

The Messenger

January 2026

Area 24–District 11 News

Issue #20

In searching for some inspirational AA thoughts for the New Year, the closest we have to a Bill W. New Year's talk was one he gave around the New Year in 1953, titled "The Milestones Ahead". For the 'new-comers', just being sober would generally suffice. However, some of us 'less than new' may require a bit more encouragement.

In the speech Bill delivered at the General Service Conference, he reflected on the future of AA, and the challenges of emotional sobriety.

He also wrote a special message, which was delivered by his wife, Lois, at the annual dinner in October 1970 (near his last sobriety anniversary). It contained a famous salutation often associated with New Years or other significant milestones: "*I salute you and thank you for your life*". These turned out to be some of the last words we have from Bill, as he passed from service to our society into Eternity, on January 24, 1971.



Key Themes of "The Milestones Ahead"

In his talk, Bill discussed the challenges and growth of AA as it moved from its pioneering phase into maturity.

These themes included:

- **Emotional Sobriety:** Bill emphasized that, while physical sobriety was being attained, some members still struggled with "unnecessary anger, ambition, pride, and a tendency to dominate people, or to cling to people". He stressed the need for continual improvement in both self-esteem and personal relations.
- **The Importance of Growth:** Bill argued that for AA to survive, it must continue to grow and correct its faults, just as individual members are suggested to take a daily moral inventory. "We have to grow or else deteriorate. For us, the 'status quo' can only be for today, never for tomorrow."
- **Anonymity as a Spiritual Principle:** He highlighted the importance of anonymity at the public level, describing it as the "spiritual base" of all the Traditions, and therefor ensuring that the concept of "principles before personalities" continues to guide our movement.

The "I Salute You" Message

The sentiment, "*I salute you and thank you for your life*", comes from an ancient Arabian salutation that a fellow AA member shared with Bill. In the message, Bill used this powerful phrase to express his gratitude and connection to the fellowship, even when he could no longer be physically present. This message serves as a reminder of the deep kinship and life-saving impact of the AA community.

SPECIAL NOTE: Thank you for attending the 2025 District 11 Mini-Conference! In an effort to maintain quality events going forward, we would appreciate your feedback by participating in this 6 question survey.

For questions 1 through 5, please rate your satisfaction on a scale of 1-5, with 1 being low and 5 being high. Additional comments are greatly appreciated for each question. Question 6 provides an option to provide any suggestions for improvement.

Please respond to this survey by **1/31/2026**.

Click on the survey link: <https://s.surveyplanet.com/j6pvzut6>

Thanks from the 2025 Mini-Conference Planning Committee!

T
ABLE

- 2 • 2025–2026 Area 24/District 11 Committee Chairs
- District Business Information
- Intergroup Information
- Newcomer Information Links

f

C
ONTENTS

- 3 to 5 • Jan. 3 GSR Committee Minutes
- Treasury & Mini-Conf. Reports
- Area 24 Service Weekend/Biz Meeting

- 6 • A greeting from our DCM & Meeting Guide APP info/links

- 7 • January AA History & Reflections

- 8 • Coming Events and Activities of Interest in the Tri-State Area
- 9

- 10 • District 11 Intergroup Information

- 11 • District 11 AA Meeting Directory

- 12 • From the Newsletter Chair
- District Service Area
- 7th Tradition Information
- Where 7th Tradition Contributions may be made

January 2026	Area 24–District 11 News	Issue #20
--------------	---------------------------------	-----------

The 2026 Area 24/District 11 Committee Chairs



District Committee Member (DCM)	Keith K.	(815) 281–1591	area24district11dcm@gmail.com
Alternate DCM			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	Alicia M.	(563) 580–4979	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)	Shannon P.	(815) 858–4765	area24district11pi@gmail.com
Activities	Mark R.	(563) 543–3218	area24district11activities@gmail.com
Fall Mini–Conference Chair	(to come)	(to come)	(to come)

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](#)

January 2026	Area 24–District 11 News	Issue #20
	1.3.26 Committee Meeting Minutes	

