

ILLOWA MESSENGER

October 2023

OCTOBER BIRTHDAYS

1	Rick G.	'79
2	Jo K.	'88
3	Tracy B.	'91
4	Steve H.	'86
6	Kevin K.	'04
6	Bob B.	'88
8	Bill T.	'89
8	Bob C.	'99
8	Gary D.	'13
10	Kevin K.	'97
15	Dave	'05
18	Jimmie S.	'87
20	Tim G.	'82
22	John C.	'03
23	Michelle N.	'09
23	Randy C.	'93
25	Delmar H.	'83
27	Jim E.	'88
29	Randy C.	'14



*Anniversaries and special events should be called in to the Intergroup office, 764-1016, by the 15th of the **preceding** month for inclusion in the newsletter. Help make this list as complete as possible.*

OCTOBER EVENTS

Oct. 2nd - Intergroup Business Meeting

Oct. 7th - Camden Serenity Group Speaker Meeting and Potluck

Oct. 13th - 15th - Freedom Group Campout



PLEASE NOTE THAT WE DO NOT TAKE DEBIT OR CREDIT CARDS AT THE OFFICE - ONLY CASH OR CHECK. THANK YOU!



GROUP CONTRIBUTIONS

	August	Jan. - Aug. 2023
8n8 AA	0.00	780.92
Aledo	0.00	100.00
Bettendorf	0.00	4294.41
Big Book Study	57.09	934.77
Camden Serenity	100.00	800.00
Central Discussion	0.00	600.00
Cleveland	0.00	75.00
Clinton	10.00	40.00
Coal Valley	0.00	250.00
Courage to Change	0.00	758.65
DeWitt	0.00	75.00
District 90	0.00	75.00
Geneseo	41.00	167.00
Henry County Group	0.00	1211.40
House Group	0.00	75.00
IAYPAA	0.00	25.00
La Nueva Vida	10.00	80.00
Ladies Night	0.00	322.38
Last Chance	0.00	452.00
Marquette	250.00	950.00
Milan Hillcrest	0.00	100.00
New Boston New Hope	5.00	50.00
North Scott	0.00	500.00
Rainbow Group	0.00	50.00
Sisters in Sobriety	0.00	50.00
Three Legacies	500.00	500.00
West End	15.00	90.00
Winola Group	0.00	100.00
TOTAL	\$988.09	\$13,506.53

August 2023 Call Count

12-step	2
Information	58
Visitors	39
AI-Anon	0

Illowa Intergroup Business Meeting Minutes / September 11, 2023

Virtual Meeting called to order by Intergroup Co-Chair, Al B. at 6:00 pm with the Serenity Prayer.

Attendance:

Officers/Chairs/Liaisons present: Co- Chair/Al B.; **Secretary**/Jennifer B.; **Office Manager**/Lisa W.; **Telephone**/Desiree K.; **Newsletter**/Julie B.; **Webmaster**/Randy C.; **District 9 Liaison**/ Dave W.

Groups present: 8&8, Bettendorf. Big Book Study, Courage to Change, Henry County, Last Chance, Marquette, New Beginnings, Three Legacies, West End

Motion was made, seconded, and passed to accept the August minutes as published.

Officers' reports:

Treasurer's report:

Checking balance forwarded: \$ 8263.76.

Total income: \$2479.81

Total expenses: \$ 3216.30

Income minus expenses: **\$-736.49**

Checking ending balance: \$7257.27

Motion was made, seconded, and passed to approve the treasurer's report.

Office Manager's Report: Hello from Intergroup,

I would like to thank all the volunteers who filled for me while I was on vacation. We couldn't keep this office open without people willing to do service work. I still need a couple of days covered for my trip in October, so please call me at Intergroup if willing to help out. Call counts for August were 2 12-step, 58 information, 39 visitors, and 0 Al-anon. Our next business meeting will be Oct. 2 at 6:00 p.m. on Zoom. In love and service, Lisa W.

Telephone Chair: Hood morning Jennifer, things are going very well with the phones. All positions filled, as well as many backup people. I send out reminders every Monday and Thursday to give people an advance notice of their day for the phones. Most people reply with a thank you, and some do not reply. I'm hoping they are receiving my advance notice. In Love and Service, Desiree K.

