sunday of the Month Breakfast speaker meeting 9am breakfast, 9:30 speaker.

Unity Step Group: Gabe GSR; Sunday night 7pm at WestSide; 12 Steps (abbreviated red folder 12 steps). One step a week. Roughly 15 people in attendance. They start at Step 1 for newcomers. Great mix of sobriety and wonderful fellowship with great chatter.

Keyway Lodge: Cheryl, GSR; Bread of Life Church at 8pm Daily Reflections is read. 20-25 ppl in attendance; Visitors are welcome and the meetings are open. Cake night last Wednesday of the month and usually 40-50 people for Speakers (of the month that have birthdays) cake and ice cream.

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

Sinsinawa Meeting: Keith K GSR; 5:15 County Rd Z Hazel Green WI Mounds have been sanctified. Meeting at St Clare Chapel.

Happy Hour Group: Travis GSR; Tuesday night group 6pm Westside. Read from the 12X12 book, steps. Roughly about 15-20 people; variety of sobriety diversity; with a great; closed meeting. Step 1 when newcomers are present.

Friday Night Vision For Hope: Carol GSR; St Peters Lutheran Church 7pm; 15-20 ppl in attendance; read from daily reflection and share. Meeting before the meeting and after the meeting for more fun fellowship.

Sober Sisters: Noon Tuesday, Hybrid option, Stories from Big Book; any women are welcome. Fellowship after and all are welcome.

A Day at A Time: Joe GSR; Tuesday/Thursday 9am; Westside; average 15-22ppl

Wing and A Prayer: Meeting on relationships, Al-Anon and AA meeting 5:30 Thursdays.

Galena Meetings

1st Presbyterian Church on Bench St–

Attitude Adjustment: Chuck E, Alt GSR: topic meeting Saturday morning; 9:30am; 20-30 ppl, hybrid meeting. We love visitors, come join us.

Grace Episcopal Church on Prospect St–

Monday: 10am 12 X 12

Tuesday: 7pm open meeting

Wednesday: Noon - big book study meeting

We are Not a Glum Lot: Thursday, 7pm As Bill Sees It

Friday: Grapevine zoom meeting only

Al-Anon Report: Fall Speaker Supper, Saturday Oct 3rd, Al-Anon Bread of Life Church. Keith K is AA speaker, Conference Western Iowa–A flyer is coming!

Intergroup Report*: Carol reported, Setting up for the next picnic Labor Day Sept 1st coffee at 11am, eating at 12pm . They have Literature books, pamphlets etc; Referral service, 15 calls roughly a month looking for meetings, zoom. *They have a shelving unit for sale (Terry C or Jeff M) Website: dubuqueAA.org; 563-580-0152 (Terry's #)

COMMITTEE REPORTS

- **Archives:** Rod; no report
- **Corrections:** Mick present
Wednesday Night for men
Monday night for women
Received literature to handout
NA 1st Wednesday of every month
- **Grapevine:** Travis H; I just wanted to share a quick Grapevine and La Viña update.

The August issue of AA Grapevine is all about “Sober Travel.” It includes members’ stories about staying sober and connected while on the road during the busy vacation season. It’s a good reminder that no matter where we go, recovery goes with us.

I also want to encourage everyone to check out the AA Grapevine App. It’s a really helpful tool with the full digital magazine archive, daily quotes, a sobriety calculator, gratitude lists, and the Half-Hour Variety Hour podcast. It’s an easy way to stay connected between meetings.

Grapevine is always looking for contributions from AA members for things such as stories, photos, artwork, even a little humor. If you or someone in your home group has something to share, please consider sending it in. You never know who might need to hear your experience.

This year also marks the 30th anniversary of La Viña, celebrating three decades of carrying the AA message to the Spanish-speaking fellowship.

If anyone is interested in subscribing, the current U.S. annual rates are: Print: \$36 Digital: \$29.99 Print & Digital: \$56

As always, I just encourage everyone to bring this back to their home groups. Whether it’s passing around a Grapevine, helping someone download the app, or gifting a subscription to a newcomer, these are simple ways we can all help carry the message.

Thanks for letting me be of service.

Yours in service, Travis H.

- **Newsletter:** Thom present. The newsletter is going smoothly. Focus on Step and Tradition of the month. Informational in district and area, along with history.
- **Public Information (OPEN POSITION)**
- **CPC:** Sue is not going to make it and still not feeling well. Prayers Please ... continued
- **Treatment & Accessibilities*:** Carol; ASAC 1st Thursday of the month 4:30pm (2) Stories Monday

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	July District Meeting Minutes, <i>cont.</i>	

couple people come and tell stories and speak on steps.
 *Please see Cord and Carol if you are interested.

