

ILLOWA MESSENGER JUNE 2020 NEWSLETTER

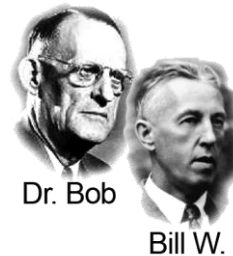
JUNE BIRTHDAYS



CONGRATULATIONS!!!

2	Allen H.	'04
4	Beav T.	'00
5	Cheryl K.	'07
6	Tom M.	'76
6	Bob H.	'86
7	Bob S.	'96
7	Joy M.	'07
9	Ray B.	'76
12	Mike C.	'83
13	Mike P.	'91
14	Vickie B.	'86
14	Yvette T.	'85
15	Steven T.	'80
15	Bill M.	'83
15	Pam D.	'84
15	Karen S.	'84
17	Nicki P.	'90
18	Weezie S.	'07
20	Terry M.	'90
21	Bob H.	'95
21	Chuck M.	'03
22	Richard S.	'07
24	Sue M.	'94
24	Chris W.	'06
26	Farhley J.	'96
27	George S.	'97
27	Chuck O.	'05
30	Bob B.	'75

Anniversaries and special events should be called in to the Intergroup Office, 309-764-1016, by the 15th of the preceding month for inclusion in the newsletter. Flyers cost \$7 per page and are also due in on the 15th.



Dr. Bob

Bill W.

June 10 – Dr. Bob takes his last drink



Please go to www.aquadcities.org for listings of all meetings, whether open, temporarily closed, or online. There is also a page with information on donating to Intergroup and both districts, as we still have bills to pay. Thank you!!

<u>Group Contributions</u>	<u>Apr. 2020</u>	<u>Jan. –Apr. 2020</u>
Aledo	0	53.00
Bettendorf	0	907.50
Big Book Study	274.29	622.40
Blandine	0	50.00
Cabin Fever Speaker Banquet	0	100.00
Camden Serenity Group	0	25.00
Central Discussion	0	400.00
Clinton	75.00	300.00
Courage to Change	0	511.38
District 90	0	175.00
Henry County Group	0	250.00
House Group	0	25.00
Inclusive Serenity	0	55.25
La Nueva Vida	0	30.00
Ladies Night	0	317.00
Last Chance	0	25.00
Marquette	50.00	50.00
Milan Hillcrest	0	50.00
Morrison	0	300.00
North Scott	0	500.00
Port Byron Hilltop Group	0	100.00
Sisters in Sobriety	0	50.00
The Three Legacies	<u>250.00</u>	<u>250.00</u>
Total	599.29	5,146.53

Call Counts for April 2020

12-step – 2 Information – 64
Visitors – 1 Alanon – 0

Illowa Intergroup Business Meeting Minutes
May 4, 2020

Web Meeting called to order at 6:07 pm by Monique M.

ATTENDANCE:

Groups Present: Present were, Bettendorf, Big Book Study, Blandine, Henry County Group, Last Chance, Marquette, New Beginnings, and Sisters in Sobriety, Three Legacies, and West End.

Officers and Chairs Present: Chair –Monique, Alt Chair Mike C, Secretary – Deb P, Treasurer - Al B, Telephone Chair Julie B, Events - Steve H, District 90 Liaison Randy for TJ, Office Manager – Lisa W, Web Guy, Randy C

Motion made Al /2nd Lisa and passed unanimously to accept April minutes.

Treasurer's Report

	Treasure Report
	April 30 2020
<u>INCOME</u>	
Contributions	\$599.29
Sales	\$132.75
Events	\$25.00
Prudent Reserve Interest	\$0.83
Totals	\$757.87
<u>EXPENSES</u>	
General	\$2,633.37
Events	\$25.00
Literature	\$0.00
Totals	\$2,658.37
TOTAL INCOME MINUS EXPENSES	(\$1,900.50)
<u>ACCOUNTS</u>	
Checking	
Savings (Prudent Reserve)	\$5,225.92
	\$4,258.29
Totals	\$9,484.21

Office Manager's Report

Hello everyone,

I have been taking the Intergroup phones from 9 – 5:20 weekdays during my time at home, though I do want to thank Gail S. for covering for me when I had to leave for various reasons. Calls have slowed down a lot so I am assuming most people are using the fantastic resources Randy has on the website, though we are still getting some calls. I have gone in to the office a few times to do some work on the QuickBooks, which isn't compatible with my computer at home, since we still have bills to pay and a few donations coming in. I also did the quarterly payroll tax reports and sent them in. I do not know when the office will open up again, but people can call me if they have any concerns. Please remember to send meeting information for any meetings your group is having to illowaintergroup@yahoo.com or to Randy at webmaster@aaquadcities.org if you want it on the website. I have had several newcomers call looking for meetings, so please help us to keep everyone informed. Call counts for April were 2 12-step, 64 information, and 1 visitor (on a day I was there!). Stay safe, everyone! In love and service, Lisa W.