DISTRICT 11 BUSINESS MEETING AGENDA

Date: Saturday, January 3, 2026

Time: 10:30 – 11:30 am, Location: Westside Clubhouse, 1646 Asbury Road, Dubuque, IA

ADMINISTRATIVE ITEMS

1. **Call to Order & Welcome:** Led by Alternate DCM Erin L. (filling in for Keith K., DCM : absent)
2. Serenity Prayer
3. **Roll Call:** Committee Chairs & GSRs (8 present) / Brief Introductions: first names & position; welcome visitors
4. Approval of December Minutes, read from Erin R. (secretary): Motion / Second / Vote Passed unanimously
5. **Treasurer's Report:** Cheryl P. summary, questions, Motion / Second / Vote Passed anonymously
6. **Al-Anon Updates:** Shirley G., representative. Shared they could use some AA members at meetings. Julian Meeting: meetings Tuesday 7pm Intergroup. There are meetings all week as well that are good. We would love more AA that have AA family or friends to join!
7. **Intergroup Rep:** Co-Chair needs to be filled. Dorm fridge for sale (\$50). Working on Gathering of the Eagles Jan 17th 10:30am - March 21st 2026 at Bread of Life. AA speaker.
8. **GSR Group Updates** (* GSR's that were present)
 - 164 Page Group, Sat 9am, Westside
 - * **Tuesday Happy Hour**, Travis GSR: 6pm Westside. Going strong. Read 12 steps from 12X12
 - * **Jaywalkers**, DOC M., Alt. GSR: Wed 7pm, Hillcrest campus - Open Big Book Study, 12X12 1st Wednesday of the month, all are welcome
 - * **Open Stone Room Meeting**, Chad GSR: Mon 6pm, New Melleray Abbey - please join
 - * **Keyway Lodge**, Cheryl P., GSR: Wed 8pm, Bread of Life Church. Cake night from Dec will be Jan (last Wednesday of the month)
 - * **Sober Sisters**, Carol GSR: Tue 12pm Women's Big Book, moved, Thurs 5:15pm, Intergroup Family Afterwards, Big Book, Mon 9am
 - * **Vision for Hope**, Carol GSR: (alt) Fri 7pm Intergroup
 - Union Step Group**, Sun 6pm
 - Manchester Saturday Night**, Sat 6pm
 - * **Manchester Tuesday Night**, Brett GSR: Tuesday 7pm
 - * **Galena Groups:** Mon 10am; Wed 12pm; Thu 7pm; Fri 6pm (all meetings are Zoom)
 - Galena Attitude Adjustment**, Sat 9:30am, Topic
 - Day at a Time**, Tue/Thu 9am
 - Open Doors** (Epworth)

- * **Cascade Groups**, Tom GSR: open Fri 7pm meeting (last Friday of the month)
 - Gift of Desperation**, Sat Noon (trying to get positions and have this as a registered group)
 - There is a Solution**, Tuesday Noon: open
- Living Sober Group:**
- * **Attitude Adjustment**, Kevin GSR: Sat 9am: read the 3rd, 7th, 11th step prayers and 24 Hour reading,

9. District Chair Reports

Archives: Rod M. present; talked about getting information on the groups in Galena, IL for archives

Corrections: Alicia M. present; Dec 22nd met with Pat and Sheriff at Jackson County about bringing AA meetings to the men and women of the Maquoketa jail. Separate groups will meet in a room (small group). Going to order Big Books and 12x12 to jail.

Grapevine: Travis H. present; Nothing new to report this month besides a recap: AA Grapevine: Carrying the Message in Print and Digital. The AA Grapevine is our “meeting in print”—an international journal created by members, for members. Because Grapevine is self-supporting and does not accept group contributions, it relies entirely on magazine and book sales to carry the message. The current (January 2026) Grapevine features a collection of stories aimed at ‘Day Counters’—members sharing what helped them most in the early days of sobriety. These first-step experiences are a powerful way to connect our group conscience with the lived reality of newcomers and remind us all that we were once new ourselves. If your home group hasn't looked at the January issue yet, it's an excellent resource for discussions or newcomer readings.