- **Activities:** Marc present. Reported on the District 11 July 18th Maquoketa River Run Canoe trip with Cookout. We had about 20-30 people on the River Run, Cookout, Serenity Meeting, and/or Campout throughout the weekend. Thank you to all those who came out for the fellowship and fun! Halloween and New Years Eve Party at Fellowship Club more information to come!

DISTRICT REPORTS

DCM Report (*Aug 1*)

Good day, friends. Keith, alcoholic.

Thank you all for being here and for continuing to serve District 11. Our district is strengthened every time a GSR attends a meeting, a committee member follows through on a responsibility, or one alcoholic takes a few minutes to help another alcoholic find a meeting. Most service work is not dramatic, but it is dependable—and dependability is what keeps the hand of AA available.

July gave us several opportunities for fellowship and service through the Maquoketa River Run, the RAGBRAI fellowship activities in Dyersville, and the Dubuque Fellowship Club picnic. I look forward to hearing reports from those who participated and learning how we can continue supporting events that bring alcoholics together.

Today is also a special opportunity for District 11. Immediately following our business meeting, Area 24 Delegate Dan Purcell will present his report from the 76th General Service Conference. Dan’s visit gives us the opportunity to hear directly about the decisions, discussions, and concerns affecting AA as a whole. I encourage everyone to remain for his presentation, ask questions, and bring the information back to your home groups.

Thank you to Erin L. for helping coordinate today’s meal and to everyone who helped prepare for Dan’s visit.

We continue to have several important service needs within the district. The Public Information Chair position remains open, and we still need someone willing to help coordinate our relationship with ASAC. These positions help AA reach people who may not yet know where to find us. Please continue talking about these opportunities within your home groups. Sometimes the person best suited for a service position is simply waiting for someone to ask them.

Jesse will also be stepping down from Corrections as he prepares to move to Wisconsin. Thank you, Jesse, for your service and for helping carry the message into places many of us cannot enter. The jail meetings, Bridging the Gap work, and our efforts to reconnect with Elm Street remain important. We will need members willing to support Mitch and help continue this work.

Planning also continues for the District 11 Mini-Conference on November 7. Mark O. will serve as the AA speaker, and Joanne will serve as the Al-Anon speaker. Anyone interested in helping with the Mini-Conference should speak with Stacy or Steve G. There will be many opportunities to help, and no act of service is too small.

Please also continue sending meeting schedule, location, contact, or format changes to Rod. Accurate meeting information is one of the simplest and most important services we provide. When someone reaches out for help, they should be able to trust that the meeting information we publish will lead them to an open door.

As we move toward the final months of this service year, I encourage every GSR to continue bringing District and Area information back to their groups. Just as importantly, please bring your groups’ questions, concerns, and ideas back to the district. The service structure works best when communication travels in both directions.

Thank you again for showing up and doing the ordinary work that allows Alcoholics Anonymous to remain available to the next suffering alcoholic. AA’s future will not be secured by one person doing everything. It will be secured by many alcoholics each agreeing to do their small part with willingness, consistency, and love.

In love and service,
 Keith K, District 11 DCM

Alt DCM: Rod M

Called the local newspaper (TH) and checked on meetings and corrected the mistakes that were currently in there.

- Meeting schedule updates
- Newspaper corrections
- District schedule review

Unfinished Business

- District 11 Mini-Conference November 7, 2026
- Father Mark O. - AA speaker

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	July District Meeting Minutes, <i>cont.</i> & July Treasury Report	

- Joanne - Al-Anon speaker
- Planning Committee update
- Area 24 Delegate visit and meal arrangements
- Dan Purcell's General Service Conference Report immediately after the meeting
- Erin L. preparing food; District reimburses with receipts
- Archives closet light reimbursement
- Approved up to approximately \$48; receipt required
- ASAC volunteer/coordinator vacancy
- Public Information Chair vacancy

NEW BUSINESS

- Suggested a venmo account for people that do not have cash - Treasurer of Group could be the one to set that account up; vote on this for each individual group and go from there.
- Publish District SOP for chair positions – We will be having an election in November for 2 year service positions for each chair position. Digital copies are available and need to be updated, if necessary.
- Motion made by Marc – to have Thom find a way for accessibility of the SOP(s) before the elections at the Fall Mini-Conference in November. Motion was 2nd. All in favor, passed!

