

The Messenger

October 2025

Area 24–District 11 News

Issue #17



Just as ideally we awaken every day and face the dawn with renewed purpose, Step 10 teaches us to practice a daily course-correction and maintenance, involving personal inventory, admitting wrongs, and making amends to prevent resentments from building. A spiritual awakening is also a profound, transformative shift in conscious contact and attitude as a direct result of consistently working the steps. Step 10 leads us to a new way of life, lived in the “sunlight of the spirit”, and with renewed and appropriate values, peace, and a deeper connection to life.

The Nature: A deep and comprehensive transformation of one’s inner life and outward behavior, not just a fleeting experience. We awaken to the light in our fellows and the desire to never be the cause of its dimming.

Our Cause: Often a gradual awakening to a process that comes from practicing the principles of the program through the 12 Steps, and developing the humility and self-examination incumbent in Step 10.

Unique Characteristics: A profound change in outlook and attitude, leading to an ever-growing sense of peace, humility, compassion, and a deeper connection to our own spiritual life and the lives of others.

Logical Outcome: Living with deeper purpose and meaning, experiencing increased openness and acceptance of our own shortcomings, as well as those of our fellows, in order to better live in a state of spiritual health.

The Desired Relationship

Step 10 as an essential part of the work that prepares one for and sustains a spiritual awakening. While Step 10 focuses on daily actions to maintain spiritual health, the awakening that comes from a fundamental shift in our outlook, and our very being, arises in equal proportion to the depth and consistency of our spiritual practices.

T
ABLE

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

f

- 5 • From Box 459–General Service Conference Tidbits

- 6 • October AA History & Reflections

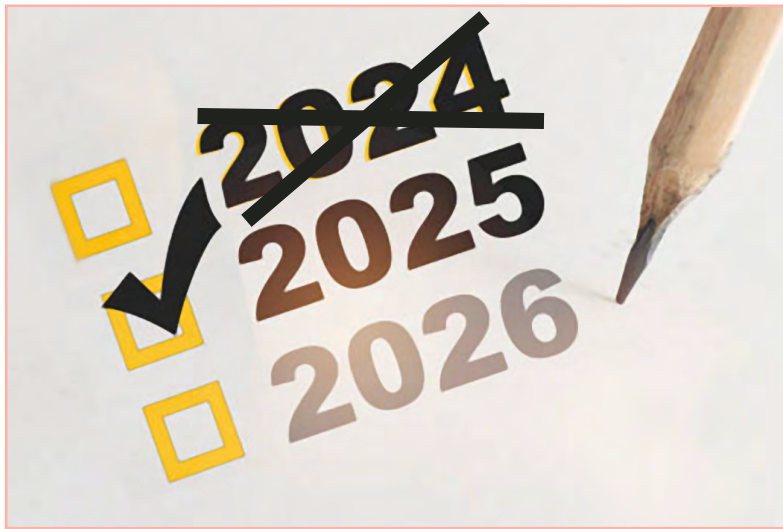
- 9 • From the Newsletter Chair
- District Service Area
- 7th Tradition Information
- Where 7th Tradition Contributions may be made

C
ONTENTS

- 3 • Oct. 4 GSR Committee Minutes
- 4 • Treasury Report

- 7 • Events/Activities of Interest in and around Area 24/District 11
- 8

October 2025	Area 24–District 11 News	Issue #17
The 2025–2026 Area 24/District 11 Committee Chairs		



District Committee Member (DCM)	Keith K.	(815) 281–1591	area24district11dcm@gmail.com
Alternate DCM	Erin L.	(563) 543–0946	area24district11altdcm@gmail.com
Secretary	Erin R.	(563) 557–9110	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	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](#)

10.4.25 Committee Meeting Minutes

Oct 4th District 11 AA Business Meeting

10:30 am — Opening

- Call to Order – Welcome from DCM Keith K.
- Serenity Prayer

Administrative Items

- Roll Call – Committee Chairs & GSRs
- Approval of September Minutes – Motion / Second / Vote. Erin (secretary) read **New Business** from last meeting
- Treasurer’s Report – Summary, Motion to Move On / 2nd / Vote = All Approved
- Al-Anon Updates No speaker Supper, Mini Conference with district meeting with elections (every 3 years)