Current Subscription Pricing:

- Print Magazine (U.S.): \$36 (1 yr) | \$68 (2 yrs)
- Digital/App Access: \$29.99 (1 yr) | \$2.99 (Monthly)
- Complete Subscription: Includes both Print and Digital/App access.

Ways to Get Involved:

- **Topic Meetings:** Use a “Day Counter” story as a meeting kickoff this month.
- **Sponsorship:** Share the app or specific stories with newcomers to help bridge the gap between meetings.
- **Service:** Elect a Group Grapevine Representative (GVR) to keep your meeting informed. Whether through a personal subscription or using it as a toolkit for your home group, the Grapevine remains a powerful way to reach the alcoholic who still suffers.

January 2026	Area 24–District 11 News	Issue #20
	12.6.25 Meeting Minutes	

Public Information (PI): Shannon P. (absent)

Newsletter: Thom present; *The Messenger* is looking into printing the newsletter, perhaps one for each meeting location. Also, if there are any meetings that would like to be featured in the newsletter, please let Thom know! If anyone has any other fliers or news you would like in *The Messenger*, pass that on to Thom. newsletter chair, area24district11newsletter@gmail.com. 815-823-4655

Cooperation with the Professional Community (CPC): Sue G. present; Partnering with ASAC and doing some training on a variety of different topics: (suicide Prevention, Kratom, other drugs etc.) Might think about connection and cooperation with NA rep, PI, PCP, DCM and meet with ASAC in the up-coming month or 2. More information to come.

Treatment & Accessibilities: Carol K. present; Pamphlets of Newcomers are at Westside if you would like any. Cooperation with ASAC couple of AA members to help out!

Activities: Marc R. present; New Year's Eve celebration, amazing time and amazing turnout. 70+ people. Brought in \$197 in donations, gave \$100 to Fellowship \$71 to District 11, and \$26 was spent on food, decorations, etc. Potluck was excellent! DJ Erin L. was awesome and did the music which led to dancing! Mike H. gave a wonderful heartfelt story. Compliments from Al-Anon and other members of the district.

Upcoming events: Canoeing (summer); Fall/Halloween (fall), New Years Eve (winter), other ideas ... Comedy and Karaoke Jam TBA (spring) Bowling opportunity- Marc Asked for \$200 seed money for the 2026 year of events.

Treasurer: Cheryl P. present; She asked for the approximately \$ for budget of chairs for 2026. Report for the month and yearly GSR contributions below.

Alternate DCM: OPEN chair position - if anyone is interested or knows anyone, please reach out to any of our chairs.

DCM: Keith K. present; It continues to be a privilege to serve as DCM for District 11. Our district remains active, engaged, and grounded in its primary purpose, carrying the message and supporting our groups.

First, I want to thank our GSRs and trusted servants. The strength of this district is directly tied to the health of our groups, and your reports today are the most important part of this meeting. From an Area perspective, I want to remind everyone that the next Area 24 Business Meeting is 2026 January 17th - 18th in Marshalltown, Iowa. If you are able to attend or are interested in learning more about Area service, please see me after the meeting. I also have a literature check from Intergroup that I'll be turning in at the Area 24 meeting. As a friendly reminder, District 11 is still seeking a Chair for our 2026 District Conference. This is a great service opportunity and an excellent way to stay connected to the larger service structure. If you or someone in your group may be willing, please reach out, we're happy to support you. Lastly, thank you again for showing up. District 11 continues to host a strong number of meetings each week, and newcomers are finding us because of your service, your consistency, and your willingness. In love and service, Keith K., DCM District 11

UNFINISHED BUSINESS

- 2026 Budget Planning: Chairs to submit estimated annual spend by December meeting
- Chair for Mini Conference needed
- Open Alt DCM chair position
- Survey for Mini Conference: due Jan 31st 2026
URL: <https://s.surveypplanet.com/j6pvzut6>
- * Motion to move on - 2nd - Vote