UPCOMING EVENTS

- District Business Meeting
- August 1 - Area 24 Delegate Dan Purcell
- Delegate's General Service Conference Report 12pm
- October 3 - Al-Anon Fall Speaker Supper; Bread of Life Church; Keith K. - AA speaker; flyer forthcoming
- November 7 - District 11 Mini-Conference

CLOSING

- Motion / Second / Passed
- Lord's Prayer

On a side note:

The Rolling RAGBRAI meeting, 2026, was a hit! Throughout the week the cyclists were able to enjoy the fellowship of AA. Every evening the town that was hosting the group had a meeting and invited all bikers to attend.

The group is called Rolling RAGBRAI (AA riders and rider support members can ask for access if wanted online). Kudos to the Dyersville AA meeting and members for hosting the last night of the week-long event, which was held Friday, July 24, at 7pm in the basement of the Basilica. There were roughly 50 people in attendance. It was amazing to be a part of the meeting where the "Rolling RAGBRAI" group members shared their experience and challenges (both mentally and physically) from throughout the week. I would encourage anyone that is able to make it to any one of these meetings during this annual weeklong event to witness the connection and powerful experience with the spirit of the AA fellowship! Thank you to Nate, our Area 24 Alt Delegate, for contacting the host groups, and making sure they were ready for the riders!

DISTRICT 11 TREASURY

Treasurer's Report for the Month of July 2026		
STARTING BALANCE		\$5,405.54
INCOME: 30-July Interest		\$ 0.49
Deposits:		\$ 337.00
EXPENSES:		\$ 111.78
ENDING BALANCE	(checking)	\$5,631.22
Prudent Reserve	(savings)	\$1,002.70

Respectfully submitted in service,
Cheryl P,
District 11 Treasurer

A strongman in a circus squeezed a lemon and offered \$200 to anyone who could get another drop out of it. A lady stepped up, squeezed it hard, and got out a whole teaspoon. The strongman paid her and asked, "What's your secret?" She said, "Lots of practice! See, I've been an AA district treasurer for two very long years."

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	Maquoketa River Run Event, July 18!	

We conducted the 2026 District 11 Maquoketa River Run.
 An All-Day and Evening Event, on Saturday, July 18th!



A wonderful time was had by all! We all had so much fun, food and fellowship on the River Run. And the Cookout and finally the Gratitude Campfire Meeting afterward created some lasting memories.

The event was attended by about 20 to 30 enthusiastic people during various parts of the day and evening.

We’re all so grateful for everybody who supported it and helped make this great event happen.

In loving service,
 Marc R,
 District 11 Activities Chair

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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:

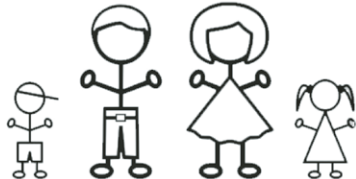
- **“When anyone, anywhere reaches out for help”:** The app provides instant access to meetings worldwide, regardless of geographic location, meeting the needs of isolated or newly seeking individuals.
- **“I want the hand of A.A. always to be there”:** The app lists both in-person and online meetings, 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 Position**



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
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

**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 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
EDUC: 8:00 - 9:00 p.m. Officer and Chair Session
 9:00 - 9:30 p.m. Sharing Session - DCM, GCM, and Area 24 Officers
 9:30 - 10:00 p.m. Workshops - Anonim, Conventions, Newsletter, and AI
 9:30 p.m.

Al-Anon and Alateen
EDUC: 7:00 - 8:00 p.m. CA Registration and group donations begins
 8:00 - 9:00 p.m. CA attending virtually must be registered by 9:00 p.m. with CA attending in person must be registered by 9:00 p.m. with
 8:00 - 9:00 p.m. *Opening Meeting Local District 4
 9:00 p.m. *work meeting

ADJUTANT
 7:00 - 8:00 a.m. Early Bird Meeting
 8:00 - 10:00 a.m. *Area Business Meeting
 10:00 - 10:30 p.m. Luncheon - Al-Anon and Alateen Speaker
 (David B. Chisago)
 10:30 - 11:00 p.m. *Area Business Meeting
 10:30 p.m. Banquet, AA, Speaker and Fellowship
 (Dorothy N. Tardis)
 10:30 - 11:00 p.m. Workshops - CFC, Conventions, Literature and
 Traditions
 11:00 - 11:30 p.m. Candlelight Meeting

