

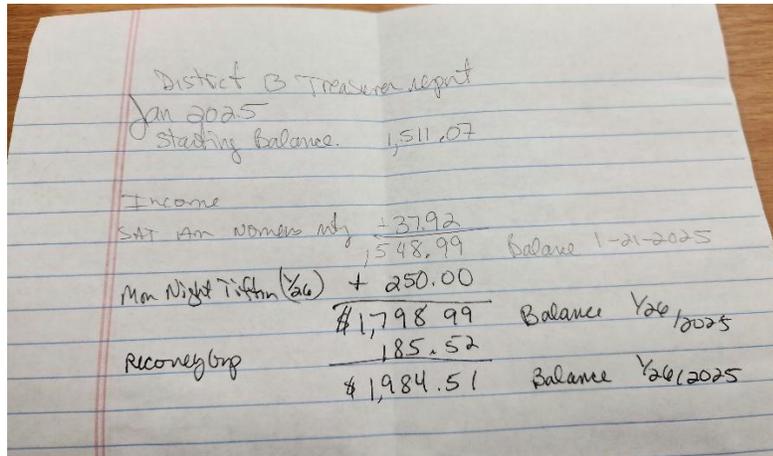
District 13 Meeting Minutes
January 26, 2024
Our Redeemer Church
Iowa City
230pm-330pm

Members Present-Sally D., Bret S., Susan J., Laura L., Jean H., Teresa R., Michael J., Cindy G., Wayde L., Rick., Megan H., Shawn P., Michael H., Max H.,

Members Absent/Excused: Jim S.,

Meeting called to order at 230 pm by Teresa R

- Open with Serenity Prayer
- Concept Reading – Wayde
- Officer Reports
 - Secretary Report for Dec 8, 2024
 - Minutes summarized and approved. Please send your reports to mrarnp@hotmail.com or iadistrict13secretary@gmail.com prior to the meeting if possible.
 - Treasurer Report- Jean H.



- DCM-Teresa
 - Welcome to our first District meeting of the 2025-26 session. Thank you so much for the opportunity to participate with you all and thank you for your service.
 - I was not able to travel to Marshalltown on January 11 & 12 because of illness so I stayed home and attended virtually, which worked well, and I think Area 24's investment into equipment and creating a Technology Chair position (SOP for position was approved and passed) is going to be a great benefit to AA. Anyone interested in the sharing session in March can get the zoom information from me and check it out.
 - I attended the DCM sharing session and the items discussed were how to create a district committee, ways to get more GSR's to show up and get involved in district, talked about Robert's rules and Parliamentary Procedure, what needs to be shared with GSR's and how districts are archiving their digital minutes and where.
 - Had a couple speakers speak on the importance of a home group, getting information from GSO, Area and District to the groups. Also, the importance of keeping contact information up to date. As of January 12th, Area 24 has 581 active groups and 8 virtual registered.
 - Treasure report, Area has a balance of \$10,620.26 with a prudent reserve of \$12,000. The 2025 budget was not accepted because there were a couple changes suggested so Dawn B. will adjust and have it there in March. The adjustments had to do with travel for our Delegate and travel to the Regional Conference. I do have a copy of the proposed budget if you would like to see it.