Events Report - Steve H

Requesting some finality with the "cancelled" Anniversary event, whether we should consider still looking into a fall date; or simply waiting until next spring. October 4 and 11 would be tentative dates to consider. Reps are going to present this idea to their respective groups.

Events focus currently will be a Golf outing sometime in late summer. Taking some extra time may benefit the prospect of an even more successful event.

If the Anniversary event is indeed cancelled until next spring, I will look into the feasibility of a softball "outing/tournament" in the early Fall.

District 90 Liaison Report

Hello everyone, there are still 3 positions open: Accessibilities, CPC, & Grapevine. The Archives Position was filled by Aaron M. and he has a large task ahead of him is looking forward to doing it. Richard, the PI Chair, went to Rock Island, Aledo, New Windsor and Viola libraries, and dropped off books last month. Brandon, the Corrections Chair, reported that all of the facilities are closed to the public so no meetings are being taken in. Plus, he asked us to Pray for the inmates who have no communication at all with the outside at this time because of the virus. We added Anissa M. to Co-Chair Winter Assembly Planning Committee and Gene V. will stand as treasurer. The Hill Church in Kewanee is being looked at as the Venue. If anyone has experience with hosting an event, or, if you would like to be on that committee, I will give you the contact information. That's all I have until next month. In Love and Service Randy C.

Telephone Chair Report

Hello! I'm still looking for a volunteer to take the 2nd Monday of the month PM and the 3rd Saturday of the month PM on the phone rotation. Please call Intergroup if you're interested, or contact me directly. The aaquadcities.org website has flier on the Service Opportunities section, and I will make sure a flyer gets added to the June Newsletter.

Thank you to Lisa for taking the phones on weekdays 9am-5:30pm. I have nothing more to report. Thank you, in love and service, Julie B

Webmaster Report

Hello everyone, we had 2,198 users' total but 1,905 actual users that were on the site for more than 30 sec. We saw a big increase last month due to all the closings and we still have about twice what we normally were having which is great that people really use the website. The Meetings App Page for the first time since we switched to it in Aug of 2018 is not the most visited page, instead, the Virtual Meetings Page was the most visited. Now that all the Meetings are in the App Page we'll see if that changes next month. Speaking of which, all the meetings, open (still meeting), temporary closed, and virtual, are in the Meeting App Page so spread the word that there is one place to find everything.

That's all I have until next month. In Love and Service Randy C.

GROUP REPORTS:

Bettendorf

The Bettendorf meeting room remains closed. The group is offering Monday through Friday meetings at 5:30 PM in Crow Creek Park, meeting at the enclosure near the skate park off Devils Glen Road. Each group consists of 10 or fewer people; if more arrive, another meeting is arranged at an appropriate social distance. Attendees are encouraged to bring lawn chairs. Average attendance at these meetings has been about 13. Also, there is a weekly 8AM Zoom meeting every Saturday. The zoom log in is on the Illowa website. Attendance is usually in the 20s. Bettendorf did not have a business meeting in March. The basket is not being passed at the park meeting. Officers have talked about how to make up for this time in quarantine to continue to be self-supporting.

Love and service, Frank.

Big Book Study

We are now having a Zoom meeting to replace our regular meeting every Tuesday night at 6:30 p.m. The meeting information is on the aaquadcities.org website under Virtual Meetings, so please join us. We were able to send our quarterly disbursements out, so Intergroup got a donation from us. In love and service, Lisa W.

Last Chance

The Last Chance Group has not had a business meeting yet this year. There are no live meetings; however virtual meetings have begun. The Last Chance Group is doing Zoom meetings on Mondays at 6pm, and Wednesdays at 5am. Webex format is being used for Wednesdays at 530 pm and Saturdays at 11 am. Discussion will resume this week to schedule a business meeting. (Steve H)

New Beginnings

Hello everyone, the Stutsman Lodge is still closed to the public but the Meetings are still being held by the residents. Consequently, I started a Virtual Meeting every day at 8n8, which has been well attended and I may keep doing it even after the meetings reopen. Finally, we are always looking for Speakers, Sponsors and rides...That's all I have until next month. In Love and Service Randy C.

