

# The Messenger

September 2025

Area 24–District 11 News

Issue #16



Harvest time in farming, or gardening, is a powerful metaphor for alcohol recovery, as both are complex processes involving cycles of hard work, letting go, and celebrating the results. This connection can provide valuable insights and encouragement to individuals on their journey to sobriety.

A sustained period of sobriety is a harvest. The “crop” of recovery includes restored health, repaired relationships, and a new sense of purpose and self-respect. While the work is never truly over, this stage is a time to acknowledge and appreciate the progress that has been made.

Patience: A farmer understands that a harvest will not happen overnight; it requires patience and a long-term perspective. Similarly, alcohol recovery is a lifelong process that requires patience with oneself and the journey.

Process vs. outcome: A farmer focuses on the daily tasks of cultivation, trusting that the harvest will come in time. Similarly, individuals in recovery are encouraged to focus on the daily process of sobriety—one day at a time—rather than becoming overwhelmed by the long-term outcome.

Gratitude: At harvest time, farmers feel a sense of gratitude for the abundance of the season. In recovery, a sense of gratitude develops for the new lease on life, the healing, and the progress made.

Community: The harvest often involves the help of a community, with neighbors and family working together. In recovery, the support system of sponsors, therapy, and support groups is crucial for success.

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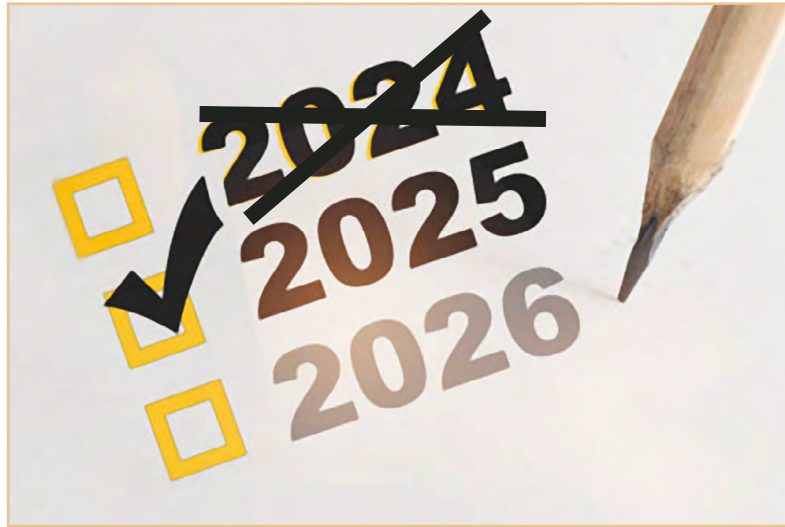
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September 2025	<b>Area 24–District 11 News</b>	Issue #16
The 2025–2026 Area 24/District 11 Committee Chairs		



District Committee Member (DCM)	Keith K.	(815) 281–1591	<a href="mailto:area24district11dcm@gmail.com">area24district11dcm@gmail.com</a>
Alternate DCM	Erin L.	(563) 543–0946	<a href="mailto:area24district11altdcm@gmail.com">area24district11altdcm@gmail.com</a>
Secretary	Erin R.	(563) 557–9110	<a href="mailto:area24district11secy@gmail.com">area24district11secy@gmail.com</a>
Treasurer	Cheryl P.	(614) 208–7477	<a href="mailto:area24district11treasurer@gmail.com">area24district11treasurer@gmail.com</a>
Archives	Rod M.	(563) 564–7341	<a href="mailto:area24district11archives@gmail.com">area24district11archives@gmail.com</a>
Grapevine	Travis	(563) 258–2668	<a href="mailto:area24district11grapevine@gmail.com">area24district11grapevine@gmail.com</a>
Corrections	Alicia M.	(563) 580–4979	<a href="mailto:area24district11corrections@gmail.com">area24district11corrections@gmail.com</a>
Treatment & Accessibilities	Carol K.	(563) 580–7377	<a href="mailto:area24district11treatmentchair@gmail.com">area24district11treatmentchair@gmail.com</a>
Newsletter	Thom E.	(815) 823–4655	<a href="mailto:area24district11newsletter@gmail.com">area24district11newsletter@gmail.com</a>
Cooperation w/ Professional Community (CPC)	Sue G.	(563) 845–9427	<a href="mailto:area24district11cpc@gmail.com">area24district11cpc@gmail.com</a>
Public Information (PI)	Shannon P.	(815) 858–4765	<a href="mailto:area24district11pi@gmail.com">area24district11pi@gmail.com</a>
Activities	Mark R.	(563) 543–3218	<a href="mailto:area24district11activities@gmail.com">area24district11activities@gmail.com</a>
Fall Mini–Conference Chair	Chuck E.	(815) 281–9050	

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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	9.6.25 Meeting Minutes (cont.)	

please contact me at [area24district11corrections@gmail.com](mailto:area24district11corrections@gmail.com).  
Thank you for allowing me to serve you,  
Alicia M., chair

**Grapevine | Travis:** (absent) – Hi everyone,  
I wanted to take a moment to share some information about the *AA Grapevine*, often called “Our Meeting in Print.” For me, it’s been more than just a magazine — it’s a way to stay connected to the voices, stories, and experiences of AA members from around the world. I’ve had a subscription for a little while now, and I’ve found it gives me encouragement, strength, and hope — sometimes just when I need it most. This can be a wonderful resource for anyone in recovery, especially newcomers who may benefit from a little distraction from life and a deeper sense of connection with others who have walked the same path.