- The agenda items for the 75th General Service Conference Committee have been released, and I have sent out the list, if I missed you and you would like a copy, let me know and I'll get it to you. I would love it if you could look over the list and if there were any items your group would like to voice an opinion on, please if you could get it to me by the February 23rd District meeting I would appreciate it so then I can condense the info and get it to our delegate at the March sharing session in Marshalltown.
 - Area conferences coming up are Spring 2025 in Clear Lake and Fall 2025 Fort Dodge, at this time there are no bids for spring 2026 so if no one bids Area will be picking a location.
 - I have attached the **preliminary agenda items for the 75th General Service Conference** committees items. If you could take to your home groups and see if there are any items that you have feelings about, Julie S. suggests looking especially at the ones under consideration, and let me know how you feel on any of the items by our **February 23rd District meeting** so I can get the information to our delegate. Please let me know if you have any questions or concerns and look forward to serving as your DCM.
 - I know this is a lot and if you have any questions, please feel free to ask and if I don't know the answer I'll find it. In love and service, Teresa R
 - Alt DCM – Wayde
 - I am ready for a new term of service with everyone and see what this term brings to District 13. I stand by ready to assist in any situation by our chairs and GSRs. I urge everyone to use communication and tact when discussions are brought to the table. We have had success in tackling situations while respecting others point of view which allowed for a smooth discussion and finalization through diplomacy. I have no new information to share and hope to address items as they come along.
 - Activities – Cindy
 - Thinking about Sponsorship Panel and Pizza in Hills in April or May. Cindy will check available. Has some ideas for panel. Anyone wanting to help or for further activity ideas please feel free to contact.
 - Archives – Rick W
 - Looking forward to doing this position. Nothing new to report yet! Rick W.
 - Literature – Sally
 - . Sales Total \$222.00
 - \$101 Midwest Group check; \$88 Cash to Cindy 12/8 PLBB; \$22 Cash 1/26 PLBB; \$11 Jean
 - Plain Language Big Book is back in stock at aa.org
 - See area newsletter - Feb 25th Zoom 2-4 EST - Plain Language Big Book Information Session. Thank you for the opportunity to serve as Literature chair.
 - Corrections – Michael J.
 - **Updates:** Currently everything is an update, being new in the position. Corrections is part of my story and a position I have filled within another district, BUT I am reaching out and talking with others since I am new here and always welcome help. I reached out to Scott a couple of times and he was not able to provide much detail on the current state of affairs since there are no meetings
 - **Current Operations:** As far as I understand it there are no meetings within the district. There are facilities within the district. I took it upon myself to research all the facilities within the district and gain information on who to contact for future communications. First I had to figure out all the cities that the district covered so I created a map1:
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- ¹ This map has the pins dropped where meetings are currently held and the area outline was taken from the best representation of the map that area has.

Possible Locations

- Johnson County Sheriff's Office 511 S Capitol St, Iowa City, IA 52240
- Muscatine County Sheriff's Office 400 Walnut St., Muscatine, Iowa 52761
- Iowa Medical Classification Center Corrections Facility 2700 Coral Ridge Ave, Coralville, IA 52241
- Iowa County Sheriff's Office 960 Franklyn Ave, Marengo, IA 52301
- Cedar County Sheriff's Office 711 E. South St, Tipton, IA 52772
- **Current Plans:** To reach out to each facility to see how I can be of service and gain information
- **Current Needs** All information on any of the corrections facilities located within the district. To get both treatment and corrections email set up with the district
- Grapevine – Wayne L.
 - This month's Grapevine is requesting stories from "Longtimers" and their journey in A.A. and what they have learned along the way. You can also send any story about experiences throughout your sobriety. I have books for sale as well as being able to assist with subscriptions to the Grapevine magazine upon request. Please see me if you have any questions.
- Newsletter – Cindy G.
 - Newsletter attached. During our October District elections, no one came forward to chair the newsletter committee, If you are looking for a service opportunity please consider stepping up. Reach out to iadistrict14dcm@gmail.com or iadistrict13secretary@gmail.com.
- PI – Megan H.
- Treatment – Michael
 - Michael J. will take over 2025. foroldtimesseika@gmail.com 812-361-6715
 - Currently everything is an update, being new in the position. Treatment is not a part of my story and I am rather new to the district. So I have taken it upon myself to learn as much as possible from as many people as possible. I have been going to a mock meeting every Thursday at CFR; I have spoken with Monica, Terry, Faraji, and others who have fulfilled this role before; Dedicated to be at the first 3 bridge the gap meetings this year; I have also made contact with District 8 incoming Treatment Chair Tony A. and shared information for those going between districts for Bridge the Gap. One person already requested it!
 - **Current Operations:** As far as I understand Community and Family Resources is the only in patient facility within our district, so my focus and past focus has been placed there. They have a mock meeting every Thursday and Bridge the Gap session every 3rd Sunday. I have a list of volunteers who are responsive and dedicated to the Bridge the Gap meeting. They have also been going to AA meetings outside to get a feel for what meeting culture is like