NEW BUSINESS

- Steve G : men's AL-Anon meeting Monday 7:30pm Intergroup: AA members welcome! They teach love and tolerance
- Area 24 business Jan 18th- If you have anything to voice please contact Keith
- * Motion to move on-2nd-Vote

EVENTS & ANNOUNCEMENTS

- District 11 GSR Meetings : 1st Sat 10:30am (Westside)
- Intergroup Meetings : 3rd Sat 10:30am (Intergroup Office)
- Speaker Breakfasts : 1st & 3rd Sun 9am (Fellowship Club)

CLOSING

Motion to Adjourn / Second / Vote
Close with the Lord's Prayer

January 2026	Area 24–District 11 News	Issue #20
	A greeting from our DCM & Meeting Guide APP info/links	

Hello District 11

I am humbling passing along our next Area 24 business meeting. I plan on leaving Dubuque January 18th, Sunday morning, returning in the afternoon. If any of you would care to come, God willing, I have 3 open seats available. Jeff M and I expect to leave bright, swiftly and early and on the road by 5:45am and make a small visit at the Area 24 archive room, so he can set up by 8:30am Sunday morning. Come for fellowship, come for hot coffee, come for stale cookies, or as some of you say, “just get in the darn car.”

- I have a literature check from Intergroup for supplies.

If you have something you would like me to speak on, I have 2 minutes in front of the microphone.

Thank you again for showing up on Saturday. District 11 continues to host a strong number of meetings each week, and newcomers are finding us because of your service, your consistency, and your willingness.

Warm regards, in love and service,
Keith K DCM District 11, 815.281.1591

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

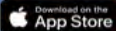
Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

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 first three steps are how *we give up*. Four, five, and six are how *we own up*. Seven, eight, and nine are how *we make up*. Ten, eleven, and twelve are how *we grow up*.

January 2026	Area 24–District 11 News	Issue #20
	January AA History & Reflections	

January AA History *

Jan 1929	Bill W. wrote third promise in Bible to quit drinking	Jan 13, 1988	Dr. Jack Norris Chairman/Trustee of AA for 27 years dies.
Jan 1940	Akron group moves to new home at King School.	Jan 13, 2003	Dr. Earle M., sober for 49 years, author of "Physician Heal Thyself", died.
Jan 1944	Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".	Jan 15, 1937	Fitz M. brings AA meetings to Washington DC.
Jan 1944	Onset of Bill's 11 years of depression.	Jan 15, 1945	First AA meeting held in Springfield, Missouri.
Jan 1946	<i>Readers Digest</i> does a story on AA.	Jan 19, 1943	1st discussion for starting AA group in Toronto.
Jan 1948	1st A.A. meeting in Japan	Jan 19, 1944	Wilson's returned from 1st major A.A. tour, started in Oct 24, 1943.
Jan 1951	<i>Grapevine</i> publishes memorial issue for Dr. Bob.	Jan 19, 1999	Frank M., AA Archivist since 1983, died peacefully in his sleep.
Jan 1958	Bill writes article for <i>Grapevine</i> on "Emotional Sobriety".	Jan 21, 1954	Hank P. who helped Bill start NY office dies in Pennington, New Jersey.
Jan 1, 1943	<i>Columbus Dispatch</i> reports 1st Anniversary of Columbus, Ohio Central Group.	Jan 23, 1985	Bob B. died sober November 11, 2001.
Jan 2, 1889	Sister Ignatia born, Ballyhane Ireland.	Jan 24, 1918	Bill marries Lois Burnham in the Swedenborg Church in Brooklyn Heights, N.Y.
Jan 3, 1939	First sale of Works Publishing Co. stock is recorded.	Jan 24, 1945	1st black group St. Louis
Jan 4, 1940	1st AA group formed in Detroit, Michigan.	Jan 24, 1971	Bill W. dies at Miami Beach, FL.
Jan 5, 1939	Dr. Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere".	Jan 25, 1915	Dr. Bob marries Anne Ripley.
Jan 5, 2001	Chuck C. from Houston died sober in Texas at 38 years sober.	Jan 26, 1971	<i>New York Times</i> publishes Bill's obituary on page 1.
Jan 6, 2000	Stephen Poe, compiler of the Concordance to Alcoholics Anonymous, died.	Jan 30, 1961	Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum".
Jan 8, 1938	New York AA splits from the Oxford Group.	Jan 1939	400 copies of manuscript of Big Book circulated for comment, evaluation and sale.
Jan 10, 1940	1st AA meeting not in a home meets at King School, Akron, Ohio.		