Current Subscription Pricing (U.S. & Canada):

- Print: 1-Year \$36 • 2-Years \$68 • 3-Years \$90
- Digital: \$2.99/month • \$29.99/year
- Complete (Print + Digital): \$6/month • 1-Year \$56
- 2-Years \$98 • 3-Years \$130

Highlights of what the Grapevine offers:

- “*Our Meeting in Print*” — real stories of experience, strength, and hope
- Practical recovery tools, spiritual insights, and AA history
- Daily quotes, online access, audio stories, and mobile app content
- Special issues on topics like sponsorship, service, and living sober

For example, today’s Daily Quote (Sept. 6) reads:  
“Alcohol robbed me of my adolescence. But I’ve learned to grow up in AA.” — *Lost in the Shadows*, Mineola, New York, March 2001, In Our Own Words.

If you’d like to learn more, you can visit [www.aagrapevine.org](http://www.aagrapevine.org) or feel free to contact me directly. To subscribe, please go to: [www.aagrapevine.org/store/us-subscriptions](http://www.aagrapevine.org/store/us-subscriptions). I also welcome any suggestions, ideas, or feedback about the *Grapevine* — whether it’s about sharing it more widely or making it more useful to our groups. — I thought it might be helpful for us as chairs to keep this resource in mind, both for ourselves and for the groups and newcomers we serve.

Thanks for letting me share,

In fellowship, Travis H., Grapevine Literature Chair

**Treasurer | Cheryl P.:** (present) Also discussed how each chair member should bring a rough estimate of what they will spend for the year on items so the treasurer can get some of a budget in mind for the year-to-year.

**Cooperation with the Professional Community (CPC) | Sue G.:** (absent) – no report

**Treatment & Accessibilities | Carol K.:** (present) – Hello- I’m still staying on top of turning point and going back again in person to see if I may find the new person who is taking over the program. In the meantime, I have taken over the call list that Brad H. and I were and I am working on, for treatment chair and intergroup 12x12 calls. Plus will have a table set up at the fall mini conference with Mark and I for treatment and Accessibility Chair with Alicia Coordination Chair if she’d like to add on to it.

**Mark:** ASAC is going strong. Speakers Monday and Thursdays (1st/3rd week of month). Carol K. (Treatment): “Working on getting service people to sign up for bridge the gap, at this time Mercy hospital turning point is under way getting new staffing. Mark is doing a great job with this, keeping up with people and time. Glad he stepped into service and he came our way. So at this time we are needing help with ASAC. pass your name and information on to Mark or I. Mark will have all the information for you after you get on the list. Recently, I heard that Hillcrest Family Services program at Molitore House, (this was the program for young people with alcohol and substance abuse addictions) has closed at Hillcrest Family Services. Sending prayers that it turns around and that a new program will take its place. At this time I’ll finish up the call list at Intergroup and up the dating call list for programs on the treatment chair. I will truly miss Bard H. We were working on this together. He left me a great foundation to build on.

Love and service, Carol K. Treatment Chair & Accessibilities  
(563) 580-7377 [Area24district11treatmentchair@gmail.com](mailto:Area24district11treatmentchair@gmail.com)

**Activities | Marc R.:** (Present) – Marc reported on Nov. 1st Chili Halloween Party. More to come re. time and location -(Fellowship afternoon before euchre was brought up). Let’s have some fun in recovery!

**Alternate DCM | Erin L.:** (present) – No report

**DCM Report | Keith K.:** – (present)

Since our last meeting, I have been continuing outreach to our groups and trusted servants, helping connect resources from the Area and GSO to our local members. My focus remains on fostering communication and encouraging participation in service opportunities at all levels.

- Area 24’s last business meeting was: August 10 @ 9:00 am - 5:00 pm,
- August Service Weekend, was at MACC 709 S. Center St., Marshalltown, IA.
- September has the West Central Regional Forum.
- Area 24 Fall Conference, Oct 17-19, 2025 Fort Dodge.
- See all events here: <https://www.aa-iowa.org/events/>
- The West Central Regional Conference will be in Cedar Rapids Feb 27 – Mar 1, 2026.

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### General Service Representative Reports

GSR Carol K. - 12x12 Sunday night group: Sunday night open meeting at 7 pm at Methodist Church. We also are hybrid; find the numbers on [dubuqueaa.org](http://dubuqueaa.org). We have about 10 to more people in person and 4 to 7 on zoom. We read from the 12 and 12 last Sunday of the month we do the traditional step of the month.