SUNDAY
 8:00 - 9:00 a.m. Early Bird Meeting
 9:00 - 9:30 a.m. *Ask A Question Meeting
 9:30 - 10:00 a.m. Area 24 Officers and Chair Transition Meeting
 10:00 - 10:30 a.m. AA Spirit Speaker (Dorothy N. Tardis)

* hybrid meetings

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

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

Check Box - Due
 September 28th
☐ Spanish
☐ Interpreter
☐ ADL Interpreter

		Check one
Adults	\$40 Pre-registration (\$35 at door)	☐ A.A.
Alateen	\$30	☐ Al-Anon
		☐ Other
		☐ Turkey Club
		☐ French Dip
		☐ Vegetarian
		☐ Other
Pre-Registration Meals	\$22 Lunch \$39 Banquet	☐ Lemon Pepper Salmon ☐ Shredded Pork Loins ☐ Vegetarian ☐ Other
Total	\$	

Make checks payable and mail to: Area 24 Fall Conference, P.O. Box 713, Cedar Falls, IA 50613
 The Alateen consent form is required for all Alateen members to participate in the Area 24 assembly. The notation 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) 260-2500
 Rate \$119/room plus taxes
 Sept 16th reduced rate cutoff date
 Booking here may reduce Area conference cost

Holiday Inn & Suites Hotel Website:


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

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	August AA National History	

August AA History *

Aug 1934	Rowland H and Cebra persuade court to parole Ebby T. to them.	Aug 15, 1890	E M Jellinek is born, author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.
Aug 1939	Dr. Bob wrote & may have signed article for <u>Faith</u> magazine.	Aug 16, 1939	Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio.
Aug 1941	1st meeting in Orange County, California held in Anaheim	Aug 18, 1988	1st Canadian National AA Convention in Halifax, Nova Scotia.
Aug 1981	Sales of the Big Book passes 3,000,000	Aug 19, 1941	1st AA Meeting in Colorado is held in Denver.
Aug 1981	Distribution of <u>Alcoholics Anonymous</u> passes 3 million.	Aug 25, 1943	AA group donates Big Book to public library in Quincy, MA.
Aug 1, 1943	<u>Washington Times-Herald</u> (DC) reports on AA clubhouse, to protect anonymity withholds address.	Aug 26, 1941	Bill writes Dr Bob to tell him Works Publishing has been incorporated
Aug 3, 1954	Brinkley S. gets sober at Towns Hosp after 50th detox.	Aug 28, 1954	<u>24 Hours a Day</u> is published by Richmond W.
Aug 8, 1879	Dr. Bob born in St. Johnsbury, VT.		
Aug 9, 1943	LA groups announce 1000 members in 11 groups.		
Aug 11, 1938	Akron & NY members begin writing stories for Big Book.		

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To understand the historical perspective on AA Step 8, consider the following points:

Step 8 of Alcoholics Anonymous: (“Made a list of all persons we had harmed, and became willing to make amends to them all”) evolved from early 20th-century religious movements like the Oxford Group and the practical experiences of AA co-founders Bill and Dr. Bob. It shifted recovery from internal reflection to interpersonal repair. Origins and EvolutionOxford Group Roots: Early members adopted the practice of “compounding restitution” or clearing past wrongs as a core spiritual cleanup. The Big Book (1939): Published principles in Alcoholics Anonymous laid out how personal resentments and harms block spiritual growth, turning informal restitution ideas into a formal step.	The 12 & 12 (1953): Bill W. expanded Step 8 in Twelve Steps and Twelve Traditions, framing it around “brotherly love” and the shift from self-pity to objective evaluation of relationships. Core Historical PurposeTransition from Me to We: Steps 4 through 7 focused inward; Step 8 bridges internal healing to external action, preparing the groundwork for Step 9. Cultivating Willingness: Early pioneers realized that forcing amends without true inner willingness caused more pride or resentment, making the psychological shift as important as the physical list. The willingness required in the step is true to the humility required in the 7th Step. A with all the Steps, there is a progressive change that is required.
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Action and Routine: A common saying in the rooms is “nothing changes if nothing changes,” emphasizing that physical and spiritual progress requires altering daily habits and behaviors.

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:



August 2026	Area 24–District 11 News	Issue #27
	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 consistancy. 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’

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