



4th Edition April 2023

AAversaries!

1 year Kathy F. Primary Purpose Muscatine

6 years Cyndi H. Primary Purpose
Muscatine

8 years Chris R. North Liberty Tuesday
Night Lucky Ones

CONGRATULATIONS!

IMPORTANT INFORMATION If you want your sobriety birthday featured on our future newsletter, there are simple rules: Years only, 1st name, last initial, home group. To iadistrict13newsletter@gmail.com by 15th of the month. If you want to receive this newsletter, send an email to iadistrict13newsletter@gmail.com.

We are not a glum lot.

Ever wonder why people in recovery can't dance? They lose interest after twelve steps.

Have you heard about the man who fell into an upholstery machine? He is fully recovered.

AREA 24 AA

DISTRICT 13

iadistrict13.org

2023-2024 District Officers and Chairs

Jim S. DCM

iadistrict13dcm@gmail.com

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Aaron K. Treatment Chair

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Why/When Did the Serenity Prayer Come to Alcoholics Anonymous?

The actual origin of the “Serenity Prayer” has been, over the years, a tantalizing, elusive and, some still feel, an unsolved mystery; intriguing to some of us.

The prayer entered, unobtrusively, into A.A. history in the year 1941. It was discovered in the In Memoriam column of an early June edition of the New York Herald Tribune and the exact wording was:

“Mother—God grant me the serenity to accept things I cannot change, courage to change things I can, and wisdom to know the difference. Goodbye.”

Reminiscing about this event, Ruth Hock Crecelius, our first nonalcoholic secretary, said: “It is a fact that Jack C. appeared at the foundation office one morning for a chat and during the course of which he showed me the obituary notice with the “Serenity Prayer.” I was as much impressed with it as he was and asked him to leave it with me so that I could copy and use it in our letters to the groups and loners. At this same time, Bobbie B.* who was also terrifically impressed with it undoubtedly used it in her work with the many she contacted daily at the 24th Street Clubhouse...Horace C. had the idea of printing it on cards and paid for the first printing.” All the local members, including Bill W., felt its relevance immediately.

Source: SMF-149 aa.org

UPCOMING EVENTS

The **District 13 Meeting** will be held Sunday, March 26, 2023, at 2:30 PM at Our Redeemer Lutheran Church, corner of Court St. and 1st Ave. Iowa City. We meet the 4th Sunday of the month alternating between Our Redeemer Lutheran Church and 704 S. Houser, Muscatine. All are welcome.

District 13 is hosting an event (**see flyer attached**). Our panelists will include **Chuck B., Terry V., and Margaret C**

The Iowa City Intergroup meets online on the first Saturday of the month at 10 am. Go to aa-iowacity.org for Zoom information.

2023 Area 24 Spring Conference: June 9, 2023 - June 11, 2023, Grinnell College, Joe Rosenfeld Center, 1115 8th Avenue, Grinnell, IA 50112. Go to www.aa-iowa.org for flyer.

District 13 Spring Event! POTLUCK!

Sunday, April 30th, 2023, Doors Open at 11AM

Hills IA Community Center 110 Main St

Have you ever asked,

*“What is the Upside-Down Triangle
and where do I fit?”*

We will have a panel of people who will share, with us, their experience and knowledge. Panelists will include **Chuck B.**, of Cedar Rapids, **Terry V.**, of Iowa City, and **Margaret C.**, of Iowa City.

The district will offer Main Dish, Coffee, Water, Tea, and Tableware. Please bring a Salad or Dessert. We will eat at 12 PM. A Freewill Offering will be accepted.





Founders' Day Herald

88th Anniversary of Alcoholics Anonymous

June 9, 10, & 11, 2023 | Akron, Ohio | Birthplace of A.A.

FRIDAY ACTIVITIES

A.A. 12 Step Panel • 10:00 a.m. - 10:00 p.m.

Discussion of One Step Per Hour
Chaired by: Aaron K.

A.A. Early Bird Meeting* • 3:00 p.m.

Penny D. – Bay Village, OH
"From Cracker Factory Housewife To
Champion Of Sobriety And Women"
Chaired by: Karen K.

Actors Guild Play • 5:00 p.m. & 8:00 p.m.

Rule 62

A.A. Speaker Meeting* • 7:00 p.m.

Peter M. – Boca Raton, FL
"Chop Wood, Carry Water"
Chaired by: Jerry C.

A.A. Speaker Meeting* • 9:00 p.m.

Linda G. – Queens, NY
"Happy, Joyous And Free"
Chaired by: Juanita W.

Junta en Español • 9:00 p.m. - 11:00 p.m.

Open Discussion
Chaired by: The Painesville Group

A.A. Alkathon • 11:30 p.m. - 2:00 a.m.

SATURDAY ACTIVITIES

Bus Tours of Historic A.A. Sites

9:00 a.m. – 4:00 p.m.
2 buses continuously – Bierce Circle

A.A. Archives

Located in Akron Intergroup Office
(Stop on bus tour)

The 12 Traditions • 9:00 a.m.

Billy N. – Palm Beach Gardens, FL
"How It Works"
Chaired by: Mary K.

A.A. Old Timers' Panel* • 10:30 a.m.

Topic: "Every Day Is A Day We Must
Carry The Vision Of God's Will Into All
Our Affairs"
Dee T. – Akron, OH
Ken McA. – Ontario, CA
Bobby M. – Richmond Heights, OH
Chaired by: Mary K.

La Viña Workshop • 11:00 a.m. - 1:00 p.m.

El Coordinador: Raymundo L. and
Alegria de Vivir Group

A.A. & Al-Anon Speaker Meeting* • 12:00 p.m.

