



THE MESSENGER

Area 24 - District 11 News

SEPTEMBER
2022
ISSUE #3

Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institutions; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.
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AA LGBTQ News

The principles of AA encourage participation, inclusion and unity in our groups.

[Big Book Fourth Edition - American Sign Language \(ASL\) Press Release | Alcoholics Anonymous \(aa.org\)](#)

Our Book, Alcoholics Anonymous is now available in a fully updated American Sign Language (ASL) translation, now available on DVD

YOUNG PEOPLE'S VIDEO PROJECT Call for Stories!



How would you carry the message that would relate to the "young" alcoholic who has yet to come to A.A.? We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school, college settings, or any setting. Share your experience!



Grace Episcopal Parish House

309 Hill Street, location of the Galena Group from the 1990s thru the early 2000s

FROM THE ARCHIVIST...Jeff M

Galena A.A. History

Recently, at the June 2022 District 11 business meeting, a vote was taken, which overwhelmingly added the Jo Daviess Co. (Illinois) meetings into our District 11 service structure. Here's a little history of Galena's meetings:

Galena's Friday night jail meeting-- From about 1997 through 2005, the Jail Birds Group met at the Galena jail. Its facilitator was an A.A. member, who was a retired Chicago police officer named Dan. He was on the Chicago force during the 1968 Democratic Convention riot.

Galena A.A. Meetings

- Mon 10 AM Galena Monday Morning Group** (C) Grace Episcopal Annex, 107 S Prospect St.
- Tues 7 PM Galena Group** (C, Zoom also available) Grace Episcopal Annex, 107 S Prospect St.
- Wed 12 PM Galena Brown Bag Big Book Group** (C) Grace Episcopal Annex, 107 S Prospect St.
- Thurs 7 PM Galena We Are Not a Glum Lot Big Book** (C, Zoom also available) Grace Episcopal Annex, 107 S Prospect St.
- Sat 9:30 am Galena Attitude Adjustment** (C, Zoom also available) 106 N Bench St

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Our AA Groups, page 2



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District Elections soon, page 3



The Family Afterward Group

St Columbkille's Church, 1240 Rush St, Dubuque, Lower Level, Monday 9 am, Open

The Family Afterward Big Book Study Group started when Terry H and I decided we wanted non-smoking AA meetings. We usually attended Monday 9 a.m. Big Book meetings and Tuesday 8 p.m. meeting at Westside, but both meetings only had only a designated table for the non-smokers and the rest of the tables were for smokers. We agreed that the first person who got the meeting location, got to pick the schedule time. Terry found Resurrection Office Hall and scheduled that for Tuesday 8 p.m. and I found St. Joseph's Church, Martin Hall, scheduling that for Monday 9 am.

Monday, March 1st, 1999, the Family Afterward Big Book Group was launched. It's not only an open meeting, inviting Al-Anons with open arms, it's the first meeting in Dubuque where children are welcomed.

It's always great to see kids come with their parent(s). They can color and draw, play with puzzles and small toys at tables a little bit away from our meeting area. At the end of the meeting, we all come together to say the Our Father. We created a meeting where families can recover, *together!*

There were 2 occasions when we had to move the meeting to St. Columbkille's Fogerty Hall, to accommodate special church functions at St. Joseph's. Over time, we took a group conscience and decided we did not want to move again, so we made our home in St. Columbkille's.

We study the Big Book from cover to cover. After we finish the book; we vote on watching different videos about AA or alcoholism recovery, such as *Fr. Martin's*

Chalk Talk, and we have popcorn. The Meeting can be very small in the wintertime due to our snowbirds' absence. There have been times when it was just me in attendance. At those times, I just read out loud, the Serenity prayer, the announcements, and then wherever we left off last week. I stay the full hour because we're there for the one that may be looking for a meeting, even if they're running late! We recently added Zoom to our meeting to accommodate our snowbirds and other members.

Come join us! The coffee's always hot!

Mary C E, GSR

"...it's the first meeting in Dubuque where children are welcomed."

The Friday Night Beginners Group *1646 Asbury Road (beneath Donut Boy) Dubuque, Friday 6:30 pm*

I suppose, like many others, I chose the Beginners meeting as my first step into AA because of the name of the group "Beginners". My life was unmanageable. I was lost and confused, and I had no idea how I was going to make it through life without alcohol and marijuana. I knew I had to make a beginning of a new life. But how?

The people at this Beginners Group were, and still are, beginners in their approach. They were warm and welcoming, understanding, and caring. It was here where I was taught and learned the meaning of "One Day at a Time", "Keep it Simple", "We can't do it alone".

