

ILLOWA MESSENGER

November 2023

November Birthdays



1	Carol P.	'83
4	Joe C.	'83
5	Betti B.	'04
7	Denny B.	'81
7	Gary D.	'13
8	Judi B.	'11
8	Bill M.	'75
9	Bill T.	'82
11	Dustin G.	'22
18	Jody F.	'88
26	Dennis P.	'96
27	Sheryl F.	'99
27	Jerome J.	'04

Has your group changed meeting times or days, moved to a new meeting place, or discontinued a meeting? If so, please help us keep our meeting schedule current by contacting the Intergroup Office at 309-764-1016.



NOVEMBER

A cartoon illustration of a boy in a red hat and blue pants raking leaves. The word "NOVEMBER" is written in large, bold, orange letters above him. Below the illustration, the word "EVENTS" is written in a similar font.

EVENTS

4th – Camden Serenity Group speaker meeting and potluck

6th – Intergroup Business Meeting



NOVEMBER IS GRATITUDE MONTH

Gratitude is an action!!!

- Call (not text) someone you haven't seen in a while
- Sign up for the Intergroup 12-step list and/or phone rotation
- Do something nice for your sponsor
- Donate to a food bank
- Contribute to Intergroup, District, and the General Service Office – Give back!
- Do anonymous acts of kindness
- Volunteer at Intergroup!

GROUP CONTRIBUTIONS

	September	Jan. - Sept. 2023
8n8 AA	135.81	916.73
Aledo	0.00	100.00
Bettendorf	0.00	4294.41
Big Book Study	0.00	934.77
Camden Serenity	100.00	900.00
Central Discussion	0.00	600.00
Cleveland	0.00	75.00
Clinton	10.00	50.00
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	0.00	167.00
Henry County Group	100.00	1311.40
House Group	0.00	75.00
IAYPAA	0.00	25.00
La Nueva Vida	10.00	90.00
Ladies Night	0.00	322.38
Last Chance	0.00	452.00
Marquette	0.00	950.00
Milan Hillcrest	10.00	110.00
New Boston New Hope	5.00	55.00
North Scott	0.00	500.00
Rainbow Group	0.00	50.00
Sisters in Sobriety	0.00	50.00
Three Legacies	0.00	500.00
West End	15.00	105.00
Winola Group	0.00	100.00
TOTAL	385.81	13892.34

September 2023 Call Count

12-step	0
Information	66
Visitors	42
Al-Anon	0

Illowa Intergroup Business Meeting Minutes / October 2, 2023

Virtual Meeting called to order by Intergroup Chair, Cassidy G. at 6:01 pm with the Serenity Prayer.

Attendance:

Officers/Chairs/Liaisons present: Chair/ Cassidy G.; Co- Chair/Al B.; Secretary/Jennifer B.; Office Manager/Lisa W.; Telephone/Desiree K.; Newsletter/Julie B.; Webmaster/Randy C.

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

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

Officers' reports:

Treasurer's report:

Checking balance forwarded: \$7527.27

Total income: \$2710.86

Total expenses: \$4483.67

Income minus expenses: **\$-1772.81**

Checking ending balance: \$5754.46

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

Office Manager's Report:

Hello from Intergroup, Things are going well at the office. AA World Services has changed the covers on a few books to save money, and will no longer have book jackets on Big Books and 12 & 12's. They have also changed the covers on soft-covered Big Books. I will be out-of-town Oct. 3-10 but have volunteers lined up to cover my afternoons in the office. Thanks to all who stepped up! Call counts for September were 0 12-step, 66 information, 42 visitors, and 0 Al-anon. Our next business meeting will be November 6 at 6:00 p.m. on Zoom. In love and service, Lisa W.

Telephone Chair: Desiree, recovered alcoholic, I am continuing to add more people to the 12th Step call list, I emailed the new one out today. I am adding new people to the backup phones also. Right now, all phone positions are covered, and I'm happy to say that no one has multiple days. I'm also happy that we have plenty of back up people for the phone, and that our 12th Step call list keeps growing. In Love and Service, Desiree

Newsletter: Hello! I mailed the newsletter 2 days later than I normally do but it still arrived before Oct-1! Also, you may have noticed the District 90 minutes were missing; I had been notified there would not be a report/minutes but I could not decide on a good way to note that. I noticed this morning, though, the District 90 minutes page is blank on the aaquadcities.org website, so that helps and reinforces that minutes were not taken. I'm sure Randy thought of that, so thank you, Randy!

- Annual Subscription: \$16/year.
- Add a flyer: \$8 (needed by the 15th of the month)
- Receive newsletter via email: \$0

I hope you do, but if you don't currently review the business meeting minutes before each Intergroup business meeting, I encourage you to do so. The chairperson always asks for a motion to approve the minutes so voting in favor implies you've read and agree they are accurate. If something was captured incorrectly or your attendance was missed, etc., that is the time to get it corrected. That's all I have, please let me know if you have any questions. Yours in service, Julie B.

