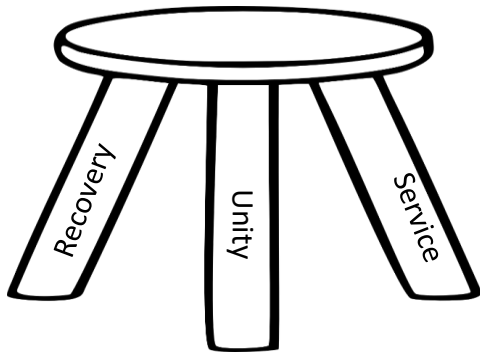




34th Edition April 2026

AAversaries!

2 Years Ruth A. Tuesday Night Trudgers
3 Years Megan H. Young People's Group
3 Years Aaron K. Tuesday Night North Liberty
4 Years Kathy F. Recovery Group Muscatine
19 Years Joe M. Big Book Study Iowa City
29 Years Dan R. Friday Night Men's Meeting
39 Years Pilar S. Tiffin Monday Night Meeting
CONGRATULATIONS To All Those With April Sobriety Anniversary Dates!

IMPORTANT INFORMATION If you want your sobriety birthday featured in future newsletters, 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.

Why were the seven dwarves always sober?
Because no one would serve alcohol to miners...

I've been sober from *math* for three weeks.
It was a hard *addition* to get over.

What is the fastest way to become sober?
Touching your pockets and not feeling your phone.

I lost my pizza cutter so I tried to use an old Rod Stewart CD instead.
It worked all right at first, but the plastic edge got dull right away. The first cut was the deepest.

AREA 24 AA

DISTRICT 13

iadistrict13.org

2025-2026 District Officers and Chairs

Teresa R. DCM

iadistrict13dcm@gmail.com

Wayde L. Alt DCM

iadistrict13altdcm@gmail.com

Merrilee R. Secretary

iadistrict13secretary@gmail.com

Jean H. Treasurer

iadistrict13treasurer@gmail.com

Cindy G. Activities Chair

iadistrict13aaactivities@gmail.com

Rick W. Archives Chair

iadistrict13archives@gmail.com

Michael J. Corrections Chair

iadistrict13corrections@gmail.com

Renee R. Cooperation w/Prof Comm

iadistrict13cpc@gmail.com

Wayde L. Grapevine Chair

iadistrict13grapevine@gmail.com

Susan J. Literature Chair

iadistrict13literature@gmail.com

Cindy G. Newsletter Chair(vacant)

iadistrict13newsletter@gmail.com

Megan H. Public Information Chair

iadistrict13pi@gmail.com

Michael J. Treatment Chair

iadistrict13treatment@gmail.com

This Sunday, April 26, 2:30 District Meeting 704 S. Houser Muscatine!

This is the 1st article written by Dr. Bob for the Grapevine appearing in its 2nd issue.

July 1944 Editorial: By: Dr. Bob of Akron On Cultivating Tolerance

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior--which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another--and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important--in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Copyright (July 1944) AA Grapevine, Inc. Reprinted with permission.

UPCOMING EVENTS

The Iowa City Intergroup meets online on the first Saturday of the month at 10 am. Zoom ID 810 0506 4290 Passcode Wilson. **Service Opportunities are Available.**

District 13 Meeting Sunday, April 26, 2026, at 2:30 PM at 704 S. Houser, Muscatine. We normally meet on the 4th Sunday of the month with a few exceptions. (May will be one of those exceptions.) 2:30 PM to 3:30 PM Alternating months we meet at Our Redeemer Lutheran Church at the corner of 1st Ave and Court St., Iowa City and 704 S. Houser, Muscatine.

District 13 in Cooperation with Iowa City Intergroup Workshop Sunday, May 3rd. Hills Community Center **The Importance of a Homegroup** Pulled Pork Sandwiches. Bring a dish to share. See Flyer.

NEW MEETING! Starting Monday Nights at 5:30 PM STEP STUDY 1st Meeting May 4th, 2026. Shueyville Church 1195 Steeple Lane, Swisher IA. This will be a closed meeting. Exit East Exit 10 off I-380. Enter church by back door AA logo will be displayed.

FYI: Area 24 (the State of Iowa) has a newsletter that comes out 5 times a year. If you would like to receive access to it, contact Area24.Newsletter@aa-iowa.org. It is available to all AA members, and you are an AA member if you say you are.

2026 Area 24 Spring Conference June 12th 3:00 PM to June 15th 12:00 PM Iowa Valley College 3702 S Center St, Marshalltown, IA. Flyer Included in newsletter. If you think you will be going, please consider sending in your registration early.

The Tiffin Monday Night Group will celebrate their 20th Anniversary on June 8th at 7 PM. They will honor AA's anniversary and June's celebrants with tokens, cake and ice cream, a video, and speaker. See flyer.

Contributions to District 13 can be sent to District 13 AA PO Box 1493, Iowa City, IA 52240.

Pink Can Address

AREA 24
PO Box 1291
Des Moines, Iowa 50305

Please make checks out to "Iowa Area Assembly" and note "Pink Can" on the memo line.

Contributions can be made online at aa.org and or aa-iowa.org

General Service Office
PO Box 2407
James A Farley Station
New York, NY 10116-2407
Make checks payable to
General Service Board

Area 24 /Iowa Area Assembly
PO Box 1291
Des Moines, IA 50305

Payments can be made through
PayPal and Venmo



"Sometimes you can only find Heaven by slowly backing away from Hell." - *Carrie Fisher, actress*

District 13 in Cooperation with Iowa City Intergroup Offer a Workshop

THE IMPORTANCE OF A HOMEGROUP

Sunday May 3rd Doors Open 11 AM
Hills Community Center Hills Iowa 110 Main St



Pulled Pork Sandwiches
Provided. Bring a dish to share. All Deserts welcome.