- **Current Plans:** Begin surveying more treatment meetings that were in the past; Ex) UIOWA Hospital; Make copies or purchase Bridging the Gap/Volunteer Form; Same with Request form; Contact CFR about book policy; Probably try to get 12&12 and Plain Language in there; There was a specific question on why the writing was so hard to read and why they don't change it during Bridge the Gap this month
- **Current Needs:** Volunteers for Bridge the Gap when residents leave facilities as temporary contact¹; Many people are willing and available, I just need to make a list and for those who are willing and available to reach out to me. From the Treatment Workbook, a description of the role; Your job is simple. You contact the new A.A. member and arrange to take them to an A.A. meeting, preferably within 24-48 hours of their discharge. Your commitment is to take them to a variety of meetings and introduce them to other A.A. members. During this time, you help them become acquainted, get phone numbers and perhaps locate a sponsor and a home group. You introduce them to others in A.A. so they have a broad, healthy base, then you are available to serve as a Temporary Contact for another person.
- Website – Jim
 - I continue to receive several calls monthly inquiring if meetings are current. The callers have been getting my phone number off of the website. I need to look into what other districts are going to do for a phone number on their meetings that they have listed. I will get back with district on what I find out. I don't mind having my number posted but just think that we probably have something other than one person's personal cell phone. As always please forward all meeting changes along with event fliers that we would like to get posted on the site. Just a reminder that there is about a week delay between our update and when the Meeting Finder app, Intergroup's link, Area's link are updated. If you notice that the pages are not opening. Please let me know. Typically, at that point we need to just clear the Cache. In Love and Service, Jim
- Intergroup –Bret New rep Bret Swain bretswain@gmail.com NYE party a great success. 125 approx attendance. Feb 1 next meeting.
- Old Business
 - Bad weather updates as per last year
 - Check emails/texts for updates if Zoom meeting needed for Feb or March due to weather
- New Business
 - Michael H. Voted in to Newsletter Chair position. Has met with Cindy G.
 - Susan J. voted in to Literature Chair position. Will be meeting with Sally.
 - Reimbursements:

GSR Reports

Recovery Group The recovery group is making changes for 2025 by eliminating our Sunday meeting due to demand through participation. We will maintain our four meeting schedule until December 31 2024 and then be embracing a new three day week. We had a strong turn out for our group conscience and we filled the group's meeting and chair positions. We look forward to the new year with enthusiasm and a drive to keep meetings for the new person as well as seasoned members. Renee R. will be the new GSR for 2025 : reyney245@gmail.com and I will be the Alt GSR. Seasons greetings from the Recovery Group! In service starting 1-1-25 In service: Wayde L. (01/2025)

Melrose Good attendance at Melrose. We are having our seating reupholstered and all Group Conscience positions have been filled. In Love and Service, Monica F (01/2025)

Happy Hour meets every Wednesday at 6pm at the Tabernacle Baptist Church, 2050 12th Ave, Coralville, next to RR tracks. Please park in back of the church and come thru the glass door with the AA sign on it. It is a closed

meeting. We read from the Daily Reflections for discussion. There has been 11 – 15 attendees and we are seeing some new faces returning. Yours in service, Ricarda Patterson, GSR (01/2025)

LGBTQ We meet Sunday at 5 pm on Zoom. The Zoom link can be found under the meetings tab on the district website along with the meeting finder app. This is a closed discussion meeting with a reading provided by someone from the group choose a reading from AA approved literature and then discussed by the group. We have been averaging 12 – 16 attending. In Love and Service, Jim (Jan 2025)

Monday night Tiffin group: We meet every Monday night at 7 PM at Tiffin GUMC 300 W. Marengo Rd. It is an open meeting with the reading from usually the big book for discussion. Our attendance has been 25+ with several newcomers lately. We have a business meeting on the first Monday of the month. Starting tomorrow night we will be celebrating January birthdays with a half sheet Costco cake. Birthday cake will be the last Monday of every month. Home group members = 16! Rick W. GSR (Jan 2025)

Women's Step Meeting Meets Friday at 5:30 pm as a hybrid meeting at Zion in Iowa City. The in-person meeting has child care. The first Friday of the month is a speaker meeting. Business meeting is at 6:30 on the first Friday of the month. GSR position is open (no update received)

Flimsy Reed Group -meets every Sunday at 6pm at Melrose. Reading out of 1st edition Alcoholic Anonymous. We continue to have well attended meetings and several folks from Retrograde Recovery are usually in attendance as well. In service, Tom F. GSR (no update received)