OLD BUSINESS: None

NEW BUSINESS:

Discussion was introduced by Events Chair Steve H to hold a fall event to take place of cancelled Spring Event. Motion was made (Randy) and 2nd (Al) to take back to the groups having a rescheduled Event in the fall the 1st or 2nd Saturday in October 2020. Passed unanimously.

The next Intergroup meeting will be held Monday, June 1, 2020.

*****Unknown if will be web or in office at this time*****

District 90 Minutes
May 5, 2019

Virtual Meeting

In attendance: Randy C., Craig K., Brandon S., Kelsey C., Pete B., Aaron M., & Anissa M.

Birthdays- None **Minutes-** April Minutes – Approved

Officer Reports:

DCM- Randy C. Report will be in Old/New Business.

Alt DCM- Craig K. Report will be in Old/New Business.

Secretary- Kelsey C. -No Report

Treasurer- Gene V. Absent (Report presented by Randy C.)

Committee Reports:

Corrections- Brandon S. All Facilities still closed. Corrections Conference topics for discussion are possible “Language Change” on page 5 of handbook and to Corrections DVDs on flash drive instead of DVDs. In Love and Service Brandon S.

PI- Richard S. -Absent

Treatment- Justin W. - Absent

Grapevine- Open **CPC-** Open **Accessibilities-** Open

Literature- Kelsey C. -No Report

Archives- Aaron M. Still gathering contacts who have been around and know history of AA in District 90.

Intergroup Liaison- TJ -Absent (Report presented by Randy C.) The Intergroup Office is still closed until further notice. There are still 2 openings for the Phone Rotation, 2nd Mon., 5:20p-9a & 3rd Sat., 5:20p-9a, there is a flyer on the Service Page of the Website for more info. Intergroup would like us to ask our groups to let them know if there would be interest in rescheduling the Annual Intergroup Event in Oct. Also, the Events Chair is going to start working on a possible Softball Outing and the Golf Outing. The Website usage is still up with 1,905 actual users that were on the site for more than 30 sec. The Virtual Meeting Page was the most visited beating out the Meeting List App, so people were really looking for the Virtual Meetings. Now all Meetings, Face-to-face, Temp Closed and Virtual are in the App which makes it one place to find all types of Meetings.

GSR Reports:

Henry County- Craig K. Weekly Virtual Business Meetings to work out game plan for when group re-opens.

House- Anissa M. Virtual Meetings doing ok.

Geneseo- Kelsey C. (GSR) Going to do a group Conscious for re-opening.

Milan Hillcrest- Pete B. Doing 3 Virtual Meetings and may add 1 more on Sunday Morning.

New Beginnings- Randy C. (GSR) Hello Everyone, the Stutsman Lodge is still closed to the public but the Meetings are still being held by the residents. Consequently, I started a Virtual Meeting every day at 8n8, which has been well attended and I may keep doing it even after the meetings reopen. In Love and Service Randy C.

Old Business:

1) Open Positions: **Accessibilities, CPC, and Grapevine.** -No change.

2) Hosting 2020 Winter Assembly Dec. 12th.

A) Is the Hill Church Available/Booked -Craig Reported that it has been booked for us, and, the New Church across the street will be available as well if more rooms are needed?

B) Is Winter Travel an Issue -It was decided this is not an issue.

C) Should we have an additional Virtual Meeting for the Planning Committee -It was decided no additional meetings needed.

It was agreed to inform Eric from Area 20 we will host the 2020 Winter Assembly and ask him to reply to the email requesting an official response accepting our bid.

It was also discussed to try and generate some excitement among our groups to revive much needed participation.

New Business: Continue to hold Virtual District 90 Meetings even after Quarantine is over. - undecided.

Next meeting is June 2, 2020 at 6:00pm.

**District 9 Monthly Meeting
May 3rd, 2020**

ATTENDANCE

Chairs: DCM: MaryBeth P. Alt DCM: Lee C. Treasurer: Sheryl F. Archives: Ronna B. Corrections: Jaclyn M. CPC: Park P. Grapevine: Jeremy W. Literature: Kristin C. Treatment: Kevin K.