**reposted by permission of South Jersey Intergroup*

Common themes in January Daily Reflections:

Hope & New Year Optimism: Seeing the new year as a chance for profound change, growth, and finding true happiness beyond alcohol.

Acceptance & Surrender: Accepting current situations, learning from past mistakes without dwelling, and surrendering to the will of a Higher Power's.

Balance: Integrating past, present, and future; balancing masculine (wisdom) and feminine (feeling) sides; finding equilibrium in personality aspects.

Action & Effort: The need for diligent, constructive action (like splitting wood) coupled with knowing when to let things flow naturally (working with the grain).

Inner Work & Self-Examination: Constructively reviewing character defects (resentment, selfishness) to replace them with wisdom, not self-criticism.

Spiritual Growth: Recognizing inherent worth in all, finding Higher Power in daily life, and seeking true purpose beyond selfish ambition.

Joy & Good Feelings: Allowing oneself to experience simple happiness, peace, and contentment, not just focusing on pain or anger.

Service & Connection: Connecting with others, helping them, and understanding that sobriety brings the power to live usefully and humbly.

January 2026	Area 24–District 11 News	Issue #20
Coming Events and Activities of Interest in the Tri–State Area		

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, Current

*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

Dubuque, Current

Monday 9:00 am

Family Afterwards Meeting

has moved back to
 St. Columbkille Catholic
 Church Fogerty Hall,
 (beneath Parish Office)

Dubuque, Current

**Dubuque
 Fellowship
 Club
 Breakfast**

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

Speaker Lineup

Jan 4 - Susan Louise M, Westside, Dubuque, IA
 Feb 1 – Ben A, Westside, Dubuque, IA
 March 1 – Mark: Al-Anon, Galena, IL
 April 12 - Mary C.E., Family Afterwards, Dubuque, IA
 May 3 – Lance and Debra B, Olathe, Kansas
 June 7 – Jerry B, Keyway Lodge, Dubuque, IA
 July 5 – Keith K, Attitude Adjustment, Galena, IL

1166 Main Street, Lower Level
 Elevator Available at Front Entrance



**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!

Dubuque Fellowship, Current

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

January 2026

Area 24–District 11 News

Issue #20

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

2026

NEXT MEETING:
AT **10:30AM**
FEBRUARY 7TH

WESTSIDE CLUBHOUSE
1646 ASBURY RD. DUBUQUE, IA 52001
FIRST SATURDAY OF EVERY MONTH.

DISTRICT 11

BUSINESS MEETING

Be part of shaping the future of our fellowship.
Where ideas turn into action.
Your voice matters let's work together to
support recovery & service in our community.
Let's make a difference, one step at a time.

Dubuque Westside, Feb. 7

REGISTER NOW!

International Women's Conference
Community Choice Convention Center
Des Moines, Iowa
February 12-15, 2026

A limited number of in-person registrations
are available. It will sell out soon!

Scan to register for
in-person or online!