I was also encouraged regularly to find a Sponsor. Getting a sponsor was, (at the time) not anything I wanted to do. However, after being convinced it was one of the best things I could do. To help me to understand alcoholism. And to work the steps. I got a sponsor. And this was the true beginning of the path to sobriety.

"One day at a time. Keep it simple. We can't do it alone."

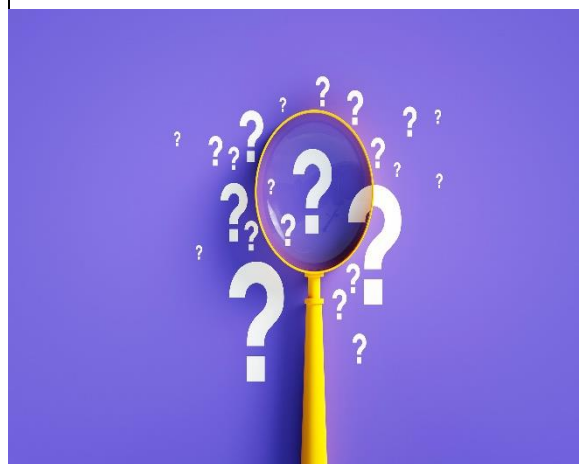
When the pandemic struck, as with many groups, our Beginners meeting felt a little thrown off kilter. It became just another meeting of AA. Still important. Yet, no real format, unlike 12 steps, the traditions, Big Book study or any of the other groups with a particular focus. The number of people attending dropped. Newcomers' attendance became fewer and farther between.

Then, this spring, 2022, our group began to come back to life as a Beginners group. We started holding regular business meetings. We elected GSR and a Treasurer. Our main goal was revived; to help give hope to the Newcomer. And to let the newcomer know, There is a way out! That through the fellowship and the help of a Higher Power. They too can be granted all the promises!

Our group is a diverse group of men and women, young and old with a wide range of sobriety, 24 hours to 44 years, numbering around 15-20 people. We are an Open meeting, meaning, all are welcome to attend, especially those who think they may have a problem with alcohol.

Dave S, GSR

Questions about AA?



[Straightforward answers to 15 questions that those new to Alcoholics Anonymous frequently ask about getting sober in A.A](#)

"I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother, and I found all three." We find our brothers in the Fellowship, and therein lies spiritual strength." **A.A. World Services, [Came to Believe](#)**

Send in your Story!



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

AAGRAPEVINE, Inc.

NEW BOOK COMING SEPTEMBER 2022



Sobriedad emocional: Más allá del horizonte features powerful stories by sober members of Alcoholics Anonymous describing the positive transformations sobriety can bring as they practice the principles of AA in all aspects of their lives. The rewards of emotional sobriety are serenity, emotional balance and an increased joy for living. Translated into Spanish from the pages of Grapevine, the International Journal of AA, the stories illustrate how alcoholics in recovery work the AA program, learn to let go of fear, practice outgoing love and become more connected to their Higher Power, family and fellows. One of AA Grapevine's most popular books, now available in Spanish.
Item #SGV17

Price: \$11.50 each/5 or more copies \$10.50 each

Customer Service

English 800-631-6025; Spanish 800-487-2092; French 212-870-3456

www.aagrapevine.org

www.aagrapevine.org

A MESSAGE FROM THE DCM

“We are nearing the District Elections and rotation of service positions. AA’s Concept 9 informs us; “Good service leaders, together with sound and appropriate methods for choosing them, are at all levels indispensable for our future functioning and safety”. We need people who are enthusiastic and able to understand the SOPs for the chair and officer positions. If a position requires contact with outside professional organizations, for example, we need candidates with email access that can communicate via email professionally to those outside organizations. In all cases, a willingness to be teachable is needed. No SOP can prepare you for every part of a position, so flexibility is also a needed trait. I have found much joy in service, and it has helped my program and recovery tremendously. I hope others have found or will find the same.

Jeff P, District 11 DCM

District 11 will be Hosting the Area 24 2023 Fall Conference in Dubuque!

Jeff M: Interim Archives will be heading to Little Rock, Arkansas for the National Archives Convention September 21st through the 25th.

Nicole S: Treatment and Accessibilities is holding steady, with teams tending bridges and hosting meetings at Hillcrest, Liberty, Turning point. **Corrections:** The Dubuque Jail and Elm Steet Correctional Facility meetings are scheduled out until end of the year.

Carol K CPC: Things are going better as things are getting back to normal. Curtis has gotten pamphlets to the hospital waiting room. I’m going see if I could get some too office waiting rooms. Got also stuff ready for treatment chair, for the August 31st awareness month of overdoses from drugs and alcohol. I also took part in the lunch and learn in Aug. Been helping, also with Treatment and helping with coordinating bridges at Turning Point Treatment Center. **Patti P, Alt DCM:** Working with Area 24 Webmaster to repair the AA Meeting app information.