Groups Speak First — GSR Group Updates

1. 164 Page Group (Sat 9 am) Westside
- Erin L. (alt)
2. Tuesday Happy Hour (6 pm) Westside
- Travis
3. Jaywalkers (Wed 7 pm) Hillcrest
- Randy
4. Stone Room Meeting (Mon 6 pm) New Melleray Abbey
- Chad
5. Keyway Lodge (Wed 8 pm) Bread Of Life
- Steve (alt)
6. Sober Sisters (Tue 12 pm) Intergroup
- Carol
7. Women’s Big Book (Wed 5:15 pm)
8. Family Afterwards Big Book (Mon 9 am) 1200 Rush St.
-Mary
9. Vision for Hope (Fri 7 pm) St. Peters Lutheran Church
-Carol
10. Union Step Group (Sun 6 pm)
11. Manchester Saturday Night (Sat 6 pm)
12. Al-Anon (Fri 7:30 pm) DFC
- Steve
13. Galena Groups (Mon 10 am, Tues 7 pm; Wed Noon;
Thurs 7 pm; Fri Zoom 6 pm)
-Rod
14. A Day at a Time (Tue/Thu 9 am) Westside
-Mark
15. Open Doors (Epworth)
16. Attitude Adjustment (Sat 9 am) DFC
- Scott
17. Cascade Group (Fri 7 pm) Cascade
-Tom

18. There is A Solution (Tues 12 pm) Cascade
- Tom19. Gift Of Desperation (Sat 12 pm) Cascade
- Tom (Big Book discussion meeting)

20. Living Sober Group

District Chair Summaries

- Archives — Rod; no report-present
- Corrections — Alicia M.; present -working on getting books into Men’s Jail
- Grapevine — Travis H.; present, update on monthly subscriptions pricing and what we can benefit from it. Technology and its uses in AA
- Public Information (PI) — Shannon P.; present- TH info is being grabbed from DubuqueAA.org (website online) needs updating (Patti P. needs this)
- Cooperation with the Professional Community (CPC)
- Sue G.; absent
- Treatment & Accessibilities — Carol K.; present- planning to stop in Mercy about possible meeting(s); forwarding info from Bridging the Gap to ASAC, updating phone list at Intergroup. ASAC (IOP); 1st Thursday every month. Monday weekly (Partial Hospitalization)
- Activities — Marc R.; present - AA, Al-Anon, and family members; Chili, Halloween Party Sat. Nov. 1st (2-6 pm) \$5 (donation). Flier attached. New Years Eve dance proposed.
- Treasurer — Cheryl P.; absent, (*see next page*)
- Alternate DCM – Erin L.; present. January will be when next meeting schedules will be printed.
- DCM – Keith K.; present- if you want dropbox, please let him know. 12X12 books (Nov) new books coming out! 5th Edition Big Book is still in work. He will be at area conference.
- Newsletter – Thom E.; present - Newsletter comes out on the 10th of month. If you would like to get added to the mailing list, please give him your email address!
- Intergroup – Carol (secretary); present-gave an update from M.J. Communication and Mailbox, Interested people for the District rep to give Intergroup updates, please reach out.
- Mini Conference – Chuck; present - flier and brochure handed out for Nov 8th. 3 break-out rooms, set-up help, come Friday night. *Tuesday, Oct. 21st 6:30 pm next meeting.

(continued)

10.4.25 Meeting Minutes (cont.)
--

Unfinished Business

- Budget planning: each Chair to submit 2026 estimated annual spend (rough) by next meeting
- Technology/Hybrid options for accessibility — brief discussion / next steps. Westside is checking out 2 TVs, Zoom access, and internet
- Open service positions & succession planning (ASAC coordinator, YPAA)

New Business

- Budget Planning for next year, bring when treasurer is here and available
- Events - New Year Dance for activities; budget and parties

Events & Announcements

- Service Weekend “Pass It On” – Fort Dodge, IA: Oct 17–19, 2025
- IAYPAA IX – Iowa Area YPAA: Oct 24–26, 2025
- Halloween Bash – Fellowship Club: Sat, Nov 1, 2025 (chili & costumes; details from Activities)
- District 11 GSR Business Meetings – 1st Sat 10:30 am (Westside)
- Intergroup Business Meetings – 3rd Sat 10:30 am (Intergroup Office)
- Speaker Breakfast Meetings – 1st & 3rd Sun 9 am (Fellowship Club)
- Treasurer & Activities: Please coordinate any event reimbursements/receipts electronically when possible.

