



# THE MESSENGER

Area 24 - District 11 News

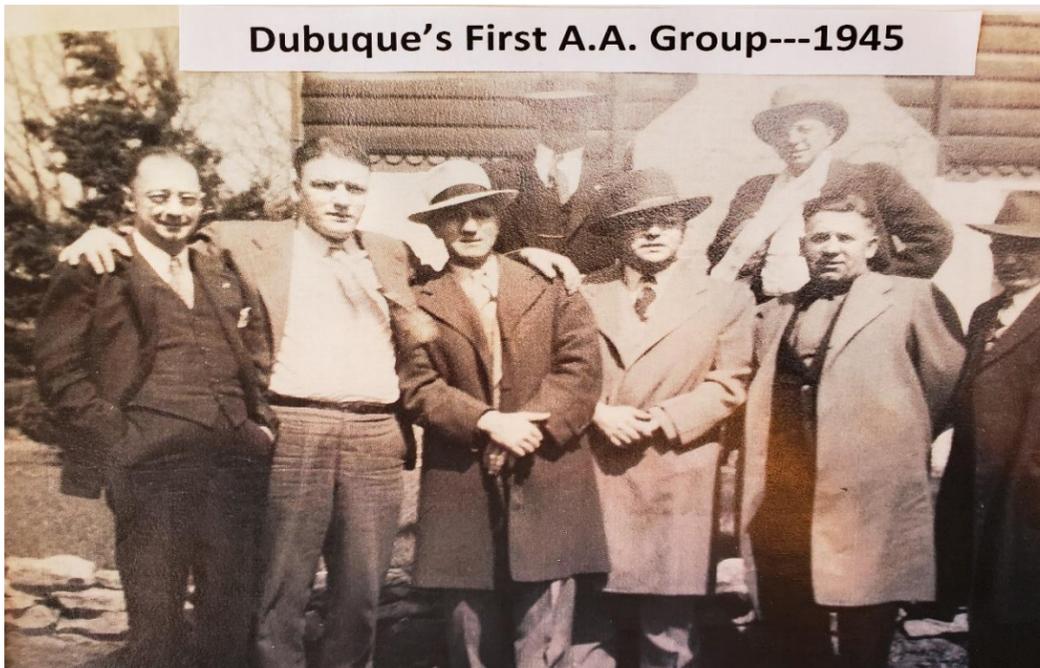
OCT-NOV  
2022  
ISSUE #4

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. *Copyright © The A.A. Grapevine, Inc*

**Jan H.**—Probably the first known A.A. historian in District 11. According to a 1981 letter, Judge Louie F. wrote about Jan: “Jan has written a glowing account of my (Louie) A.A. life to date....she is a nice gal and among other things is a Phi Beta Kappa.”

**Dominic E.**—District 11 Archivist in the mid-1980s and was from Bernard, Iowa.



Dubuque's First A.A. Group---1945

## THE ARCHIVIST Looks Back at Past District 11 Archivists

**Dale K.**—District 11 Archivist in the late 1990s. He initiated the archives bulletin/display board at the Westside clubroom during his tenure.

**Larry H.**—District 11 Archivist in the early 1990s. A jovial Irishman who was known to sign off by saying, “Carry on!”

**Mary C.E.**—District 11 Archivist who brought the traveling Archives display from Akron, Ohio to Dubuque in 2002. She personally knew the daughter of our beloved A.A. co-founder, Dr. Bob. Her name was Sue Windows.

**Donna A. and George C.**—These two District 11 members worked in tandem together around 2003–2006.

**Dominic S.**—District 11 Archivist who interviewed Ray V. of Dyersville. Ray got sober in 1949 and passed away with nearly 69 years of continuous sobriety.

**Dave B.**—District 11 Archivist 2015–2018 who brought stable wisdom as a District 11 elder statesman.

**Jeff M, Archives**

The scoop of the day  
AA Recovery Spotlight, page 2



The scoop of the day  
District Business News, page 4



The scoop of the day  
Mini-Conference pix, page 3



I had been struggling since the 1980's, full blown. I started drinking very early, since elementary school. Alcohol was a part of my family.

I was in and out of treatment, jails, prison, until I was 23 when I met my wife. She really saw the worst of my drinking, maybe not the most, but the worst. By 2001 I started trying to get my stuff together. We had 3 boys by that time, and our daughter, my stepdaughter.

Problems mounted: DUIs, going to jails, going to treatment. I had 4 first offenses before I went to court for the first one. I got 2 DUIs in 36 hours. My drinking was out of control. And she put up with me.

I kept trying and failing. I'd get full on into self-will. I'd get away from my higher power. I'd get away from the positive things and my character defects would come back out again. I'd have a slip, I'd get up the next day, and just kept on going.

In 2012, my wife was diagnosed with cancer. I just went numb. I hoped and prayed, but it was in the last stages before they caught it. It was a hectic chapter. The people from church and the program helped me. After working a 12-hour day, I'd go home cook supper for the kids, then go to Iowa City until 11 or 12 at night, then turn around and be back to work by 5am. People from the Program or the Church would always go and sit with her. It really touched me. It showed me, like never before, the way that people care.