\$65 in-person
\$20 online

internationalwomensconference.org

Des Moines, Feb. 12 – 15

Program Events

Friday
6:00 PM Registration Opens
7:00 Kathy H. – Cincinnati, OH (AFG)
8:30 Carol F. – Levee, MO (AA)
Following FREE Pie and Ice Cream Social

Saturday
6:30 AM Morning Meditation
7:00 Early Bird Meeting (Open)
8:00 Registration Continues
9:00 Sarah T. – Rock Island, IL (AA)
10:30 Workshop: Unity & The 12 Traditions
"Noon Break"
12:00 TBS (AFG)
1:30 Workshop: Recovery & The 12 Steps
5:30 Banquet
7:00 Cheri C. – Colquhoun, ON (AA)
Following Big Book Trivia

Sunday
7:30 AM Morning Meditation
8:00 Early Bird Meeting (Open)
10:00 Scott S. – Stuart, FL (AA)

For additional information please
call Jim E @ (563) 940-1714

Registration Information
Registration \$30
Registration and banquet* \$65
Banquet Only \$35
Pre-registration deadline: February 13th, 2026
*Pre-registered members \$20 for Banquet Dinner
Cash and check only. *Registering at the door.
Pre-register online at our website:
www.cedarriverroundup.info
All who attend must register.
Parents are responsible for their children.
Saturday Evening Banquet Dinner
Pork Loin, 4oz Chicken Parmesan
or Vegetarian Meal (Choice of 1)
served with
garden salad, vegetable, potatoes, and dessert.
Coffee, tea, and milk.
*Vegetarian and gluten-free options available.
*Please request during pre-registration.
Pre-registered is \$20/plate for Banquet Dinner.
*Speak for mail-in pre-registration forms,
important hotel information, and map.

32nd Annual CEDAR RIVER ROUNDUP
Radisson Hotel
Cedar Rapids, IA
February 20-22
2026
Visit www.cedarriverroundup.info
Event flyer and online pre-registration are available on the website

Cedar Rapids, February 20–22

2026 West Central Regional Service
Conference Feb 27 - Mar 1, 2026
Hosted by Area 24

HUMILITY IN ACTION

Conference Registration
Pre-Registration before Feb 1st = \$30
After Feb 1st = \$35
Mail-in form below with check by 2/15/26 or
Register Online: <https://westcentralregionalservice.org>

Hotel Information
DoubleTree Downtown Cedar Rapids
380 1st Ave NE, Cedar Rapids, IA 52401
Lodging Reservations = \$135 (taxes + fees included)
Parking = \$15/day
<https://www.doubletree.com/hotel/reservations>

Miscellaneous Info
For more conference information,
visit <https://westcentralregionalservice.org>
Attend in person or virtually
(Link provided after Registration)
Unlimited coffee pass available
for \$30, buy in advance, or pay per
cup at the Conference.

To register by mail, send this portion with your check made payable to West Central
Region. Mail by 2/15/26 to WCRAASC, PO Box 196, Cedar Rapids, IA 52410

Name: _____ Area: _____ City: _____ State: _____
Phone: _____ Email: _____
Home Group: _____ Service Position: _____
Do you need Closed Captioning? _____ Spanish? _____ Will you be joining in Person? _____ Virtually? _____
Are you purchasing a coffee pass? Yes _____ No _____

Cedar Rapids, Feb. 27–Mar. 1

2026 Area 24 Spring Conference
Hosted By District 3
June 12-14, 2026

Bright Spot of Our Lives

Alcoholics Anonymous
Iowa Valley Community College
3702 S. Center Street, Marshalltown
SPEAKERS ON SATURDAY WILL BE AT IOWA VALLEY
COMMUNITY COLLEGE

Al-Anon and Alateen
Marshalltown Arts & Civic Center
709 S. Center Street, Marshalltown

FRIDAY
9:30 p.m. Registration
6:45-7:45 p.m. Area 24 Officer & Chair Session
8-9 p.m. DCM/GR Sharing Session
9:45-11:30 p.m. Workshops: Archives, Connections,
Newsletter, & PI

SATURDAY
7 a.m.-10 p.m. Registration
7:15-8:15 a.m. Early Bird Meeting
8:30-10:30 a.m. Delegate Report
10:45-11:15 a.m. Area Business Meeting
11:30 a.m.-1:30 p.m. Luncheon - Al-Anon/Alateen
Speaker @ Iowa Valley Community College
1:45-5:00 p.m. Area Business Meeting
6:30 p.m. Banquet and AA Speaker Jan P
9:30-11:00 p.m. Workshops: CPC, Groupwork, Literature, & Treatment