Groups: Bettendorf: Toni F Big Book: Erik T, Blandine: Christy P, Central Discussion: Tim, Courage To Change: Jennifer N., Dewitt: Shelly, Three Legacies: Shawna, Intergroup: Jennifer

REPORTS

Treasurer's Report: Beginning Balance: 5,986.82; Total Income: -; Total Expenses: -; Balance: 5,986.82; Seed: 300.00; Prudent Reserve: 300.00; Operating Balance: 5,386.82

Alt DCM:

Webmaster 2,198 users total but 1,905 actual users on site for more than 30 seconds. Big increase last month due to all the closing but we still have twice what we normally have. The meeting app page for the first time since we switched to it in August is not the most visited page, the virtual meeting page is now. All meetings are now located on the Meeting App page.

Area 24 Special Meeting Update from Area Delegate -Dan G. reports that the General Service Conference will be held virtually. Currently it is scheduled for May 15th – May 19th. The schedule is still being finalized. -Dan will inform the body when it is time to meet to discuss conference agenda items. Right now it is anticipated this will be done in short virtual sessions and/or by email. Watch for communication from your Delegate on this.

New Business for Area 24 Special Meeting I move that Area 24 2020 Spring Conference be changed to a Virtual Conference. Motion submitted by Sheryl F.: seconded by Margaret F. Vote taken. Motion passes. (Note: It is anticipated that 2021 Spring Conference will be held in Storm Lake) I move that Area 24 purchase a Zoom account with capacity for > 100 persons for 6 months. Motion submitted by Dan G.; seconded by Jamie G. Vote taken. Motion passed I move that Area 24 Officers and Chairs comprise the Spring 202 Virtual Conference Committee. Motion submitted by Julie S.; seconded by Dave G. Vote taken. Motion passed (Note, we extend our deepest gratitude to the 2020 Spring Conference Committee, and will also be in contact with Al Anon. First planning committee will be held Saturday 4/25 at 1030am ✓ Margaret F. would like to organize a DCM Sharing Session sooner than June. She will do this when the new Zoom account is created. Area Officers will assist.

Delegates report (highlights) I have had the opportunity to meet several times with the General Service Board as a delegate chair to listen to the work the Trustees and the General Service office are doing to assure that the “business” of Alcoholics Anonymous

continues. The GSB has met numerous times in addition to the times I was involved. They are all working diligently as a board to make rather difficult decisions. It goes without saying that the Office is currently closed which means there is not anyone there answering phones. As you all know planning is still underway for the Virtual 70th General Service Conference. There are a few things that I would like to bring to the fellowships attention and don't feel it would be prudent to wait to report them until we meet in June during our assembly. *Committees are in the process of meeting to determine which agenda items will be discussed in their committees during conference and which ones will be placed on the "shelf" to discuss next year. Due to the uncertainty of which items will be discussed it will be rather difficult to schedule a meeting with you all via Zoom. I realize this is not a fan favorite but frankly it is beyond my control. I may not have a final list of agenda items until the week of conference. This will be difficult for all members of the conference as it will not give a lot of time for anyone to study the "new list" of agenda items. I do however feel that each committee is working hard at deciding which items are of "sensitive" nature and has to be discussed this year. *The GSB recently approved to draw down a substantial amount of money from the Reserve fund which amounted up to \$3 million. This draw down will be used to simply help pay bills and keep the business of AA flowing as well as it can while not receiving the estimated amount of contributions that was projected. This draw down will result the reserve fund to dip down to about \$15.9 million. This means that the RF will be around 7.2 months. This is a concern. I send this letter to make you all aware of the financial situation that GSO is currently in and encourage everyone to prayerfully consider "hitting the hat" a little harder if you possibly can. I completely understand that while many groups are not getting the hat donations while conducting zoom meetings as they would normally get by having an in-person meeting. Lastly, I would like to encourage everyone to continue to plan to attend the Area 24 virtual conference. The Area Officers and Chairs have met several times via Zoom and have come up with a schedule for that weekend. Area 24 Chair Mary Ann G. and Secretary Julie S. will be sending out details soon. Additionally, I would like to commend each of you by stepping up in your groups and districts to continue to carry the message of Alcoholics Anonymous by being creative in how you are all conducting your meetings. I have seen numerous Zoom meetings and other virtual meetings take place and I feel that is important to recognize the efforts put forth by everyone that are making those happen. As our State starts to "open up" I would still like to encourage everyone to be safe by whatever means you feel are appropriate. If it means you wear a face mask while at meetings, then by all means do so. If it means that you as a group stay a bit later to help disinfect your meeting place for the next meeting that meets there to be safe than by all means do so. IN closing I am looking forward to seeing everyone virtually in June. I will continue to try my best to represent Area 24 as best as I can during the 70th GSC in May.