On December 20th, about 7pm, I had just gotten home from work, and was getting supper going, when our youngest son called out that she had become seriously ill. There was no way to save her. I've learned to deal with these memories. Through all that, it was the people outside of the family that came to support her and support me that touched me so much. I've been around AA for around 40 years, and some of that time, it was court ordered. After she passed, in 2012, the thought of drinking never occurred to me. I knew then, AA and my Higher Power had me.

***“I have to pause and ask myself, “would I rather be right, or would I rather be happy”?”***

*Continued...*I've had numerous health issues, multiple bone surgeries, and heart issues. If I was drinking, I wouldn't care about taking care of myself. But I've come to believe, God isn't through with me yet. My program still needs work. I notice my character defects bother me some days more than others. I keep going to meetings and keep in contact with the Fellowship members.

Growing up, I witnessed a parent with problems with drinking. I just kept getting into a lot of trouble. I was undisciplined. Through the program and through prayer, I've learned where my boundaries are. I try to stay on my square. I don't let myself get too far off.

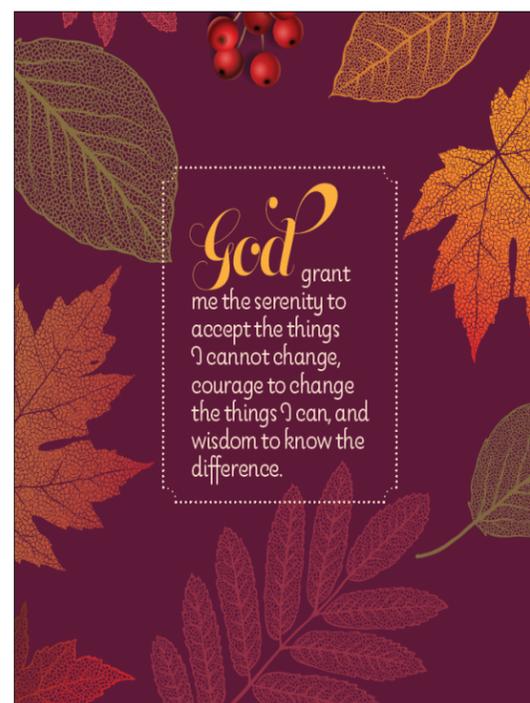
Doing 11 years in prison off and on, and as a union iron worker, it was hard to find a soft spot within me. Today, I've grown soft spots. I'm not short on friends in AA who understand me. Sometimes I can get a little worked up, but if I take a look at how I'm thinking and what I'm saying and what kind of emotional spot I'm in, I can usually recognize the problem. I'm fighting for control, again.

My kids are quite a bit bigger than me, 6'5, and 280 pounds, I have a good relationship with them now. My youngest just completed college and lives with me. My older son, his wife and my two grandchildren, I talk to them most every day. My other son lives about 5 miles away. I got him through college, he's married now, and he's got identical twin babies and expecting another baby girl on the way. I love my grandchildren. But every now and again, I still meet up with the consequences of my drinking history.

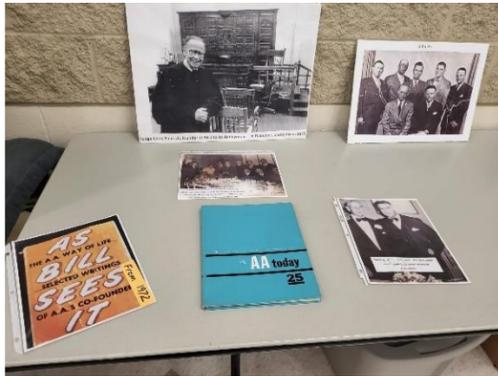
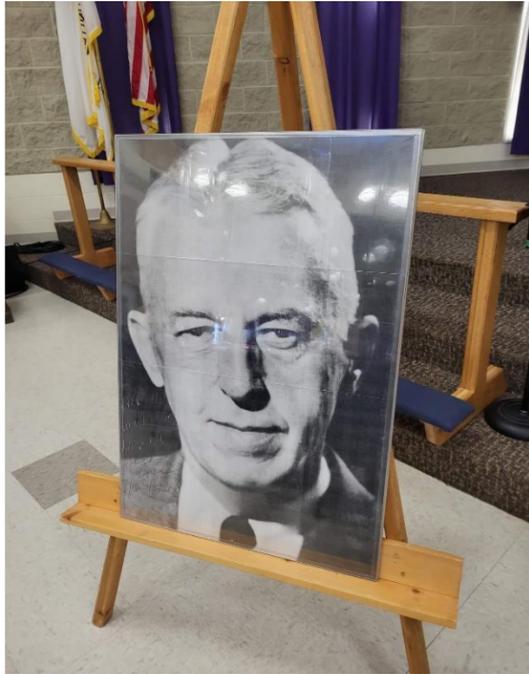
I find it's important to keep out of resentments. I've got to. My only other option will end me up drunk, in jail, or worse. Prayer helps the most. I do a nightly 10th step, most nights. It would seem we disappoint the one's closest to us. It keeps us on our toes. Trust takes years to build, a moment to break, and forever to rebuild. So, when conversations get heavy, I have to pause and ask myself, "would you rather be right or would you rather be happy".