Newsletter: Hello! Nothing new to report! Just a reminder you can access the Illowa Newsletter on the aaquadcities.org website or you can purchase a subscription & receive the newsletter in the mail for \$16/year. Back in the day, most of our AA groups had a subscription, but I think only 6 (out of 50-ish groups?) currently have one. Maybe it's because our aaquadcities.org website is so accessible and user friendly (shout out to Randy our webmaster)! Also, a reminder if you'd like a flyer in the newsletter, the cost is \$8 and is needed by the 15th of the month! Please let me know if you have any questions. Yours in service, Julie B.

Webmaster: Hello Everyone, we had 2,561 users total but 1,383 actual users that were on the site for more than 30 sec., which is just below at our average of 1400. The Meeting Guide is still the most visited page, followed by the Events Page, and the Virtual Meetings Page is third. There wasn't any real spike this month but usage looks like waves this month, normally it's pretty consistent or flat. Keep checking the Events Page for any type of Group Announcements. That's all I have until next month.

In Love and Service, Randy C.

Group reports:

Big Book Study: Hello~Things are going well at Big Book Study. Meeting attendance remains steady. We meet every Tuesday at 6:30pm. You can join us in person at the Asbury United Methodist Church in Bettendorf or online. We will have our next business meeting on 09/12/2023 following the regularly scheduled meeting. Love and Service~Carlee B

Courage To Change: I would like to thank Lynn G. and Kristina B. for filling in for me when I was unable to the last couple of months. Things are moving right along. – Pam S.

Three Legacies: Greetings everyone! All is well at Three Legacies! We have had some great speakers over the last month. Thursday meeting attendance is good. Our daycare changed from \$5 per child to a free-will donation, so if you know parents who need childcare during meetings – please pass along we meet on Thursday evenings at 6pm at Asbury Methodist Church in Bettendorf. Love in Service, Mary Ann G. Three Legacies Intergroup Liaison

Old Business: Cassidy G. submitted a letter of support that the 2026 International Women's Conference be held in Des Moines.

New business: Corrections Chair, Craig K., announced that a new corrections meeting will be starting on September 13th. Information/questions can be directed to Intergroup at 309-764-1016.

7th Tradition – Checks can be mailed to the office or donations can be made online via PayPal to illowaintergroup@yahoo.com. All reports need to be e-mailed to the secretary prior to the 15th of the month if they are to be included in the Intergroup minutes.
Meeting adjourned with the Lord's Prayer.

The next business meeting will be held on **Monday, October 2nd at 6:00 p.m.** on Zoom.

September 10, 2023 District 9 Minutes

Attendance:

DCM, Alt. DCM, Treasurer, Archives, Corrections, CPC, Literature, PI, Secretary

Groups: Bettendorf, Central Discussion, Clinton, Courage to Change, Marquette, Three Legacies, West End

Chair Reports:

Treasurer: Beginning balance \$6264.52; Total Income \$0; Total Expenses: \$2,659.10; Ending Balance \$5,532.52; Seed money \$300; Prudent reserve \$300. Treasurer's report was approved.

DCM: I attended the Area 24 August business meeting in Marshalltown. The minutes from the meeting are available @ aa-iowa.org. If you have any question/concerns please contact me and we will discuss. I will be attending the Fall Conference in Dubuque, October 13th-15th. Our next District meeting is 01OCT2023 @ 10:30. In love and service, Park

Alt. DCM: Greeting District! There is not much to report this month. I did attend the area business meeting on 8/13 with Park. There was no pressing news on the agenda. The only area for consideration from our district is that both the spring and fall conference on the west side of the state with a large amount of mileage to pay out for next year. The discussion of zoom came up again and it was noted that zoom will not be available for business meetings until the body as a whole makes a decision on it. A neat thing to mention, in 2026 The international women's conference will be held in Des Moines! Next Sept (2024) the National archive workshop will also be held in Des Moines as well. I did speak with Katie and I have figured out the overpayment of my fall conference expenses that I submitted. I have a check for 66.00 to reimburse the district for overpayment. I have discussed with the treasurer on how to organize and track future conference expenses to have a checks and balances of payments made. I also updated the Past Action's booklet and the updated version is in our Dropbox for anyone to view. Here is the web master's report "Hello Everyone, we had 2,561 users total but 1,383 actual users that were on the site for more than 30 sec., which is just below at our average of 1400. The Meeting Guide is still the most visited page, followed by the Events Page, and the Virtual Meetings Page is third. There wasn't any real spike this month but usage looks like waves this month, normally it's pretty consistent or flat. Keep checking the Events Page for any type of Group Announcements. " I am signed up for the fall conference in Oct. In love and service Jaclyn M