Corrections: I have reached out to Scott Co Jail to see if there are needing anything such as literature etc. Still waiting to hear back. In Love and Service Jaclyn M.

GROUP REPORTS:

Blandine: Blandine is still having meetings. Limit to 10 people. Newcomers will be given priority if there are more than 10 people. People are sitting 6 feet apart and tables and chairs are wiped down with disinfectant. April starting balance 606.06 + 102.26 + 89.32 -150. -7.50-\$67.49 chips remaining balance \$572.65. 5/17 Anniversary cancelled. They will do 1 event in fall. Need to state groups opinion on Preamble to change. Group opinion is leave at men and women. However, group was ok changing To Wives to "To Spouses". Much discussion on to

the Employers. I had previously said "To Employers" be updated as laws have changed and medical diagnosis is no business of employers. The group said employers are still clueless on alcoholism and the main purpose of the chapter was to keep employee employed. The Group did agree that the pamphlet "Young People and AA" be updated as the Tina Dupee was interviewed on public media "This American Life" she is now drinking. This American life #539 "The Leap." Blandine requesting support for women's meeting Monday 6:30pm. In love and Service, Christy

Courage to Change: So glad to see everyone. We hope everyone is staying safe at this time in the world. We at Courage to Change are all doing well. We are still meeting every Tuesday night at 6:30 at our virtual meeting. You can join from your computer, tablet or phone. <https://global.gotometing.com/join/274425717> or you can dial in using your phone 1-312-757-3121 access code is 274-425-717. We look forward to seeing you there. In Love and Service, Nosa

Marquette:

Intergroup report Sam reporting on intergroup, the office assistance is working from home. So getting material (chips) from intergroup will be challenging at the least. Not much to report, the intergroup anniversary event is canceled, also the World Service Conference has been canceled. Sam also said that we were run low on 1 & 2 year chips, and with intergroup closed he will need to look elsewhere. Ranae suggested Sam be granted trusteeship in obtaining our chips elsewhere. Motion by Bubbles that Sam be granted means to purchase 1 & 2 year anniversary chips. It was suggested we make a flyer asking members to donate their 1 & 2 yr. chips, would be appreciated.

Business GSR report Jim reported that there wasn't a Dist. 9 meeting for March because of the Covid-19 social distancing, and no preparation to meet for now. For April the webmaster is setting up a web page for the group to meet online Sunday May 3rd @ 10:30.

Program Chair Don (program chair) said there wasn't much for him to report. He was able to fill almost all vacancies for the month of May. Don also recommended that the meeting at 5:30 on M, W, & F. be removed, after discussion, Sam made a motion to remove 5:30 meeting M, W, & F, Bubbles 2nd majority in favor motion passed. Sam will address the rescheduling on the web for corrections.

Picnic Our picnic that was scheduled for May 2nd was postponed last month and today Linda made a motion to table the picnic discussion until May so we will have a better understanding on what phase we are in with the Pandemic. Bubbles 2nd and majority ruled in favor. Tabled until next month.

10am Meeting Bubble told everyone that there was a great interest from members meeting for 10am. All of the members poled at the 10am meetings were in favor of the meeting being permanent. Bubble said that he talked with Robin who thought Pastor Judy would probably only let us have a 10am meeting on M, T, W, & Fri. after the Federal Mandate has expired. Joe made a motion to make the 10am meeting permanent, Don 2nd motion carried by majority rule in favor.

Additional miscellaneous meeting minutes We discussed and decided last month to double our donations to intergroup, district 9 and world service, because there wasn't any checks available at that time. Because of our loss of income due to the Covid-19

virus, we all agreed unanimously that we should table the discussion until next month. Because of the Covid-19 we had to add some additional keys for opening Jim is going to update the key inventory. Love and Service Jim D. – GSR/Secretary

Three Legacies: Covid-19 has brought a lot of new and interesting changes. We are still holding our Thursday night meeting on Zoom from 6:30-7:30. We do have a P.O box if anyone wishes to send in to the 7th Tradition. I'm so happy to see all of your faces!!! Love and Service, Shawna

The 6th Month and the 6th Step Prayer!

