



10th Edition October 2023

AAversaries!

Joe M. 17 Years

Sheila VD 17 Years Primary Purpose Group
Muscatine

Margaret F. 10 years Friday Night Women's Group
CONGRATULATIONS To You All!

IMPORTANT INFORMATION If you want your sobriety birthday featured in 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.

What's the difference between an AA meeting and a turtle race?

It doesn't matter if you get to the meeting late, you can still end up winning!

Harrison Ford just turned up at my AA group.

I've never seen "Han so low".

Me: It is not how many times you fall, it's how many times you get up.

Police Officer: That's not how the Field Sobriety Test works.

AREA 24 AA

DISTRICT 13

iadistrict13.org

2023-2024 District Officers and Chairs

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"Box 459" The AA Quarterly Newsletter

P.O. Box 459 is a famous address in the United States. It is the mailing address of the Alcoholics Anonymous General Service Headquarters in New York City . The General Service Office of Alcoholics Anonymous publishes a quarterly newsletter called Box 4-5-9 that includes information about A.A. service, news about literature, a calendar of upcoming events, and sharing from groups and service committees. The complete mailing address for this newsletter is P.O. Box 459, Grand Central Station, New York, NY 10163 .

Any AA member can subscribe to receive the Box 4-5-9 newsletter. There are order forms available at aa.org, the SKU is F-37. Anyone can print a PDF copy at no charge. When ordering other AA literature, any number of the forms can be ordered at no charge. A yearly subscription is currently \$3.50. A digital copy is available at www.aa.org.

The **Recovery Group** just celebrated 33 years on October 14th, 2023, with food, fellowship and spirituality at the Zion Lutheran church in Muscatine, Iowa. We enjoyed listening to Mike B. from Council Bluffs as the speaker sharing his experience, strength and hope. Everyone brought a dish to share, and food was plentiful along with many desserts and beverages. We are grateful to all who attended as well as supporting groups and individual A.A. members alike. Thank you to Alcoholics Anonymous and the wonderful fellowship which allows us to operate and grow within the communities and worldwide.

In service: Wayde L. (GSR)

UPCOMING EVENTS

Notice: The **District 13 Meeting** will be held **Sunday, October 22nd, 2023**, at 2:30 PM 704 S Houser, Muscatine, Iowa. We meet on the 4th Sunday of the month alternating between Our Redeemer Lutheran Church, Iowa City and 704 S. Houser, Muscatine. We do not meet on the 4th Sunday of November and December due to the holidays. We will meet on Sunday, December 3rd 2:30 PM at Our Redeemer Lutheran Church, 2301 Court St., Iowa City. All are welcome.

The Iowa City Intergroup meets online on the first Saturday of the month at 10 am. Go to aaiowacity.org for Zoom information and will be hosting a New Years Eve party. Flyer next month.