Panelists Subject to change.

Wayde L. from Muscatine Alternate DCM

John R. from Cedar Rapids Area 24 Literature Chair

Maryann G. from Atalissa Past Delegate

Tim H. from Iowa City GR for Tuesday Night Trudgers

20 Years of AA in Tiffin!

June 5th, 2006

91 Years of Alcoholics Anonymous!

June 10th, 1935



This video depicts nearly 80 years of A.A.'s history using rare material from the General Service Office Archives. It explores A.A.'s pioneering days and growth in the United States and Canada, as well as around the world.

Thirty-one minute video starts after readings.

Celebrate! Monday, June 8th, 2026!

Doors Open @ 6:30 PM Meeting Start Time 7 PM

Grace United Methodist Church

300 West Marengo Rd, Tiffin, IA

After Video Doug B. 56 Yrs Sober To Share His Journey

Through AA in Iowa City Area

Sobriety Countdown

Cake, Ice Cream, Snacks to follow meeting.

District 13 Archives will be on display.

2026 Area 24 Spring Conference

Hosted By District 3

June 12-14, 2026

Bright Spot of Our Lives

Alcoholics Anonymous
Iowa Valley Community College
3702 S. Center Street, Marshalltown
SPEAKERS ON SATURDAY WILL BE AT IOWA VALLEY
COMMUNITY COLLEGE

Al-Anon and Alateen
Marshalltown Arts & Civic Center
709 S. Center Street, Marshalltown

FRIDAY

3-10 p.m. Registration
6:45-7:45 p.m.: Area 24 Officer & Chair Session
8-9 p.m.: DCM/GSR Sharing Session
9:45-11:15 p.m. Workshops: Archives, Corrections,
Newsletter, & PI

SATURDAY

7 a.m.-10 p.m.: Registration
7:15-8:15 a.m.: Early Bird Meeting
8:30-10:30 a.m.: Delegate Report
10:45-11:15 a.m.: Area Business Meeting
11:30 a.m.-1:30 p.m.: Luncheon- Al-Anon/Alateen
Speaker @ Iowa Valley Community College
1:45-5:30 p.m.: Area Business Meeting
6:30 p.m.: Banquet and AA Speaker Jan P.
9:30-11:00 p.m. Workshops: CPC, Grapevine, Literature, & Treatment

SUNDAY

6:45-7:45 a.m.: Early Bird Meeting
9:15-10:15 a.m.: State Officers "Ask It Basket"
10:30-11:30 a.m.: AA Spiritual Speaker

FRIDAY

3-10 p.m.: Registration
7-8 p.m.: GR Registration/Group Contributions
8-9 p.m.: Open Meeting
9:15 p.m.: AWSC Meeting

SATURDAY

7 a.m.-10 p.m.: Registration
7-8 a.m. GR Registration/Group Contributions
9-10 a.m.: Workshop
10:15-11:15 a.m.: Delegate Report
11:30 a.m.-1:30 p.m.: Luncheon - Al-Anon/Alateen speaker @Iowa
Valley Community College
1:45-5:30 p.m.: Business Meeting
6:30 p.m.: Banquet and AA Speaker
9 p.m.: Alateen Candlelight Meeting
11:15: Candlelight Meeting

SUNDAY

9 a.m.-10 a.m.: Workshop
10:15-11:15 a.m.: AFG Spiritual Speaker

Pre-Registration Form – Due by May 29

Name _____
Badge Name _____
Address _____
City, State _____
ZIP _____
Phone _____
Email _____

Check Box – Due by May 1

☐ Spanish Interpreter
☐ ASL Interpreter

Adults	\$50 Pre-Registration	\$55 at door	Check One
Alateen	\$10		☐ AA
Pre-registration meal	\$20 Lunch	\$25 Banquet	☐ Al-Anon
			☐ Alateen
Total		☐ Vegetarian	☐ Gluten Free

Make checks payable to Area 24 Spring Conference PO Box 1913 Ames, IA 50010

The Alateen consent form is required for all Alateen members to participate in the Area 24 assembly. No notarization is needed.

Hotels

*Contact the hotels and mention Area
24 Conference for discount pricing*

Hampton Inn & Suites

20 Iowa Ave West
Marshalltown Iowa 50158
641-753-6795

Rate \$164.00 - must reserve by May 18

Holiday Inn Express

102 Iowa Ave West
Marshalltown Iowa 50158
641-854-2900
Mention Area 24

Baymont

115 Iowa Ave West
Marshalltown Iowa 50158
641-752-4844
Rate \$135.00

Super 8

3315 South Center Street
Marshalltown Iowa 50158
641-753-3333
Rate \$73.00

Camping

Shady Oaks

Reservations available
2370 Shady Oaks Road
Marshalltown

Riverview Campground

First come, first served
402 Woodland St.
Marshalltown

Register Online

my.cheddarup.com/c/area-24-spring-conference-2026



Pre-Registration Due May 29, 2026

Ask for Area 24 Spring Conference rates

Must reserve a hotel room by May 11, 2026, to get discounted rate

Contacts: Brian W. 515-231-7781 or Judy R. 515-231-3045

Please consider sending in your registration fee early. And you must sign up for meals by early Registration deadline. Meals will not be available for purchase at the door.