GSR Carol K. - Vision for Hope: Friday night at 7 pm at the St. Peters Lutheran Church (Asbury Rd). We have about 20 or more people and we read out of the daily reflection book. It's a great group of people with many different years of society sharing all their strength, hope and love. Yours in service, Carol K. GSR MaryJo - Sober Sisters: We meet at intergroup at noon on Tuesday's open meeting and we read stories from the big book and share them. There are about 10 in person and 3 to 4 on zoom. Yes, we are hybrid and numbers are on [dubuqueaa.org](http://dubuqueaa.org). Carol K. Treasurer

GSR MaryJo: Women's Big Book meeting: Wednesdays 5:15 Intergroup (zoom option available). Big Book readings and discussion.

GSR Mary C. - Family Afterwards: Monday 9 am Big Book Group Located at 1220 Rush Street. Sign on the door for guidance. Small, intimate group (6-8 people). We are an open meeting and children are welcomed. We read from the Big Book; we're currently at Working With Others. There are usually 7 there and three attending by call in. Great sharing and coffee is always on. Yours in service.

GSR Cheryl, Keyway Lodge: Wednesday 8 pm. Daily Reflection reading, last Wed. of the month cake night (sober anniversaries speak recovery of hope). Bread of Life, Downstairs off Irving St.

GSR Randy T. - Jay Walkers: Wednesday, 7 pm. Located at the bottom of the chapel at Hillcrest, Fellowship Hall (in the basement of the chapel Willbock St.) Study the Big Book., once a month tradition 1st Wed of the month. 12-18 average attendance.

GSR Gabe - Union Step Group: (new GSR! Thank you for your service Gabe!) Sunday 6 pm go through 12 Steps. Consistent members. Newcomers welcome!

GSR Brett - Saturday Night Manchester: 6 pm meeting - audio meetings. History of Manchester meetings in last month's newsletter, very much appreciated.

Alternate GSR Erin L. - 164 Page Group: Saturday, 9 am. Attendance has been increasing lately, standing room only. The steering committee met last Sunday. Talked about getting a TV for zoom access and possibilities.

GSR Travis - Tuesday Night Happy Hour: 6 pm at Westside is going strong. We're currently reading the 12 Steps from *Twelve Steps and Twelve Traditions*, and attendance has been consistently high. We've also welcomed a few newcomers over the past month, which has been really encouraging.

GSR Rod M. - Galena IL Meetings: 12 & 12 Monday 10 am, Tradition first Monday of the month, Wednesday Noon Big

Book Meeting, Thursday As Bill Sees It, 7 pm, Friday Grapevine, Zoom only meeting, 6 pm. 596 106 0770 – password: kiss

GSR Chad M. - Open Stone Room Meeting: Monday 6pm. New Albany Abbey. Daily Reflection reading and discussion. Father Jerome attends and reads Al-Anon and AA readings. GSR Julie - Closed Attitude Adjustment Group: Saturday 9:30 am Galena, Lots of visitors Business meeting next weekend after meeting.

GSR Terry C., - Day at a Time: - Westside, 9 am Tuesday (go through AA steps) and Thursday (go through traditions)

GSR Steve - Keyway Lodge (alternate): 8 pm, signs for Locations to help those needed. Bread of Life Church Wednesday.

Moving Monday Men's meeting. Al-Anon

GSR Mark – Day At A Time: Tuesday 9 am (12 X 12) Thursday 9 am (Traditions)

- Tuesday Happy Hour Group
- Jaywalkers Group
- 164 Page Group
- Stone Room Meeting
- Keyway Lodge
- Sisters Group
- Open Doors Group (Epworth)
- Manchester Saturday Night Group
- Galena Groups
- Cascade Group
- Living Sober Group
- Others

### Liaison Reports

- Intergroup Liaison | MaryJo K. Chair: (present) The Co-Chair position is open and available. Labor Day Picnic was a great event - thank you for your service and fun. Next Meeting \*Sept 20th 10:30 am meeting at Intergroup (right next to Westside). \*Help is needed to paint Intergroup, so please let MaryJo know.
- Al-Anon Liaison | Geri: Friday morning meeting at 9 am has been moved to the Fellowship Club!! Julian Group is going well, staying at Intergroup, Tuesday 7 pm. Both meetings are open to have AA members join the group! Al-Anon is helping with the Fall Mini Conference. Al-Anon is still deciding if they are having Fall Speaker Supper, but leaning towards not being able to do this event this year. \*Saturday Morning Al-Anon meeting has moved to Finley Hospital, 9 am.
- YPAA Liaison: Looking for YPAA liaison if anyone is interested in the Young People Group!! Let us know.

### Ad-Hoc Committee Reports

- Fall Mini-Conference | Chuck E. (absent) The 2025

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District 11 Fall Mini Conference planning committee met on August 19th, 6:30pm at the Bread of Life (formerly Westminster) Presbyterian Church. Twelve chairpersons were in attendance. Good progress was made with no current major issues to report.