Speakers - Shanna & Scott D. – Urbandale, IA
"Family Disease, Family Miracles"
E.J. Thomas Hall
Chaired by: Marie E.

Actors Guild Play • 12:00 p.m. & 2:30 p.m.

"Rule 62"

A.A. Speaker Meeting* • 2:00 p.m.

Vivian Q. – Okatie, SC
"Emotionally Driven Or Spiritually Guided -
What Is Our Choice To Be?"
Chaired by: Aaron K.

The History of Our Big Book • 4:00 p.m.

Presented by: Gail L. – Akron, OH
Chaired by: Karen K.

A.A. Speaker Meeting* • 8:00 p.m.

Theresa F. – North Hills, CA
"All Of A Sudden I Became Present To My
Life, And I Didn't Like It!"
UA Infocision Stadium**
Chaired by: Woody W.

**Stadium Weather Contingency Plan
for Saturday Night - See Web Site

DANCE! DANCE! DANCE!

10:00 p.m. - 1:00 a.m.
Saturday Night

SUNDAY ACTIVITIES

MOTORCADE TO DR. BOB'S GRAVE*

7:30 a.m.
Motorcycle procession and graveside
memorial tribute to Dr. Bob & Anne S.
Speaker: Dolly A. – Akron, OH
Chaired by: Jerry C.

A.A. Spiritual Panel Meeting • 9:00 a.m.

Topic: "We Admitted That We Were
Powerless Over Alcohol, That Our Lives
Had Become Unmanageable"
Andrew M. – Akron, OH
Sonya M. – Akron, OH
Vivienne Y. – Cleveland, OH
Chaired by: Juanita W.

A.A. Closing Speaker Meeting* 10:30 a.m.

Bill C. – Torrence, CA
"It's Been Miserable Long Enough...It's
Time To Have A Good Time!"
Chaired by: Michael B.

AL-ANON

FRIDAY ACTIVITIES

Al-Anon Panel • 1:00 p.m.

Topic: "Double Winners/Doubly Blessed"
Lynda M. – Copley, OH
Ian R. – Canton, OH
Mary Anne C. – Uniontown, OH
Olin Hall
Chaired by: Leslie S.

AL-ANON

SATURDAY ACTIVITIES

Alateen Panel • 10:30 a.m.

Alateens Share Their Experience, Strength and Hope
Olin Hall
Chaired by: Lynda M.

A.A. & Al-Anon Speaker Meeting* • 12:00 p.m.

Speakers - Shanna & Scott D. – Urbandale, IA
"Family Disease, Family Miracles"
E.J. Thomas Hall
Chaired by: Marie E.

REGISTRATION

UA STUDENT UNION

CREDIT CARDS ACCEPTED!

Friday 8:00 a.m. - 10:00 p.m.
Saturday 8:00 a.m. - 6:00 p.m.

Registrations must be picked up by
6:00 p.m. Saturday - **NO EXCEPTIONS!**

Package Plans must be picked up at designated
dormitories. Check confirmation letter or e-mail.

Coffee & Fellowship Room

Student Union

A.A. Literature Sales

Friday 8:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 5:00 p.m.
CREDIT CARDS ACCEPTED!

* A.S.L. INTERPRETER

NO BASIC REGISTRATION REFUND.
\$35.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!

FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.
Name badges & ribbons must be worn for admittance to all meetings — NO EXCEPTIONS!

<https://foundersdhttps://foundersday.org>

Area 24 – 2023 Spring Conference
“... precisely how we have recovered ...”

June 9- 11, 2023

Hosted by District 8 at

Grinnell College

Joe Rosenfeld Center, 1115 – 8th Avenue, Grinnell, IA 50112

Speakers

Saturday Luncheon – Al-Anon – Don B. Neenah, WI. (WSO Trustee)

Alateen Speaker - TBA

Saturday Night – AA – Mike L. (West Central Regional Trustee). Council Bluffs, IA

Sunday Morning Spiritual Speaker – Jason L., Cedar Rapids, IA

Sunday Morning Al-Anon Speaker – Cheryl T. Cedar Rapids, Ia

\$25 Pre-Registration (Due by May 31, 2023) or \$28 Registration at the door

Registration includes all speakers, meetings, workshops & entertainment.

Dorms – price per night with shared bath

Single \$28, per person/ per night, Double \$25 per person/per night

Meal Plan – Served on Campus Cafeteria

Breakfast – Sat. \$8.25 Sun. \$8.25 Lunch – Sat. \$10.50 Dinner – Sat. \$12.50

Register online: area-24-2023-spring-conference.cheddarup.com



Make checks payable to: Area 24 Spring Conference, PO Box 1331, Cedar Rapids, IA 52406

Name _____ Address _____

Phone _____ Name on Badge _____

Email _____

AA \$25 _____

Al-Anon \$25 _____ Alateen \$5 _____

Dorms: Bring your own linens, Twin size. You will also need pillows and towels.

Single -\$ 28 Fri _____ \$ 28 Sat _____

Double \$ 25 Fri _____ \$ 25 Sat _____ Roommate _____

MEAL PLANS All 4 Meals \$39.50 _____

à la carte

Breakfast Sat \$ 8.25 _____ Sun \$ 8.25 _____

Lunch Sat \$10.50 _____

Dinner Sat \$ 12.50 _____

Vegan, Vegetarian and Gluten Free meals available. Meals are cafeteria-style.

Total Amount Enclosed _____

Request ASL _____ Spanish speaking Interpreter _____

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Alateen must present Iowa Consent & Release Form at the Registration Table for Admission to the Conference