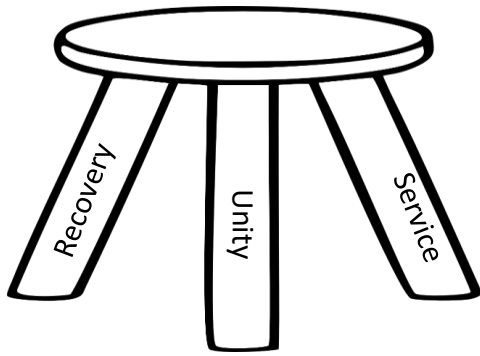




39th Edition September 2026

AAversaries!

Steven C. 2 Years Tiffin Monday Night Group
Tony O. 8 Years North Liberty Tuesday Nt Group
Deb E. 8 Years Women's Big Book Study Iowa City
Jim S. 10 Years LGBTQ Group Iowa City
Tracy F. 12 Years Primary Purpose Group
Julie S. 16 Years District 8 Past Delegate
Bob F. 36 Years Tiffin Monday Night Group
Ricarda P. 44 Years Happy Hour Group Coralville

**CONGRATULATIONS To All Those With September
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.

What's the difference between an alcoholic and a stoner? The alcoholic will run the stop sign. The stoner will wait for it to turn green.

A child asks his father what an alcoholic is The dad replies, "See those 4 cars? an alcoholic would see 8". The child says, "But dad, there are only 2 cars over there".

Why did the alcoholic buy a mirror? Doctor said to watch the drinking.

AREA 24 AA

DISTRICT 13

iadistrict13.org

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Safety and Responsibility in the Rooms

Thoughts by an AA member.

You know, when I look at this question of safety and responsibility in AA, I try to see it through the lens the Big Book gives us: that we are people who are “not saints,” but people who are willing to grow along spiritual lines – at least that’s the hope. And when I remember that, it becomes really clear: AA isn’t uniquely unsafe. AA, being a spiritual program of action, is just uniquely honest about our human condition, our character defects, our personal responsibility.

The Big Book tells us that selfishness, dishonesty, fear, inconsideration, and numerous other defects are the root of our troubles. Not alcoholism — our defects. And defects don’t magically disappear when someone walks into a meeting. They come with us. They show up in treatment centers, workplaces, churches, schools, families — everywhere humans gather. AA isn’t the source of the behavior. We humans are. I’ve worked in treatment. I’ve sat in churches. I’ve been in professional environments. And the same human patterns show up: inappropriate comments, people acting out of loneliness, boundary issues, fear, ego, and spiritual disconnection. That’s not an AA problem. That’s a human condition problem.

AA doesn’t have an HR department. We don’t have security guards standing at the door or “those in authority” overseeing every meeting. What we do have is a spiritual framework — the Steps, the Traditions, and the group conscience. We have a Higher Power available to guide us when we are willing to listen. And we have a responsibility to one another, especially to those of us who are still spiritually sick.

Most of us show up with love. We show up wanting to help, wanting to heal, wanting to be better than we were yesterday. We show up trying to practice principles in all our affairs, even when we don’t really know what that means. And when someone behaves poorly, it’s not because AA “allows” it. It’s because that person is acting out of their defects — the same defects the Big Book tells us we must face and be rid of. Being an alcoholic doesn’t make someone behave badly. Being spiritually disconnected does.

AA groups do what they can with the tools we have. We read safety statements, encourage people to speak up, and remind one another that we share responsibility for protecting the integrity of the rooms. When someone crosses a line, the group can respond through its conscience — redirecting the behavior, setting group standards, or taking whatever reasonable action is needed. We do not ignore harm or pretend it does not happen — it does. We address it with love, honesty, accountability, and respect for each group’s right to decide what is best for its own meetings.

The Big Book says we are people who “trudge the Road of Happy Destiny.” Trudging means effort. It means imperfection. It means we’re learning how to live in alignment with something greater than ourselves. And part of that alignment is making

the rooms safe — not because AA is perfect, but because we're trying to become better humans than we used to be.

So, when I hear people say AA is unsafe, I try to remember this: AA is a fellowship of imperfect people trying to do better. At the end of the day, this fellowship is meant to be a place of spiritual transformation. It is where we learn, one day at a time, to turn our will and our lives over to the care of God as we understand Him. It is where we practice becoming people who do less harm, who pause before reacting, who pray for guidance, and who try to act with love. It is where we remember our duty to protect those of us who are still spiritually sick and honor the spiritual principles that helped save our lives. That's the heart of AA. And that's what keeps the rooms safe.