Closing

- Motion to Adjourn / Second / Vote -passed
- Close with the Lord’s Prayer

Thank you for your service. Love & service keeps our District strong.

Treasurer’s report	
UNOFFICIALLY, I can report that we took in \$450 in donations and had expenses of \$50 for September, leaving us with a balance of \$3,411.47 plus September’s interest.	
- Cheryl P	
Starting Balance	\$3,573.41
Contributions: Budget	
31-Jul \$0.15	
29-Aug \$0.12	
2-Aug \$62.00	
2-Aug Food donation \$40.00	
2-Aug \$22.45	
Total Contributions: \$124.72	\$3,698.13
Budget spent July/Aug	
1-Jul \$30.00	
24-Jul \$235.58	
Area 24 Conf. Exp.	
25-Jul \$138.45 River Run Expenses	
28-Jul \$158.18 Area 24	
29-Jul \$74.73 Delegate	
1-Aug \$49.72 Event	
Total Expenses =	\$ 686.66
Total Budget =	\$3,011.47
Prudent Reserves	\$1,002.24

The spiritual life is not a theory. We have to live it.
ALCOHOLICS ANONYMOUS, p. 83

“When new in the program, I couldn’t comprehend living the spiritual aspect of the program, but now that I’m sober, I can’t comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.”
 – Bill Wilson, Daily Reflections, August 1

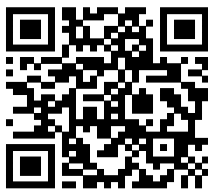
Our Primary Purpose* Podcast

“Featuring interviews with GSO staff and voices from A.A. history and the Fellowship today —learn how GSO supports A.A. groups and members to carry the message of hope and recovery.”



*Available in English only

Season 1 streaming now and available on podcast platforms



aa.org/gso-podcast

Questions? Contact us at gsopodcast@aa.org or visit the webpage.

AVAILABLE NOW!

THE NEW GRAPEVINE & LA VIÑA APPS!

- Read or listen to every issue
- Search our vast GV/LV Archives
- Keep track of your sobriety and spiritual practices
- Listen to our podcast
- Share A.A.s stories and area events with friends.
- Find meetings and connect to aa.org

EASY TO USE! Take GV & LV wherever you go!

Download on the **App Store** | GET IT ON **Google Play**

For more information visit www.aagrapevine.org/apps

2025 Conference Advisory Actions

A sampling of Advisory Actions from the 2025 General Service Conference appears below. A complete list will be published in the 2025 Conference *Final Report* (available from GSO this fall).

Floor Action: It was recommended that a study be formed to explore the needs of Spanish-speaking members for tools to access the Big Book. This study will include identifying specific needs within the Spanish-speaking community to determine whether a plain language translation of the Big Book is an appropriate tool or if other accessible materials would be more effective to support Spanish-speaking members who face barriers related to literacy or comprehension.

Agenda: A Conference Inventory Implementation Committee be formed with a composition similar to the makeup of the General Service Conference (delegates, trustees, nontrustee directors and staff members from the General Service Office and AA Grapevine) be established by the General Service Board to identify and implement actionable items, based on the inventory report back sessions held at the 2025 General Service Conference. The committee requested that an implementation committee report be brought back to the 2026 General Service Conference.



October 2025	Area 24–District 11 News	Issue #17
	October AA History & Autumn Reflections	