SUNDAY
6:45-7:45 a.m. Early Bird Meeting
9:30-10:15 a.m. State Officers "Roll It Back!"
10:30-11:30 a.m. AA Spiritual Speaker

FRIDAY
9:30 p.m. Registration
7-8 p.m. GR Registration/Group Contributions
8-9 p.m. Open Meeting
9:15 p.m. AFGC Meeting

SATURDAY
7 a.m.-10 p.m. Registration
7-8 a.m. GR Registration/Group Contributions
8:30 a.m. Workshop
10:15-11:15 a.m. Delegate Report
11:30 a.m.-1:30 p.m. Luncheon - Al-Anon/Alateen speaker @Iowa
Valley Community College
1:45-5:30 p.m. Business Meeting
6:30 p.m. Banquet and AA Speaker
9 p.m. Alateen Candlelight Meeting
11:15 Candlelight Meeting

SUNDAY
9 a.m.-10 p.m. Workshop
10:15-11:15 a.m. AFG Spiritual Speaker

Pre-Registration Form – Due by May 29

Name _____
Badge Name _____
Address _____
City/State _____
ZIP _____
Phone _____
Email _____

Check Box - Due by May 1
☐ Spanish Interpreter
☐ ASL Interpreter

Adults	\$50 Pre-Registration	\$55 at door	Check One
Alateen	\$10		<input type="checkbox"/> AA
Pre-registration (mail)	\$20 Lunch	\$25 Banquet	<input type="checkbox"/> Al-Anon
			<input type="checkbox"/> Alateen
Total		<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Gluten Free

Make checks payable to Area 24 Spring Conference PO Box 1963 Ames, IA 50010

Marshalltown, June 12–14

The Alateen consent form is required for all Alateen members to
participate in the Area 24 assembly. No notarization is needed.

Hotels
Contact the hotels and mention Area
24 Conference for discount pricing

Hampton Inn & Suites
20 Iowa Ave West
Marshalltown Iowa 50158
(641) 753-6795
Rate \$104.00 - must reserve by May 18

Holiday Inn Express
102 Iowa Ave West
Marshalltown Iowa 50158
(641) 854-2900
Mention Area 24

Baymont
115 Iowa Ave West
Marshalltown Iowa 50158
(641) 750-4844
Rate \$135.00

Super 8
3315 South Center Street
Marshalltown Iowa 50158
(641) 753-8333
Rate \$75.00

Camping
Shady Oaks
Reservations available
2370 Shady Oaks Road
Marshalltown

Riverview Campground
First come, first served
402 Woodland St.
Marshalltown

Register Online
<https://www.hotelmarriott.com/area24-spring-conference-2026>

Pre-Registration Due May 29, 2026
Ask for Area 24 Spring Conference rates
Must reserve a hotel room by May 11, 2026, to get discounted rate
Contacts: Brian W. 515-231-7781 or Judy R. 515-231-3045

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

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 Intergroup 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 usually are lightly edited for clarity and brevity. Original, full Chair reports are recorded and emailed within the business meeting minutes. If you would like to be added to the email list to receive the District 11 monthly GSR Business Meeting minutes in full, please email requests to: area24district11altdcm@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 light 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 Alcoholics Anonymous. The editors 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 editors or authors only. All content quoted from AA Literature is offered in the spirit of recovery and every attempt is made to attribute the text accurately.

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

– Iowa –

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

– Illinois –

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 operations of District 11 and the Dubuque Area Intergroup. All Individual contributions from AA members are gratefully accepted.

All of these AA organizations depend on our support:

General Service Office	Area 24	District 11 Treasurer	Dubuque Area Intergroup
Post Office Box 2407	PO Box 1291	1646 Asbury Road, #7	1646 Asbury Road #7
James A. Farley Station	Des Moines, Iowa 50305	Dubuque, IA 52001	Dubuque, IA 52001
New York, NY 10116–2407			