A 6th Step prayer:

"God, Thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your Grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed." (76:1)

Sixth Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health. (76:1)

Taken from http://friendsofbillw.net/twelve_step_prayers

RECOVERY TIPS FOR STAYING SOBER DURING COVID-19

TIP #1: BECOME INVOLVED IN ONLINE RECOVERY COMMUNITIES

Fortunately, with the help of technology, many alcoholics and addicts have found a new way to attend recovery meetings or chat with fellow recovering individuals online. In fact, many recovery fellowships heard the concerns of their members and took it upon themselves to move their meetings online. Many people have been hosting meetings through the form of group video chats on various platforms. Therefore, anyone worried about not being able to make meetings will have the opportunity to hear speakers and gain new insights into their evergrowing sobriety. In addition to online recovery meetings, there are also websites, forums, and even Facebook groups dedicated to providing a safe place for addicts and alcoholics to converse. If video chatting isn't your thing, you could always join an online community of fellow recovering addicts. Sitting at home alone with nothing to do besides obsess over the possible outcomes of a health pandemic is overwhelming. In order to prevent unnecessary relapse, you could use the internet to receive support or advice from other recovering addicts and alcoholics.

TIP #2: STAY BUSY

Whether you are self-isolating or on a mandatory lockdown, it is vital to attempt to stay busy in order to prevent yourself from romanticizing the idea of relapsing. Oftentimes, boredom and being isolated from others are two main forces that drive an individual to relapse. This threat is extremely relevant to being stuck at home during the COVID-19 outbreak. In order to avoid negative thoughts from creeping up, try to find activities you enjoy doing to occupy your time.

TIP #3: SET BOUNDARIES WITH YOUR FAMILY/ROOMMATES

If you are stuck in the house with family members or roommates during the COVID-19 quarantine, you may begin to feel irritated in regards to some of their behavior. This is completely normal, and well, inevitable. However, setting boundaries early on will allow you to maintain your sanity and your sobriety with little issues. For example, if you are a mother, your kids may begin to drive you insane. With school becoming virtual for the time being, you may have to re-establish some important boundaries that you previously made with your kids.

On the other hand, some people may have roommates who are not a part of the recovery community. This could potentially mean being stuck inside with a person who drinks. If you are in this situation, it would be wise to ask your roommate to only drink inside their bedroom. As a recovering alcoholic, seeing someone enjoying a glass of wine during a very stressful time could lead you to relapse. In order to prevent this, suggesting that your roommate keeps their drinking (or any other triggering behavior) private is advisable.

TIP #4: MAKE A PHONE CALL WHEN YOU NEED SUPPORT

Oftentimes, addicts and alcoholics just need someone to listen when they are feeling upset, worried, or like having a drink. Unfortunately, sometimes addicts feel as if they are burdening their friends, family, and even their sober supports. This can lead them to allow their negative thoughts to manifest into negative action (i.e., a relapse). Instead of succumbing to your fears or worries, call someone who can provide you with advice.

I know we have some great writers out there!!



I'm looking for individuals that would like to write an article for our newsletter!

Some examples of things you could write about are:

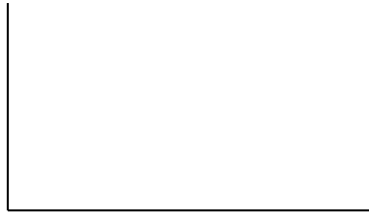
- Tell us your story! We've seen so many people's lives change with this program. We read and hear it all the time in the Grapevine about alcoholics whose lives have gotten better with the simple AA program. Most of those stories in the Grapevine come from places we've never even heard of. It would be a blessing if we could hear some of these stories from right here in our own area.
- An experience you had at a conference. One here local, far away or maybe one of the international conferences.
- The history of your home group. All of us here in the quad cities area would enjoy hearing how your home group got started and some of the traditions it carries on with today. Anything AA related would be wonderful.

You can contact me at bethmelliott07@gmail.com or simply call the Intergroup office at 309-764-1016!

Love, Peace & Coffee,
Beth E. – Newsletter Chairperson

Illowa Messenger
1706 Brady St, STE 201
Davenport, IA 52803

Address Service Requested



Time to renew your subscription? If the date on the address label is high-lighted, then it's time to renew! Please renew by sending your name and address along with your \$13.00 subscription fee to the Intergroup Office.

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Name:

Address:

City, State, Zip:

Anniversary Date: _____ Contribution amount: _____

**EXTRA! EXTRA! www.aquacities.org is live!!

** Be sure to check out our new website! **