October AA History *

Oct 1936	Bill C., a Canadian alkie staying at Bill's house, committed suicide using a gas stove.	Oct. 9-11, 1969	1st World Service meeting held in New York with delegates from 14 countries.
Oct 1939	1st central committee formed in Cleveland; 1st example A.A. rotation.	Oct 10, 1943	6 of 1st 9 AA's attend clubhouse anniv. in Toledo.
Oct 1942	1st issue of Cleveland Central Bulletin is published.	Oct 10, 1970	Lois reads "Bills Last Message" at annual dinner in NY.
Oct 1944	First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.	Oct 10, 1988	Lois is buried next to Bill in Manchester, Vermont.
Oct 1951	Lasker Award given to AA by American Public Health Assoc.	Oct 13, 1947	"The Melbourne Group" held its first meeting in Australia.
Oct 1951	Sister Ignatia wrote, "Care of Alcoholics? St. Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress," the <i>Journal of Catholic Hospital Associations</i> .	Oct 14, 1939	<i>Journal of the American Medical Association</i> gives Big Book unfavorable review.
Oct 1954	The "Alcoholic Foundation" renamed the "General Service Board of A.A."	Oct 15, 1904	Marty M., early AA woman, is born in Chicago.
Oct 1958	Playhouse 90 TV airs " <i>The Days of Wine and Roses</i> ."	Oct 17, 1935	Ebby T., Bills sponsor, moves in with Bill and Lois.
Oct 1, 1941	Local news reports 1st AA Group in New Haven, CT.	Oct 20, 1928	Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
Oct 1, 1957	Book " <i>A.A. Comes of Age</i> " is published.	Oct 21, 1939	Cleveland Plain Dealer begins series of articles on AA of by Elrick Davis.
Oct 2, 1944	Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.	Oct 22, 1963	E. M. Jellinek, alcoholism educator and AA friend dies.
Oct 3, 1945	<i>AA Grapevine</i> adopted as national publication of AA.	Oct 24, 1942	<i>L.A. Times</i> reports AA groups in 14 California cities.
Oct 5-7, 1972	2nd World Service meeting held in New York.	Oct 24, 1943	Wilson's start 1st major A.A. tour, returned Jan 19, 1944.
Oct 5, 1988	Lois Burnam Wilson died.	Oct 24, 1973	Trustee's Archives Committee of AA has its 1st meeting.
Oct 6, 1941	900 dine at Cleveland dinner for Dr. Bob.	Oct 28, 1994	National Council on Alcoholism and Drug Dependence celebrates 50 years.
Oct 8, 1988	Memorial Service for Lois Burnam Wilson at Stepping Stones, NY.		

**reposted by permission of South Jersey Intergroup*

"And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame." Pg. 84, *Alcoholics Anonymous*

"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*

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



**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, October

**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
Dec 7 – Rebecca D, Westside, Dubuque, IA
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, Keyway Lodge, 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 17-18-19, 2025

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

Pass It On!

Friday, October 17
6:45pm-7:45pm Area 24 Chair Meeting with Officers and Chairs
8:00pm-9:30pm Sharing Sessions- DCM, GSR, 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
11:30am-1:30pm Luncheon and Speakers
Scott P (Al-Anon) (Alateen Speaker TBA)

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

9:30pm-11:00pm Workshops- Archives, Corrections, Newsletter, and PI
Candlelight Meeting

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. 6
 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 86, Dancomba, IA 50532

Fort Dodge, October 17–19

IAUPAA 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

2025 NEXT MEETING:
AT **10:30AM**
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, November 1

**2025 District 11
Halloween Party and Chili Cook-Off**
Hosted at the Dubuque Fellowship Club
November 1, 2025




Who: All AA's and Al-Anon's including family and/or friends
What: Join District 11 for a Halloween Party and Chili Cook-Off
Chili Cook-Off: We are asking folks to bring their best chili in a crockpot for a Chili contest. If you don't want to bring chili, please bring a side dish or dessert to pass or some chili fixings!
Halloween Party and Fellowship: Feel free to dress up with your Halloween outfits! We will have a contest for Halloween attire also.
Where: Dubuque Fellowship Club (DFC), 1165 Main Street, Lower Level, Dubuque, IA.
When: Doors Open at 2:00 pm Halloween Party and Fellowship: 2:00 pm to 6:00 pm
Chili Cook-Off Tasting: 3:00 pm DFC Euchre Tournament: 6:30 pm
Costs: Suggested \$5.00 donation for coffee, dinnerware, decorations and facility usage. Water and Pop will be provided for purchase. Please bring a side dish/dessert to pass. No one will be turned away from the Festivities!
Contact Info: Marc Ruden 563-543-3218

