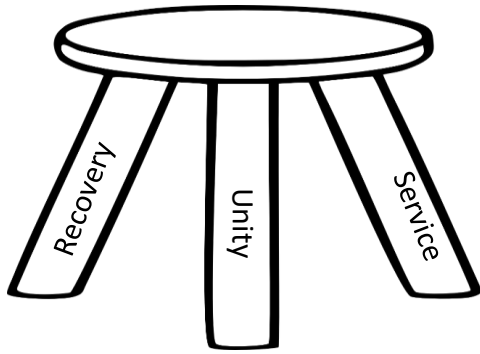




35th Edition May 2026

AAversaries!

9 Years Kevin Tuesday Night Trudgers

12 Years Faraji H. By The Book Iowa City

20 Years Mike H. Tuesday Night North Liberty

21 Years Tom F. Flimsy Reed Iowa City

32 Years Tracy T. Recovery Group Muscatine

38 Years Pat G. Tiffin Monday Night Meeting

41 Years Elaine Friday Night North Liberty

CONGRATULATIONS To All Those With May 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.

I used to be addicted to time travel.
But that's all in the past now.

I just got over my addiction to chocolate,
marshmallows and nuts.
I won't lie, it was a Rocky Road.

I'm a recovering optimist.
I'm getting worse day by day.

This Sunday, May 17th, 2:30 District Meeting
Our Redeemer Lutheran Church 2301 E Court St Iowa City!

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

BILL W.'s LAST MESSAGE

My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabian groups, but it still seems a fitting expression of how I feel for each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we, turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace.

And so—once more, I salute you in that spirit and again I thank you *for your lives*.
May God bless us all now, and forever.

**Read by Lois at the annual dinner given by the New York Intergroup Association in honor of Bill's 36th anniversary—October 10, 1970.*

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, May 17, 2026, at 2:30 PM at 2301 E Court St, Iowa City. 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.

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.

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

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

Payments can be made through



"Recovery is not a straight road—it's a garden where you plant hope and grow resilience." Unknown

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.

IAYPAA X INVITES YOU TO...

AA BIG BOOK TRIVIA

5 - 8 PM SATURDAY, MAY 16

DOORS AT 5:00, TRIVIA AT 5:30

\$5 SUGGESTED
DONATION

TEAMS OF 5
PEOPLE MAX

50/50 TICKET
RAFFLE

SNACKS &
REFRESHMENTS
FOR PURCHASE

PRIZES FOR 1ST & 2ND PLACE!

ZION LUTHERAN CHURCH

310 N JOHNSON ST, IOWA CITY, IA

IAYPAA X CONFERENCE PRIMORDIAL OOZE!

Pre-reg for \$20 now!



Hotel

Iowa City,
Iowa

August
14-16,
2026

Iowa Young People's of Alcoholics Anonymous

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