Major topics discussed are as follows:

- An “In Memoriam” display will be added to this year’s conference. Please see Sue G. with any information you would like to share concerning AAs who have passed in the last year.
- The physical layout of the banquet hall and breakout rooms were discussed and approved
- All chairs in attendance reported on their status with the following major topics confirmed:
- \$3 registration and \$15 banquet meal ticket pricing confirmed
- AA and Al-Anon keynote speakers confirmed
- AA break out panels with topics, time and breakout room assignments confirmed
- Mac and cheese bar along with salad bar confirmed for the banquet meal
- Rough draft of Tri-fold program approved
- The mini conference budget was discussed. We are on budget.

Our next planning meeting will be at the Bread of Life Presbyterian church on September 23rd at 6:30pm.

All wishing to get involved are welcomed to attend.

If you have questions or would like a copy of the meeting minutes, please contact Chuck at 815.281.9050.

**Update** - (We were asking for donations from AA/ Intergroup Meetings, but now understand donations go to District so please encourage groups that would like to, donate \$ direct to District.)

#### **Unfinished Business from August discussed at September meeting**

Corrections Committee: Pink Can funds available through Area 24. When ordering there is a form on Area DropBox. The next order will be placed in Oct. so get orders for jail literature before the end of the month for distribution.

**Follow-up on mileage reimbursement SOP** \*Motion Approved June/July meeting to do ½ Federal on mileage reimbursement Literature for jail in Dubuque: - Alicia’s report Halloween Party: approaching Fellow Club Saturday night Nov. 1st, Food, Fun, etc early evening-ish Motion to close Old Business. 2nd. Vote. Passed

Thank you Keith for asking Dan G. to come (Thank you Dan!!) He gave a great presentation on and for a delegate and GOS conference.

#### **New Business discussed at Sept 6th meeting ...**

*(Old Business for October meeting, I will read)*

- Mini Conference donations, were asked from different groups
- Budget considerations and carry-over discussions - Cheryl-District 11 Treasurer – \*other reimbursements from Carol (½), Cheryl (½), Keith- receipts were given for this.
- Area 24 Fall Conference and Fall Mini Conference reimbursements were discussed
- District 11 treasurer would like some budget thoughts if possible for purposes next year. The chairs in the district will be asked to give an approximate #/\$ amount for the money you would like to spend for the year -it would be helpful to put in budget for the following year.

#### **OPEN Positions**

Treatment Chair committee member. \*ASAC Coordinator (AA contact -Mark at present but will be moving) so looking for someone to be the one who schedules and coordinates people who come into the meeting. 1st Thursday of the Month at 4:30 pm Outpatient Program - share stories, what AA is IOP Monday at 11 am Partial Hospital Program - review AA 12 Steps (3-5 patients)

#### **Announcements**

- District 11 GSR Business Meetings: 1st Saturdays at 10:30 am (Westside)
- Intergroup Business Meetings: 3rd Saturdays at 10:30 am (Intergroup Office)
- Speaker Breakfast Meetings: 1st & 3rd Sundays at 9 am (Fellowship Club)
- Area 24 Fall Conference: October 17–19
- District 11 Fall Mini-Conference: November 8

#### **Closing**

Motion to Adjourn, 2nd. All Voted. Passed 11:30 am

#### **Lord’s Prayer**

“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power Greater Than Ourselves.” Pg. 45, Alcoholics Anonymous



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	8.10.25 DCM Report to the Area Business Meeting	

**DCM Report | District 11:** – September 6th 2025

From the Area 24 Business Meeting, MACC Marshalltown, IA  
August 10th, 2025

**My updates:**

I bring greetings from Area 24 and a summary of what was shared at our recent Area Business Meeting in Marshalltown.

**Area Archives** - Our Area Archive Chair, Jeff M., opened the office on Main Street for anyone who would like to stop in and take a look.

**Grapevine** - The Grapevine app is always looking for more subscribers. Please consider supporting this important AA resource.

**Corrections / Pink Can** - Area 24 Dropbox access will soon include order forms for literature purchased with Pink Can funds. If you need access, please see me and I will connect you with our Alt Delegate, Nate.

**CPC (Cooperation with the Professional Community)**

They shared some helpful statistics on where people first hear about Alcoholics Anonymous:

- 35% from another alcoholic
- 30% by finding it on their own
- 25% from a family member
- 29% through treatment centers

**Area 24 Fall Conference** - Coming up October 17-19 in Cedar Rapids. Please pre-register if you are able. Details are available on the Area website.

**Meetings Directory** - Area 24 currently lists about 1,200 meetings total: approximately 700 inactive and 500 active.

**90 Years in AA Souvenir Book** - A special book is available commemorating the recent International Conference, for those who would like a keepsake.

**GSO / New York** - The GSO office in New York will be closed to public visits for 8-10 weeks due to remodeling. Operations will continue as normal. If you plan to tour, please call ahead.