DFC, November 1

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

**Area 24/District 11
2025 Fall Mini-Conference**

Power Greater than Ourselves



November 8, 2025
Bread of Life Church
(formerly Westminster)
2155 University Ave., Dubuque, IA

Registration: \$3

Lunch:
\$ A la Carte
Al-Anon's Best Sloppy Joes, Chips, Dessert

Banquet Dinner: \$15
Lavish Mac & Cheese Bar

Panels, Raffle, Countdown, Fellowship

AI-Anon Panels – Room A

9:00-11:00	Business Meeting
	Lunch
1:45-3:00	Panel (Sunday Night Missing Link, Jean C., Step 1)
3:15-4:15	Panel (Tuesday Noon Rush, Step 2)
4:30-5:30	Panel (Monday Morning AFG, Step 3)
	Dinner

Conference Schedule

8:00	Open – Registration
9:00-10:00	1 st Breakout Panel (1 AA) (AI-Anon Biz Mtg.)
10:15-11:15	2 nd Breakout Panel (1 AA) (AI-Anon Biz Mtg.)
11:45-12:30	LUNCH (by AI-Anon)
12:30-1:30	AI-Anon speaker, Beth K., Waterloo
1:45-3:00	3 rd Breakout Panels (2 AA, 1 AI-Anon)
3:15-4:15	4 th Breakout Panels (2 AA, 1 AI-Anon)
4:30-5:30	5 th Breakout Panels (2 AA, 1 AI-Anon)
5:30-6:00	Raffle
6:00-7:00	BANQUET DINNER
7:00-8:00	Count Down
8:00-9:00	AA Speaker, Bee R., Philadelphia Closing remarks and Clean-up

AA Panels – Rooms B & C

9:00-10:00	Panel (Carol K. Dbg – Sponsorship) C
10:15-11:15	Panel (Janelle M. Ananose – The Doctor's Opinion) C
1:45-3:00	Panel (Diana J. – Plateville – Women in recovery) B
3:15-4:15	Panel (Marc R. – Men in recovery) C
4:30-5:30	Panel (Ignacio M. Garsuillo – Service) B
	Panel (Gail G. Galea – We Agnostics) C
4:30-5:30	Panel (Jess Z., Cedar Rapids – Unity) B
	Panel (Patti B. Cascade – Spiritual Awakening) C
	Dinner

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

Dubuque, November 8

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

Stoney Creek Inn
6211 Stoney Creek Court, Johnston, IA
Phone: (515) 334-9000
Conference rates for rooms available!!!
limited quantity - book now!



Interested in having your home group host a hospitality room at Capital City Conference?
contact
capitalcityconference@gmail.com

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

check us out online -
capitalcityconference.org

Scan the QR Code to Register and Pay!

Pre-register by Oct. 12 - \$20
after Oct. 12th - \$25
or visit
capitalcityconference.org

To register by check or cash
Please see a committee member or contact
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	CAKE & F. – Lewiston, 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	Stark F. – Rock Island, IL (AA)
10:30	Workshop: Unity & The 12 Traditions "Moon Break" TOD (AFG)
2:00 PM	Workshop: Recovery & The 12 Steps
3:30	Banquet
5:30	Still – Countdown. Speaker
7:00	Chris C. – Copetown, OH (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) 340-1714

Registration Information

Registration 230
Registration and banquet* 245
Banquet Only 235
*Pre-registration DEADLINE: February 13th, 2026
*No registration \$20.00 for Banquet Dinner
Cash and check only if registering at the door.
Pre-register online at our website:
www.cedarriverroundup.info
AI who attend must register.
Parents are responsible for their children.

Saturday Evening Banquet Dinner
Pork Loin & Chicken Parmesan
Vegetarian Meal (Choice of 1)
served with:
garden salad, vegetable, potatoes, and dessert.
Coffee, and tea or milk
*vegetable and potatoes options please
*please request during pre-registration.
*no reservation is available for Banquet Dinner

Sign up 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 ALCOHOLIC ANONYMOUS SERVICE
CONFERENCE

WCRAASC 2026



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
and at ALL PARTICIPATING AREA and DISTRICT EVENTS and WEBSITES

Contact: Troy F. (319)360-7663
Email: foxemoto31@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

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, 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 GSRs 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