***Anonymous***

***Call for stories of recovery from all African American, Canadian, Caribbean A.A. members from the English, French and Spanish-speaking Black communities in the A.A. structure in the United States and Canada.***



### 2022 District 11 Fall Mini-Conference



**Area 24 Archivist, Jeff M., displays some Area 24 Archive items at the Mini-Conference**



## November District 11 GSR Business Meeting Highlights

- Curtis R, Public Information Chair, arranged to have this Billboard installed on John F Kennedy Rd, Dubuque! (See Right) Way to Go, Curtis!
- Curtis R: GSR: The Young at Heart Meeting has folded.
- District 11 planning underway for the 2023 Area 24 Fall Conference
- 2023 Area 24 Fall Conference Host Committee  
Erin L: Chair  
Sue G: Co-Chair  
Brad H: Treasurer  
Mary C E: Secretary  
Rebecca D: Registration and Meals Chair  
Patti P: Speaker Chair  
Sue G: Flyer  
Geri G and Wendy T: Al-Anon Liaisons  
Linda A, Al-Anon Area Delegate: Al-Anon Delegate
- Remaining Chairs Needed: **Program Chair, Hospitality Chair, Coffee Chair, Entertainment Chair, Public Information Chair, Recording Chair/set-up/decorations.**
- *Next meeting: Dec 3rd, Westside, 11:30...pizza provided by District 11. All members are welcome to attend!*



## Dubuque Area Intergroup Moved 1646 Asbury Rd, Lower Level, Suite #7



The Dubuque Area Intergroup Office relocated to an office right next door to the AA Clubhouse, “Westside” starting in November. The decision to move was made by unanimous vote in September 2022 when the office space became available at a cost savings.

The following suggestions outline the basic services a central/intergroup office might offer:

- 1) A.A. Inquiries – By providing an Alcoholics Anonymous listing in the local telephone directory and on appropriate websites, the central/intergroup office may receive inquiries from those seeking help.

### WHAT IS A CENTRAL OR INTERGROUP OFFICE?

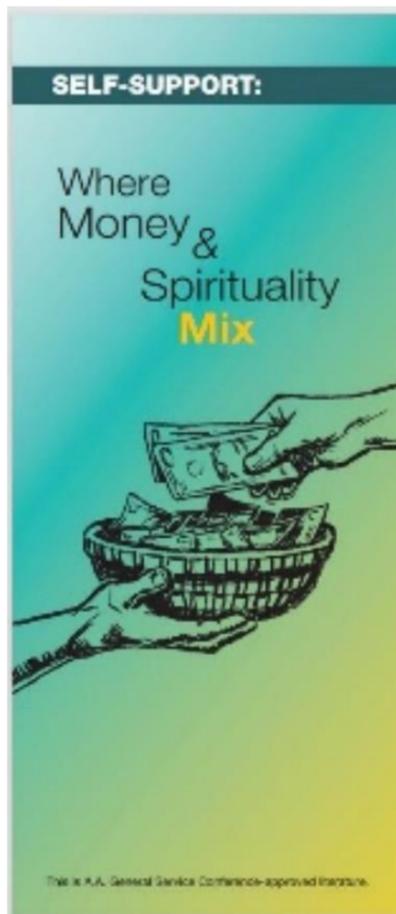
A central or intergroup office is an A.A. service office that involves partnership among groups in a community – just as A.A. groups themselves are partnerships of individuals. A central/intergroup office is established to carry out certain functions common to all the groups – functions which are best handled by a centralized office – and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

A.A. experience has demonstrated that central/intergroup offices are helpful, particularly in populous areas. There are nearly 700 central/intergroup offices throughout the world, performing vital A.A. services. These constitute a network of service outlets and A.A. contacts to help carry the A.A. message.

meetings, where group program chairpersons meet regularly to exchange meetings with other groups.

### **District 11 Dubuque Area Intergroup publishes a monthly Newsletter and other AA Information at [DubuqueAA.org](http://DubuqueAA.org)**

- 2) Office Facilities
- 3) Meeting Lists and Other Literature
- 4) Information Exchange
- 5) Local Committees on Public Information (P.I.) and Cooperation with the Professional Community (C.P.C.) in cooperation with district and area P.I. and C.P.C. committees
- 6) A.A. in Correctional and Treatment Facilities
- 7) Local A.A. Events
- 8) A.A. Bulletin or Newsletter
- 9) Accessibilities *from G.S.O., Box 459, Grand Central Station, New York, NY 10163*



[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:**  
1646 Asbury Road, Suite #7  
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 7<sup>th</sup> 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

Cascade

Delhi

Dubuque

Dyersville

Elizabeth, IL

Epworth

Galena, IL

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](mailto: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](mailto:Dist11Newsletter@gmail.com)

Thank you!