**AA Meeting Guide App** -The app now has a News section containing updates directly from GSO.

There is also a beta version currently being tested that includes online meeting locations. I have access and would be happy to show anyone who would like to see how it works.

**LAST DISTRICT 11 ANNOUNCEMENT GIVEN TO AREA 24 FROM ME AS YOUR DCM** (loosely scripted):

Good morning, everyone. It is an honor to be here representing District 11, and I want to express my gratitude for all of you who continue to show up, serve, and carry the message. AA has taught me that we do not do this alone, and District 11 is living proof of that principle in action. I want to thank my sponsor Thomas E., and my service sponsors Jeff P. and Curtis R. (If I could ask our members of District 11 on Zoom to raise their hands, and those in the audience to stand, I would. But the truth is, it is not the number of hands raised or bodies present that matters. What we may lack in numbers, we more than make up for in the depth, strength, and

spirit of this program. For where two or more gather in the name of recovery, there is power; unshakable, undeniable, and divinely guided.)

**District Updates & Group Conscience**

District 11 remains active, engaged, and committed to carrying the message to those who need it.

Here's a look at what's been happening:

**Over 50 meetings per week** – Our District continues to offer a wide variety of meetings, ensuring that anyone seeking help can find a seat, a voice, and a solution. A full list of meeting schedules and events can be found on our District 11 Intergroup website: [DubuqueAA.org](http://DubuqueAA.org). (Thank you Patty! Our website coordinator)

**Strong participation at District Meetings** – At our last District 11 meeting, we had 10 GSRs present, representing their home groups with dedication and integrity. They listened attentively, respected the minority opinion, and upheld the principle of the upside-down triangle—because without the groups, none of us would be here today.

**2025 General Service Conference Agenda** – Our members have been actively reviewing agenda items, ensuring we bring an informed and united conscience to the discussion.

**Newcomer Outreach & Sponsorship** – Many of our groups have strengthened their newcomer outreach by implementing greeters, newcomer packets, and temporary sponsorship sign-ups at meetings.

**Corrections & Treatment Bridging the Gap** – More volunteers are stepping up to help those transitioning from treatment centers and correctional facilities. We know that the hand of AA must always be there when someone reaches out.

**Public Information & CPC** – We continue to work with treatment professionals, courts, and local organizations to ensure that AA is visible and available to those in need.

**Challenges & Areas for Growth**

**Meeting accessibility & hybrid options** – We are exploring ways to ensure meetings remain accessible, including potential hybrid meeting formats for those facing transportation or health challenges.

**Encouraging more members into service** – Service is what keeps AA alive. We encourage long-term members to mentor and inspire newcomers into action.

**Welcoming members back after relapse** – The disease of addiction is patient and relentless. When someone returns after a relapse, we remember that our role is to extend a hand, not pass judgment.

Love and service are what keep the doors open.

**District 11 is thriving because of you**, the members who show up, serve, and carry the message. AA is not about any one of us; it is about all of us together. The upside-down triangle reminds us that the real power in AA comes from the groups, the home meetings, and the people still walking through the door for the first time. Without them, we wouldn't be here today.

Thank you for allowing me to serve.

In love and service,

Keith K. 815.281.1591, DCM, District 11

September AA History \*

Sept, 1930	<b>Bill W.</b> wrote 4th (his last) promise in family Bible to quit drinking.	Sept 12, 1942	U.S. Asst. Surgeon General Kolb speaks at dinner for <b>Bill W. &amp; Dr. Bob</b> .
Sept, 1939	Group started by <b>Earl T.</b> in Chicago.	Sept 13, 1937	<b>Florence R.</b> , 1st female in AA in NY.
Sept, 1940	AA group started in Toledo by Duke P & others.	Sept 13, 1941	WHJP in Jacksonville, FL airs Spotlight on AA.
Sept, 1940	<i>Journal of Nervous and Mental Diseases</i> gives Big Book an unfavorable review.	Sept 17, 1954	<b>Bill D.</b> , AA #3 dies.
Sept, 1946	<b>Bill W. &amp; Dr. Bob</b> , both, publicly endorsed The National Committee for Education on Alcoholism (NCEA) founded by <b>Marty M.</b>	Sept 18, 1947	Dallas Central Office opens its doors.
Sept, 1946	1st AA group in Mexico.	Sept 19, 1965	The <i>Saturday Evening Post</i> publishes article “Alcoholics Can Be Cured – Despite AA”
Sept, 1948	<b>Dr. Bob</b> writes article for <i>AA Grapevine</i> on AA “Fundamentals – In Retrospect”.	Sept 19, 1975	<b>Jack Alexander</b> , author of original <i>Saturday Evening Post</i> article, dies.
Sept, 1949	1st issue of <i>AA Grapevine</i> published in “pocketbook” size.	Sept 21, 1938	<b>Bill W. &amp; Hank P.</b> form Works Publishing Co.
Sept 1, 1939	1st AA group founded in Chicago.	Sept 24, 1940	<b>Bill W.</b> 12th steps <b>Bobbie V.</b> , who later replaced <b>Ruth Hock</b> as his secretary in NY.
Sept 11, 2001	30 Vesey St., New York– Location of AA’s first office is destroyed during the World Trade Center attack.	Sept 30, 1939	An article in <i>Liberty Magazine</i> , “Alcoholics and God”, by <b>Morris Markey</b> .
		Sept, 1971	First European Convention, Bristol, England, <b>Sally Cousins</b> , Archivist