Curtis R: Public Information reserved a billboard spot on JFK to go up 11/14/22-12/11/22 and also working on an AA radio ad spot, recorded by AA.org.

The Mini-Conference Planning Committee is busy with final arrangements for the Conference. There will be a special Memorial Display for members “Gone but Not Forgotten”. They are still in need of Volunteers to help Greet and Register! **Contact Carol K (563) 580-7377**

Curtis R, IAYPAA Outreach Committee, reminds us to keep watch of upcoming YPAA Events hosted as these are fundraisers for the 2023 IAYPAA Conference in Iowa!

Mary C E, Intergroup Liaison, reports Intergroup is getting closer to moving Intergroup into the Westside building.

Is your Home Group Accessible?



[Check the AA Accessibilities Checklist](#)

District 11 Elections October 22

3342 John Wesley Dr, Dubuque, IA 52002, 10:30 am

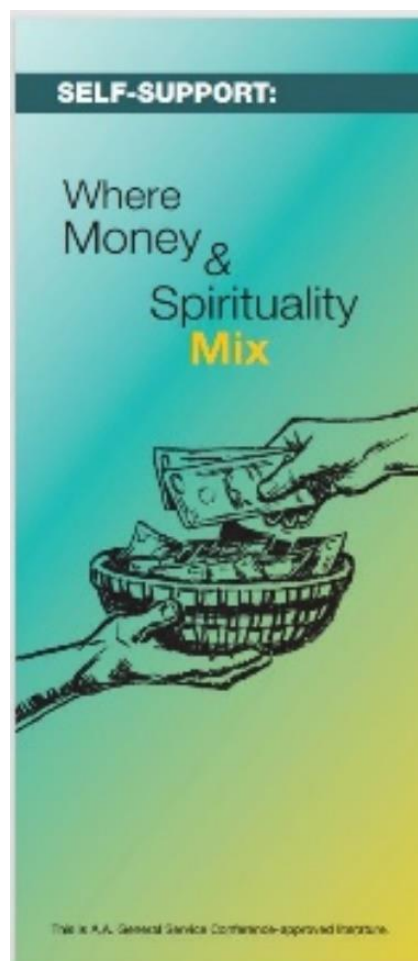
From the Alternate DCM, Patti P...

As the 2-year service position terms come to a close December 31, 2022, District 11 GSRs, Officers and Chairs are gearing up to elect new, in-coming trusted servants. All former trusted-servants are here to seamlessly pass on our literature, records, email passwords and report off.

If you are ready and willing to commit to giving back and working to carry the message in a very impactful way, please come to the District elections and run for a 2-year term for an Office or Chair. You can always ask someone who has been in service, to be a Service Sponsor for you, to support you and help you meet your goals for the position.

What is an SOP?

SOPs are Standard Operating Procedures, or guidelines set forth by the District, to aid you in planning out your activities within your service position. Although each District is unique, most service positions follow the same basic structure as described in the AA 12 Concepts Service Manual. The District updated all SOPs in the second half of 2022, and the ADCM cleaned up formatting for each, adding introduction suggestions from the 12 Concepts Service Manual. Click here to view [District 11 SOPs](#)



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

[Where Your Contributions Are Applied](#)

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

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

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

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

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

Our 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.

District 11 serves the following communities:

Bellevue

Galena, IL

Delhi

Dubuque

Dyersville

Cascade

Epworth

Manchester

Maquoketa

Peosta



From the Editors

Dubuque Area Intergroups' website, DubuqueAA.org, hosts District 11 AA News, Events and AA Meeting Schedules. Thank you Dubuque Area Intergroup!

We invite the District 11 Fellowship to submit articles, art or photos related to their recovery that emphasize their experience, strength and hope for the still suffering alcoholic. We especially invite GSR's to submit articles describing their homegroups and their activities. Articles need to be limited to 250 words.

Summaries of the District GSR Business Meetings and Chair reports will be edited for brevity. Original, full Chair reports are recorded and emailed within the business meeting minutes. If you would like to be added to the email distribution list to receive the District 11 monthly GSR Business Meeting minutes in full, please email your request to:

dist11adcm@gmail.com

Content submissions may require editing, while retaining the message expressed. We need always protect the personal anonymity of the individual contributors.

This newsletter is a publication of District 11 Alcoholics Anonymous; but does not represent AA as a whole nor any of its members. The information presented is to be used for AA purposes and reflects the opinions of the writers, only. It does not reflect Alcoholics Anonymous as a whole.

Send submissions to
Dist11Newsletter@gmail.com

Thank you!