Archives: Good morning everyone, Christy P has scanned in the Freedom, Clinton, and Blandine Groups' binders of materials to the Dropbox. This is an ongoing process for the committee. Yours in love and service, Rachel B

Corrections:

CPC: Good morning all. I had a doctor's appointment a few weeks back and discussed AA with her. She was a little in the dark about AA. I offered to drop off meeting guides with her. She was kind enough to get me the name of the lady who gets information out to the Iowa Quad Cities Genesis general practitioners. I have reached out to her. I will also be contacting the 6 Iowa Quad Cities High School counselors. I will also be getting in touch with the librarians to see if they have Big Books, and if not, would they like a copy. I now have a contact for Trinity Nursing staff on the Iowa side. Just waiting to hear back on meeting with her. I have registered for the upcoming Area 24 fall conference. Yours in service, Colin M.

Grapevine:

Intergroup Liaison:

Literature:

PI: Hello Everyone, This month I spent two glorious weeks out of the country on vacation but was still able to get some work done for PI! We're continuing to reach out and make connections with different institutions in our district. I recently constructed a list of Vape stores and Smoke Shops in the Davenport/Bettendorf area and started contacting them to see if they'd be willing to post our

Meeting Guide Flyers and/or meeting schedules in their shops. There were a couple that turned me down with a hard “No” but I was surprised to find that, for the most part, there is big support in the vape industry for people in recovery. Not only were most of them willing to post the materials provided in their shops, but they also informed me that they’re actively working with other recovery groups in our area. As always, if you have any suggestions or know anyone that would be interested in posting our flyer, meeting schedules, or need literature, please let me know and I’d be happy to get in touch. I am looking forward to attending the Area Fall Conference in Dubuque and learning more about this position and potential projects as we go. Thank you In Love and Service, Ayla B.

Treatment:

AA Groups:

Bettendorf: Greetings from the Bettendorf Group! Today is our yearly picnic at the Band Shell Shelter in Bettendorf at 1130am, meat will be provided please bring a dish to share! Our next Business meeting is September 20th at 640pm immediately following the 5:30pm meeting. If you are wanting to make Bettendorf your homegroup please plan on attending. I have already signed up for the Fall conference in Dubuque and look forward to attending. In service, Vicki F.

Big Book Study: Hi all, Things continue to go very well at big book study group. Besides continuing to save for new electronic equipment, nothing new to report, we are averaging about 40 people per meeting, that includes online. I will be attending the October conference. In Love and service, Ronna

Central Discussion: Central Discussion meetings continue to be well attended. We still have a problem with representation at the monthly intergroup meetings. Thru August, our rep, has been unable to attend. We are still looking for an alternate. The wait is almost over for our anniversary party to be held on September 17th. As I did not attend the spring conference, I am looking forward to Julie’s presentation. I do plan to attend the conference in Dubuque in October. Yours in service Mike S.

Clinton: Flyer for their picnic is attached.

Marquette: Good morning, Everything is going well with Marquette Group. The 11AM meetings held Monday-Saturday have been well attended. There are also night meetings available Sunday, Monday, Friday, and Saturday nights. Marquette held their annual Fall picnic, yesterday, September 9th, at Garfield Park. As far as I have heard it was well attended. Unfortunately, was unable to attend this event. Our last business meeting was held on August 28th, and is held the last Monday of the month, at 5:30PM. Topics of discussion were for August were: Chair reports, food and items to be brought and/or purchased for the picnic. Motion proposed and passed from Secretary to please announce when addressing new and old business, to keep her notes more cohesive. We are all working together to better our sharing of knowledge, both to and within Marquette Group. A donation was made to Intergroup, with discussion of donating in the future to District 9 in support of the Zoom option for conferences. I look forward to attending more District meetings, to gain access to knowledge to bring back and forth from Marquette Group. Respectfully, Samantha P

West End: Hello everyone, my name is Keaton and I am an Alcoholic. Our quarterly business meeting of the west end is this month so I will have more to report at the next meeting. The West End Annual Picnic was successful. We had a great turnout. The weather was beautiful and fun was had. In loving service, Keaton G.