\*reposted by permission of South Jersey Intergroup

Themes for Autumn Reflections in AA

**Letting Go:** The falling leaves of autumn symbolize the need to let go of old, compulsive, or self-centered ways to allow for new growth, similar to how members are stripped of their old ways to blossom into a sober life.

**Spiritual Growth:** Like trees that sprout new blossoms in the spring after being stripped bare in the fall, members can find parallels in their spiritual journey, where a difficult period of cleansing can lead to new spiritual growth and joy.

**Cycle of Life and Recovery:** The annual process of nature provides a framework for understanding the ongoing cycle of recovery and personal transformation, with each season bringing its own lessons.

**Appreciation for Change:** The changing seasons offer a time for members to pause and reflect on the transitions in their lives, and to appreciate God’s work in the constant change that leads to a sober and joyful existence.



## A Brief History of the Keyway Lodge Group

### Keyway Lodge history

On June 19, 1991, the Keyway Lodge Group conducted its first meeting at 1113 Main St., with the Julien Group (now a local Tavern). Its prior identity was at a halfway house located at *Sunnycrest Manor* on 2375 Roosevelt St.



1113 Main St.

In October 1993, the Keyway Lodge Group moved from the Julien Group on Main St. to the Westside Clubhouse. This move was facilitated by the Wednesday night Al-Anon group moving their meeting to 7 pm in order to accommodate the Keyway Lodge Group, meeting at 8:30 pm. In time the Keyway Lodge meeting became very large and outgrew the Westside clubroom.



Sunnycrest Manor



Westside Clubhouse interior

The members at that time made plans in late 2003 to locate a facility to better accommodate their large membership. By January 7, 2004, the Keyway Lodge Group had left Westside and conducted their first meeting at *Grand View Methodist Church*, just off of JFK Rd. near the soccer complex. Every year since 1992 the Keyway Lodge Group has hosted an A.A. anniversary party featuring a speaker, dinner and dance, in recognition of A.A.'s founding in June 1935.



Grand View Methodist Church

Recently it became necessary that the group find a new location for the meetings, with a large space. A local church,

*Bread of Life Presbyterian* (formerly Westminster), was available and welcomed them to use the space on the lower level of their banquet hall. The church is on the corner of University Avenue and Loras Boulevard.



Bread of Life Church

### Keyway Lodge today

Keyway Lodge is an open meeting on Wednesday nights that starts at 8 pm. The first three weeks of each month, the meeting follows a discussion format. After reading the Preamble, How it Works, the 12 Traditions, the Daily Reflection for the day, and the Serenity Prayer, the lights are dimmed and a candle is lit, and those gathered share around the room in a clockwise manner, as the Spirit moves. At 8:55 pm, we read the announcements, the Responsibility Statement, and the Closing Statement, before circling up to end the meeting at 9 pm with the Lord's Prayer.

Coffee (regular and decaf) and treats are always served. Literature is always available and everyone helps take the meeting down.

The last Wednesday of each month is "Cake Night," when we have a different format (and shortened readings to open the meeting). Those who celebrated sobriety birthdays or anniversaries in the past month are invited to speak, and share their experience, strength, and hope with the group. After the meeting ends with the Lord's Prayer, we enjoy fellowship over cake and ice cream. Some people come to Keyway just that week to celebrate with the regulars.

Business meeting is first week of the month at 7:15 prior to the meeting. The meetings are hybrid, as well. Zoom at: **665 375 2119** – password: **keyway**. The facility is also **wheelchair accessible**.

### For newcomers: a few things to ponder.

*"When you can thread a sewing machine while it's running, you may want to cut back on the coffee."*

*"May your coffee kick in before reality does. But when reality does kick in, a strong cup of coffee may help."*

*"If you're not a fan of the coffee, try it with one of the treats. Not a fan of the treats? You may end up in charge of them."*

*"Coffee is not the Higher Power we speak of. Well, not usually, not by everyone. OK, sometimes, but certainly not always."*



**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, September

**FREE! 2025 WEST CENTRAL Regional Forum**

**19-21 September 2025** | Hilton Omaha | 1001 Cass St  
Fri 6pm - Sun 12pm | Omaha, NE 68102  
Discounted Rate until 8/28/25

**Register Online** **Hotel Room Block** **Sign-Up to Volunteer**

Hear from Delegates, General Service Board Trustees, Corporate Directors, and Staff from GSO & A.A. Grapevine

Presentations, Workshops, Panels, Fellowship, Sharing Sessions and More!