Midwest- Sunday night 7pm Zion in Iowa City; speaker and discussion; we continue to have 30-40 members. GSR filled. 4 new home group members. Business meetings first Sunday of the month and we provide pizza!. Michael H (new GSR) Jan 2025

W.O.W. Women of Worth Wednesday night 6pm Daily Reflections discussion at Iowa City Sober Living residence. Location directions by email iowacitysoberliving@gmail.com. It is an open meeting. (01/25) Merrilee

Tuesday Night Trudgers:Our meeting is on Tuesday night at 7:30 p.m. at Zion in Iowa City. Discussion group. 20+ attending. Monthly business meetings. Shawn P GSR (Jan 2025)

Gaunt Prospectors: Gaunt Prospectors meet on Thursday 5:30 pm and Sunday 9am, 704 S Houser St, Muscatine. Both meetings well attended (12-14), We continue to be a Big Book topic meeting (first 164 and prefaces). (no update received)

Women's Big Book Meets Saturday at 9am at Gloria Dei Church on the Corner of Market and Dubuque in Iowa City. We are a hybrid meeting and about 15 to 25 women attend. We go through the first 164 pages of the Big Book, then alternate between the 1st, 2nd and 3rd story sections. (no update received)

Iowa City YP group still going strong. Typically 40-50 people per meeting. We meet Saturday nights @ 8pm @ St Andrews Presbyterian church on 140 Gathering Place Lane. Meeting is a rotating format: discussion, panel, meditation, speaker. Any 5th Saturday is discussion. Currently have 8-10 home group members. Holiday Party-- \$10 White Elephant gift. Mike P. GSR (Jan 2025)

North Liberty Tuesday Night-Consistent group 18-22+, Tuesday is a closed meeting. Friday 7pm meeting is open and located at the same place. Updated by Cindy G. (01/2025)

Primary Purpose Our regular group conscious meeting "Big Kids" meeting met 12/05/24. We had our Group Inventory at 430PM. Our group members had time to answer questions from aa.org Inventory Guidelines. We all submitted to our facilitator from District 9. She chaired the group inventory and will summarize our action items and provide to group secretary. We have some great action items coming forward since our District CPC has been inactive we are going to reach out to our professionals in the Muscatine community for any need for AA. I will be sure to include any activity in my monthly GSR report. We followed the inventory with our regular scheduled business meeting. Our group had an amazing fun and games activity on 11.14 Picasso Pottery in

Muscatine. We had 11 in attendance. Great fun had by all. Our group voted on a new format to include "Sponsorship is a vital part of recovery, anyone willing to sponsor please raise your hand. Anyone wanting a sponsor please see one of these members after the meeting." Unanimous. It has made a significant difference on how newcomers respond. It really expresses "I want to" when members raise their hand. Our activity chair has nothing planned for December but we will support the activity at the Recovery Group for the holiday. Love & Service Tracy T GSR Primary Purpose Group (No update received)

Breakfast Club Sean F GSR Meets M-F at 6:10 am. Held at Melrose. Group conscious meetings held at 7 am second Friday of every month. Board positions are Chair, Treasurer, Secretary, GSO and Intergroup. Readings are at the discretion of the chairperson but most commonly from Daily Reflections. All meetings are open and visitors are encouraged to attend. The actual Breakfast meeting is held the 3rd Friday of the month and we usually have leftovers. (no update received)

Group ???: Since the 1st of December our group has experienced a significant decline in attendance. Maybe because of the holidays and the cold weather. Hopefully the attendance will improve in the next couple of months. I can't attend today just wanted to give an update. Lonna Abraham (01/2025)

- Motion to Close @ 3:30pm

Submitted by Merrilee Ramsey D13 Secretary 2-12-2025

Next Meeting: February 23, 2025

Houser Street

Muscatine Iowa



2025 District Meeting Schedule

All meetings 2:30-3:30 pm

Iowa City Meetings

✓ **January 26**

March 23

May 18 (due to Memorial Day weekend)

July 27

September 28

November – No Meeting

(due to Holiday)

Muscatine Meetings

February 23

April 27

June 22

August 24

October 26

December 7