Julie S, Area 24 Delegate attended our meeting and share her experience at the GSC in April. All information regarding the GSC can be found on the Area 24 Dropbox or GSOs website.

A.A. MEETINGS AT YOUR FINGERTIPS



QRCode for Google



Quad Cities A.A. (309) 764-1016
aaquadcities.org
aa.org

MEETING GUIDE



QRCode for Apple



Speaker Meeting

**Mary Ann G.
from 3 Legacies Group
Saturday, October 7th**

Socializing at 5:30pm

Potluck at 6:00pm
please bring a dish to pass

Meeting starts at 7:00pm



**Camden Serenity Group
306-3rd St. W.
Milan, IL**

NEW
OPEN
MEETING!

T & T

12 STEPS & 12 TRADITIONS



*Grace United Methodist Church 2651
Telegraph Road Davenport, Iowa*



FREE CHILD CARE PROVIDED!

Quick look at the 10th Tradition

When we practice the 12 steps of A.A. as a way of life, we recover from a hopeless state of mind & body; when we incorporate the principles of the 12 traditions, we ensure the health and unity of our A.A. groups.

Tradition TEN short form: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Tradition TEN long form: No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues - particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Twelve Steps and Twelve Traditions, commonly called the “12 & 12”, says: “As by some deep instinct, we A.A.’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God’s grace has nevertheless flourished.”

As A.A. members, we share our experience, strength, and hope in meetings as it relates to our alcoholism, and avoid talking about our political or religious leanings, our opinion on certain medications or doctors. By not taking an individual stand and expressing our opinions on controversial issues, we not only avoid giving the wrong impression that the group shares that opinion, but we avoid tempting the next person to share theirs which may oppose yours, etc...

TRADITIONS CHECKLIST FROM THE AA GRAPEVINE¹

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

For anyone wanting to understand the traditions better, I encourage you to grab a few A.A. friends and together read the **Twelve Steps and Twelve Traditions**! Get a copy of the **Twelve Traditions Illustrated** pamphlet and the **Traditions Checklist from the AA Grapevine** too (these are available at our local Illowa Intergroup Office; for convenience they are linked here to aa.org). Using these 3 together can help broaden our understanding of why they are so important still today, and zone in on how we can be better at practicing the principles in our groups, and even our jobs and homes.

¹ Traditions Checklist from the AA Grapevine, Tradition Ten, page 4-5: <https://www.aa.org/traditions-checklist-aa-grapevine>

5

"Faithful Fivers"

5

Illowa Intergroup Contributions

Faithful Fivers – "When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer." ---
 --Bill W.

Every single AA service is designed to make 12th Step work possible. As a Faithful Fiver, your personal contributions can and will make our vital services possible. You can start with a minimum monthly contribution of \$5.00 or more, which I'm sure is more than we would have spent per month on a drink!

Contribution Information: _____ Date _____

Amount \$ _____ Monthly _____ Quarterly _____ Semi-annual _____ Annual _____

(Note: No AA member can contribute more than \$5,000.00 per year)

Detach at line and keep top half for your records

Yes! I want to participate in the Faithful Fivers Club!

I am.....a new participant _____ a current member _____ a returning member _____

Payment Plan:

Amount \$ _____ Monthly _____ Quarterly _____ Semi-annual _____ Annual _____

Please make checks payable to:

**Illowa Intergroup
 1706 Brady St., Suite 201
 Davenport, IA 52803**

Your contribution is tax deductible

Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Date _____ Sobriety Date (for inclusion in newsletter) _____

**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 \$16.00 subscription fee to the Intergroup Office.

A subscription to the newsletter makes a great gift idea. Use form below to send in renewal, gift subscription, or Faithful Fiver donation!

Name: _____

Address: _____

City, State, Zip: _____

Anniversary Date: _____ Contribution amount: _____

** Be sure to check out our website www.aquadcities.org !! **