Tom F. 2026

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, September 27th 2:30 PM to 3:30 PM At Our Redeemer Lutheran on the corner of Court St and 1st Ave, Iowa City, IA. Everyone is welcome. 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.

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 Fall Conference Hosted by District 4 October 16th – 18th, 2026
Bien Venu Event Center – 7400 Hudson Rd. Cedar Falls, IA 50613 Go to <https://www.aa-iowa.org/wp-content/uploads/2026/04/AREA-24-FLYER-UPDATE-JUNE-21-2.pdf> for flyer. This will be a voting Conference meaning new Area 24 Officers and chairs will be elected. All GSRs, and DCMs or their representatives

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

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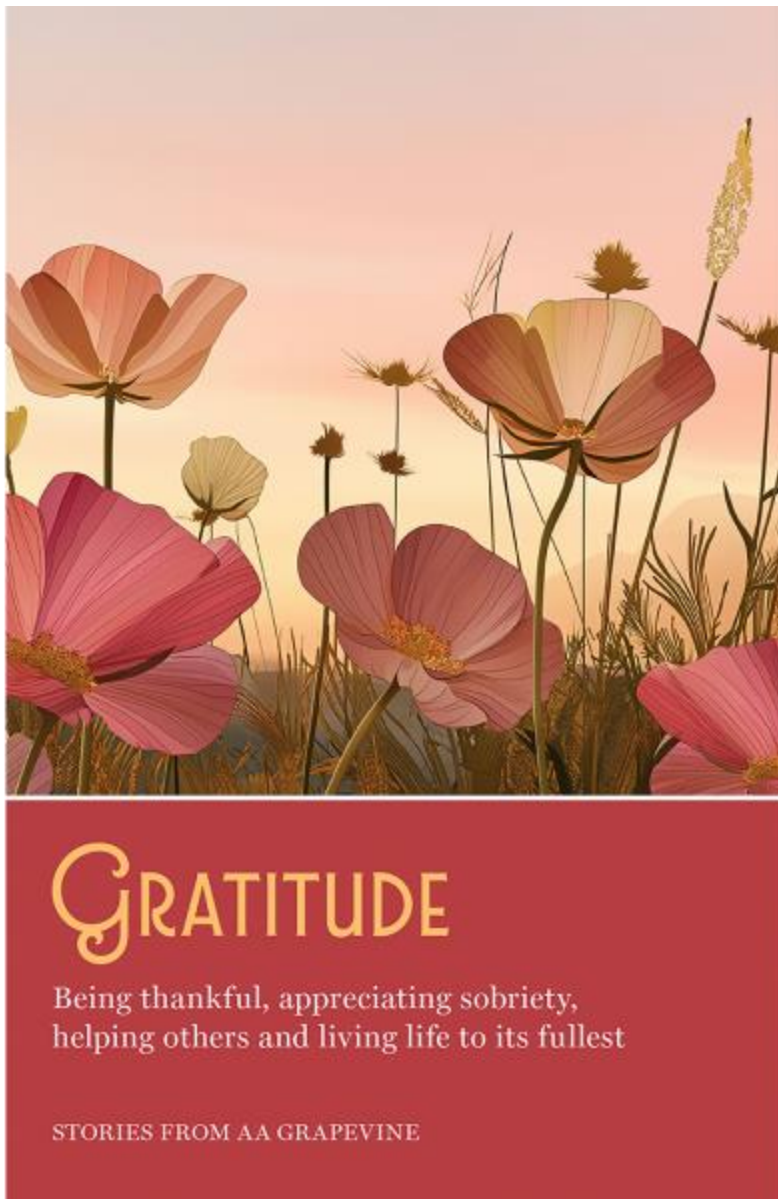
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Make checks payable to
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Payments can be made through
PayPal and Venmo



You are never too old to set another goal or to dream a new dream. — C.S. Lewis



Gratitude is a collection of powerful, personal stories about being thankful. With warmth and humor, the stories, written by AA members, illustrate the many ways the program of recovery can improve one's perspective to help enjoy each day to the fullest. The 136-page book includes chapters on spirituality, fellowship, family, service, getting through tough times and more. All stories were previously published in Grapevine, the International Journal of Alcoholics Anonymous. A great book to start the day. Also makes a wonderful gift.

[Click Here For AA Grapevine](#)