Interpretation Available!

More info at [www.aa.org](http://www.aa.org)

Omaha, September 19–21

IOWA YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

**Black Light Party**

**IAYPAA IX Conference Kick Off Event!**

Let's glow crazy! Get ready for a vibrant night of glowing fun after the speaker.

**Sept. 20th, 2025 Speaker at 7 PM**

**Fellowship Club  
3224 1st Ave NE  
Cedar Rapids, IA 52402**

- Neon Dress Code
- Music For All
- Glow Accessories

Speaker: Jessecia Z.

The door opened and he stood there, fresh-skinned and glowing. B.B. page 9

Cedar Rapids, September 20

**2025** NEXT MEETING: AT **10:30 AM** **OCTOBER 4 TH**

**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, October 4

**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**  
Oct 5 – Fr. Mark O, Cascade, IA  
Nov 2 – Sue G, Dubuque, IA

1166 Main Street, Lower Level  
Elevator Available at Front Entrance

Dubuque Fellowship, October 5

**2025 Area 24 Fall Conference**  
Hosted by District 23  
October 17-19, 2025

Crossroads Hotel & Event Center  
1518 3rd Avenue NW  
Fort Dodge, IA 50501

**Pass It On!**

**Friday, October 17**  
8:45pm-7:45pm Area 24 Chair Meeting with Officers and Chairs  
8:00pm-9:30pm Sharing Sessions- DCM, GGR, and Area Officers  
9:45pm-11:15pm Workshops- CPC, Grapevine, Literature, and Treatment

**Saturday, October 18**  
7:15am-8:15am Early Bird Meeting  
8:30am-11:15am Area Business Meeting Luncheon and Speakers  
11:30am-1:30pm Scot P (Al-Anon) (Alateen Speaker TSA)  
1:45pm-5:30pm Area Business Meeting Banquet and Speaker Tom H (AA)

**Sunday, October 19**  
6:45am-7:45am Early Bird Meeting  
9:00am-10:00am Al-Anon Hosted by Scot P, Associate Director of Brand Communication  
9:15am-10:15am State Officers Share Ask It Basket  
10:15am-11:15am Al-Anon Spiritual Speaker Mary T, Gilmore City  
10:30am-11:30am AA Spiritual Speaker Kelly G, Fort Dodge

**Pre-Registration Form – Area 24 2025 Fall Conference - Due by October 6, 2025**  
All Banquet and Lunch Meals - Due by October 6, 2025

Name \_\_\_\_\_  
Badge Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State \_\_\_\_\_  
Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

**CHECK BOX**  
Due by Oct. 4  
☐ Spanish Interpreter  
☐ ASL Interpreter

Adults	\$30 Pre-Registration	\$35 At Door	Check One
Alateen	\$10		<input type="checkbox"/> AA
Pre-Registration Meal	\$20 Lunch	\$25 Banquet	<input type="checkbox"/> Al-Anon
		<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Alateen
Total			

Make Checks Payable to Area 24 Fall Conference and Mail to PO Box 66, Duncombe, IA 50532

Fort Dodge, October 17–19





**IAYPAA IX**  
*Match Calamity with Serenity*  
**CEDAR RAPIDS, IA**  
**October 24–26th, 2025**

Best Western Plus Longbranch Hotel and Convention Center  
 90 Twixt Town Rd, Cedar Rapids, Iowa 52402

Name: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

☐ Willing to be of service at the conference?  
 How many Registrations are you purchasing today? \_\_\_\_\_  
 Payment type? \_\_\_\_\_

☐ AA  
☐ Al-Anon/Alateen  
☐ Scholarship

   
 Hotel Link Online registration.

Cedar Rapids, October 24–26

**District 11/Area 24**  
**2025 Fall Mini Conference**  
**SAVE THE DATE**  
**Saturday, November 8th**  
**"Power Greater than Ourselves"**

Bread of Life Church  
 2155 University Ave., Dubuque

Al-Anon Lunch Speaker,  
**Beth K.**  
 Waterloo, IA

AA Dinner Speaker,  
**Bee R.**  
 Philadelphia, PA

Registration: \$3  
 Banquet Dinner: Lavish Mac & Cheese Bar – \$15  
 Panels, Raffle, Countdown, Fellowship

Chuck E., Conf. Chair (815) 281-9050 or Keith K., DCM (815) 281-1591

Dubuque, November 8

**CAPITAL CITY 26**  
**CONFERENCE 25**  
**NOVEMBER 14th & 15th**

**Stoney Creek Inn**  
 5291 Stoney Creek Court, Johnston, IA  
 Phone: (515) 334-9000  
 Conference rates for rooms available!!!  
 limited quantity - book now!

**FRIDAY Nov. 14th**  
 7:30pm Joe C., Palm Coast, FL AA

**SATURDAY Nov. 15th**  
 9:00am Irene N., Richmond, CA AA  
 1:00pm Sherry G.S., Bloomington, MN AFG  
 3:00pm Harold L., St. Louis, MO AA  
 7:30pm Pat Y., Seal Beach, CA AA

Interested in having your home group host a hospitality room at Capital City Conference?  
 contact  
[capitalcityconference@gmail.com](mailto:capitalcityconference@gmail.com)

check us out online -  
[capitalcityconference.org](http://capitalcityconference.org)

**Scan the QR Code to Register and Pay!**  
 Pre-register by Oct. 12 - \$20  
 after Oct. 12th - \$25  
 or visit  
[capitalcityconference.org](http://capitalcityconference.org)  
 To register by check or cash  
 Please see a committee member or contact  
[capitalcityconference@gmail.com](mailto:capitalcityconference@gmail.com)



Des Moines, November 14–15

**Program Events**

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

**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"  
 1:00 PM TAO (AA)  
 3:30 Workshop: Recovery & The 12 Steps  
 5:30 Banquet  
 8:00 5th – Countdown - Speaker  
 7:00 Chris C. – Cashecton, OH (AA)  
 Big Book Trivia  
 Following

**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

**32nd Annual**  
**CEDAR RIVER**  
**ROUNDUP**

Radisson Hotel  
 Cedar Rapids, IA  
**February**  
**20-22**  
**2026**

Visit [www.cedarriverroundup.info](http://www.cedarriverroundup.info)  
 Event flyer and online pre-registration are available on the website

**Registration Information**  
 Registration \$30  
 Registration and Banquet\* \$45  
 Banquet Only\* \$35  
 Pre-registration Deadline: February 13th, 2026  
 \*Pre-registration REQUIRED for Banquet Dinner  
 Cash and check only if registering at the door.  
 Pre-register online at our website:  
[www.cedarriverroundup.info](http://www.cedarriverroundup.info)  
 All who attend must register.  
 Parents are responsible for their children.

**Saturday Evening Banquet Dinner**  
 Pork Loin, Chicken Parmesan  
 or Vegetarian Meal (Choice of 5)  
 served with:  
 garden salad, vegetable, potatoes, and dessert  
 Coffee, tea, or milk  
 \*vegetarian and gluten-free options available  
 please request during pre-registration  
 Pre-registration is REQUIRED for Banquet Dinner

Stop back for mail-in pre-registration forms,  
 important hotel information, and map

Cedar Rapids, February 20–22, 2026

**WEST CENTRAL REGIONAL ALCOHOLIC ANONYMOUS SERVICE**  
**CONFERENCE**  
**WCRAASC 2026**

**SAVE THE DATE**

**February 27, 28, & March 1, 2026**

HOSTED BY AREA 24  
 DOUBLETREE DOWNTOWN CEDAR RAPIDS, IA

Look for PROGRAM UPDATES/REGISTRATION INFORMATION and  
 VOLUNTEER OPPORTUNITIES in FALL 2025 at  
[WWW.WESTCENTRALREGION.ORG](http://WWW.WESTCENTRALREGION.ORG)  
 and at ALL PARTICIPATING AREA and DISTRICT EVENTS and WEBSITES

Contact: Troy F. (319) 360-7663  
 Email: [foxmoto31@gmail.com](mailto:foxmoto31@gmail.com)

Cedar Rapids, Feb. 27–Mar. 1, 2026

**SAVE THE DATE**

**AREA 24 SPRING**  
**CONFERENCE 2026**  
**JUNE 12-14, 2026**

**"BRIGHT SPOT**  
**OF OUR LIVES"**

AA AT IVBCS  
 3702 S. CENTER ST.,  
 MARSHALLTOWN

AL-ANON AT  
 MARSHALLTOWN ARTS  
 AND CIVIC CENTER  
 709 S. CENTER ST.,  
 MARSHALLTOWN

**SPEAKERS TO**  
**BE ANNOUNCED**

Marshalltown, June 12–14, 2026

September 2025	<b>Area 24–District 11 News</b>	Issue #16
	Thoughts of Interest in District 11/Area 24	

#### From the Newsletter Chair:

We wish to acknowledge the contributions of the Dubuque Area Intergroup and its website, [DubuqueAA.org](http://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](mailto: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.**

#### From the District 11 Treasurer

This is a gentle reminder to groups to please mail your 7th tradition contributions to the work of District 11 to us at the Dubuque Area Intergroup address:

**District 11**  
**1646 Asbury Rd #7**  
**Dubuque, IA 52001**

We are no longer paying for a P.O. Box. Those are currently being forwarded to Intergroup, but that will end in a few months.

Thank you!

In service, Cheryl P., District 11 Treasurer

#### All of these AA organizations depend on our support:

General Service Office  
Post Office Box 2407  
James A. Farley Station  
New York, NY 10116–2407

Area 24  
PO Box 1291  
Des Moines, Iowa 50305

District 11 Treasurer  
1646 Asbury Road, #7  
Dubuque, IA 52001

Dubuque Area Intergroup  
1646 Asbury Road #7  
Dubuque, IA 52001