Webmaster: Hello Everyone, we had 2,622 users total but 1,380 actual users that were on the site for more than 30 sec., which is slightly 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 was a spike on Sept. 26 and the rest of the month continued to be wavy. 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:

8&8: This meeting is daily online at 8am and 8pm. There's a beginners meeting every Sunday at 8pm and a speaker meeting the last Saturday of the month at 8pm. The next speaker is Aaron M from the Henry co. Group on Oct 28th. The meetings have an average of 15-20 people and we would love for you join us. In love & Service, Erica B.

Bettendorf: Our GSR attended the District the Area Delegate attended reporting on the General Service Conference. This information can be obtained from the dropbox. GSR is attending the Fall Conference in Dubuque. Annual picnic was held on 9/10/23 at the Bettendorf bandshell with good attendance. Our meetings have been relocated to the Canteen Rooms for all meetings except for the Tuesday morning 10 am meeting which is now in the Banquet Room. Relocation was necessary due to structural damage noted to our original meeting room. The city is hoping that repairs will be completed in no more than 2 weeks. Please enter building through the west doors. Is there a need to for this information to be posted on the website?

Love and service, Nancy R

Big Book Study Group: Hello from Big Book Study. Average attendance has grown to 43. We purchased a new computer for the group to keep up with our hybrid option. We are discussing as a group to offer childcare, there will be a committee created to determine viability. We will have our next business meeting on 10/3/2023 directly after the regularly scheduled meeting. We will be discussing what will happen to the group's property/assets should the group disband. Love and Service - Carlee

Courage to Change: We are steady and traditionally we elect group positions in the month of October.

Geneseo: This is jessie from geneseo group. We celebrated our 45th anniversary at the izzack Walton October 7. We enjoyed an al anon speaker as well as an aa speaker. Thank you to all who helped and joined us for games and fellowship.

Last Chance: Hello, Last Chance's speaker meeting is October 20th at 5:30 with our very own home group member, Beth H. Potluck, following at 6:45. Attendance has been good throughout the week. There is a bit of a low turnout on Saturday and Sunday mornings, so if you are in the area, please stop by at 11 a.m. and share your experience, strength, and hope.

Love and Service, Ruby G.

New Beginnings: Hello Everyone, the Meeting times are Monday at 6:30pm. Wednesday at 8pm, and Saturday at 2pm is the Primary Purpose Big Book Study. We've had some members from outside the Lodge regularly joining us, which is very much appreciated, so I just want to say thank you to them. If you are available, please stop in and share your experience, strength and hope, they could really use the outside influence. Randy C.

Three Legacies: Greetings everyone! All is well at Three Legacies! Thursday meeting attendance is good. Our daycare is now 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. We will be holding elections during our next Business Meeting on 19 October. I will pass along the new 2024 intergroup liaison for Three Legacies during the next Intergroup Meeting in November. Love in Service, Mary Ann G.

Old Business: The new corrections meeting which was announced last month started on September 13th. If you would like to get involved, or have any questions, please contact Lisa W. at the Illowa Intergroup Office for more information. 309-764-1016

New business: Intergroup has both the District 9 Liaison, and the Events Chair positions open. If you are interested in service work and would like to get involved, please contact Lisa W. at Intergroup. These positions require 1 year of sobriety.

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, November 6th at 6:00 p.m.** on Zoom.

District 90 Business Meeting

Oct. 3, 2023

Welcome- Serenity Prayer- Attendance: DCM- Randy, Grapevine/Alt. Secretary- Maddie, Corrections- Craig, 8n8 AA- Beth, Archives- Aaron, Last Chance- Krista, Last Camden- Jennifer, Treasurer- Gene, Geneseo- Ken, BTG- Erica.

AA Birthdays: Krista – 2yrs, Craig – 36yrs, Randy – 9yrs.

Officer Reports:

- **DCM:** Randy C.- Hello Everyone, I have to leave early the last 2 meeting due to a change in work schedule, however, I accepted a different position which does not require all the OT so hopefully I should be good moving forward. This has left me a little “out of the loop,” but I hopefully can get caught up today. I posted a flyer for the Corrections Workshop, and the November Elections, which will be the priority of the next meeting. All positions will be open except for Archives since we decided it would be a 4-year term. Some of us have technically held our positions for 2 terms, however, we decided at the last elections to not count the 2-year term interrupted by COVID. Gene informed us that he has been Treasurer for 3 terms and should, “in the spirit of rotation,” should definitely need to be replaced. Aaron expressed interest in doing Treatment and Archives, and actually started contacting facilities. Gene expressed interest in Treatment as well, but is willing to do anything.
- **Alt. DCM:** OPEN
- **Treasurer:** Gene V.- Beginning Balance: \$1376.00, Deposits: \$50.00, Debits: \$115.88, Set Aside Monies (debit) \$249.59, New Balance/Available Funds: \$1060.53, Savings/Prudent Reserve: \$449.48.
- **Secretary:** Kelsey C.- Absent

Committee Reports:

- **Corrections:** Craig K.- Exciting days in Corrections. Everything is going well. E. Moline doing well. RICJ still needs more Male Volunteers. Women side is doing well. We followed some guidance from the Area Workshop and were able to get some Volunteers processed that had been waiting. I have been in contact with the Area Corrections Chair, some previously incarcerated members, and possibly the Area Treatment and BTG will be able to join us. Area will provide refreshments/snacks/food. There will be open service opportunities for greeters, clean-up volunteers, etc., so if you want to show up early or stay afterwards, I’m sure we will put you to use. Possibly using ZOOM or some method approved by the Prison to stream it in there.
- **Treatment:** OPEN ● **PI:** OPEN ● **CPC:** OPEN ● **Accessibilities:** OPEN
- **Literature:** Dave W.- Absent
- **Grapevine:** Maddie P.- They are looking in to Travel Plans for the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada. Grapevine photo contest, photographs that reflect the joy of living, serenity, and other sobriety themes. Entries must be received by December 1, 2023.
- **BTG:** Erica B.- No Report
- **Archives:** Aaron M.- No Report
- **Intergroup Liaison:** Dave W.- Absent

GSR Reports:

- **Geneseo:** Ken M.- Annual Picnic Oct.7. AA and Alanon Speakers. Pulled Pork.
- **Last Chance:** Kirsta P.- Potluck Oct. 20th. Speaker, Beth H. Attendance is good.
- **Henry Co.:** Aaron M.- Oct. 21st. Potluck at 6, Speaker at 7. Anniversary went well.
- **Camden:** Jennifer R.- Little remodeling. Speaker-Mary Ann. Open Thanksgiving All Day.

- **New Beginnings:** Randy C.- Hello Everyone, the Meeting times are Monday at 6:30pm. Wednesday at 8pm, and Saturday at 2pm is the Primary Purpose Big Book Study. We've had some members from outside the Lodge regularly joining us, which is very much appreciated, so I just want to say thank you to them. If you are available, please stop in and share your experience, strength and hope, they could really use the outside influence.
- **8n8AA:** Beth P.- Aaron M. will be the Speaker on the last Saturday of the month. We meet every day at 8am and 8pm.

Old Business:

- Corrections Workshop – Update given during Corrections Report.

New Business:

- NONE

Ken motions to adjourn, Maddie seconds. Meeting Adjourned.

Next Meeting: Elections November 7, 2023 at 6pm via Zoom.



SERVICE POSITION

Intergroup has an opening for a volunteer to man the office on Thursday mornings from 9-12:30. Suggested sobriety is 1 year. It is great service work for anyone who is not working or has the mornings off. Please contact Lisa at 309-764-1016 if you or anyone you sponsor is interested. Thanks!!

OPEN INTERGROUP SERVICE CHAIR POSITIONS

All Service Chairs shall adhere to AA's 12 Traditions.

- **Events** – responsible for organizing and executing all Intergroup events – Anniversary/Dinner-Dance, Golf Outing, Softball Outing, and any other events - forming committees, maintaining accurate records of expenses and income, and reporting to the group.
- **District 9 Liaison** –Responsible for attending both District and Intergroup meetings monthly and reporting the activities and pertinent information of each group to the other.

The Body of Representatives shall elect the Chairs. It is suggested Chairs should have one (1) year of continuous sobriety and should have stability and a more than average interest in service work. They shall serve for a one (1) year term and can be re-elected for only one additional term of office.

The Service Chairs should attend and provide a report at the monthly business meeting. He/she will have a voice and a vote unless he/she is a representative of a group.

If any Service Chair fails to appear at two (2) consecutive monthly meetings, without being excused, they may be replaced.

If interested or for more information, contact the Intergroup Office. The next Business Meeting is Nov. 6th at 6pm.



AA Behind Bars

Corrections Workshop

Presented by District 90
and Area 20

Saturday Nov. 4, 12:30p-4p
At Last Chance Group

Presenters:

Area 20 Corrections Chair and Alt. Chair
District 90 Corrections Chair
Previously Incarcerated Members
Local AA Members Currently Involved

Learn About:

Volunteering at Men's & Women's
Correction Facilities, Bridging the Gap,
Pink Can Fund, and more.

Refreshments and Food Provided

Last Chance Group is Located at:

4711 44th St #5, Rock Island, IL 61201

"I am Responsible. When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there.
And for that: I am responsible."

District 90 Elections

“12 STEP SERVICE OPPORTUNITES”

Tuesday, Nov. 7, 2023 at 6pm via ZOOM

Check the [aaquadcities.org](http://www.aaquadcities.org) Service Page for more information
on Position Responsibilities.

<http://www.aaquadcities.org/service/>

Officers

DCM

Alt. DCM

Secretary

Treasurer

Chair Positions

Public Information (PI)

Grapevine

Accessibilities

Archives

Bridging the Gap (BTG)

Cooperation with the
Professional
Community (CPC)

Corrections

Treatment

Literature

A.A. MEETINGS AT YOUR FINGERTIPS



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

MEETING GUIDE



QRCode for Apple



Quick look at the 11th 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 ELEVEN short form: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films

Tradition ELEVEN long form: Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

This tradition is talking about personal anonymity at the public level. Have you heard others say, to justify a public post or announcement they are sober and in A.A, “I don’t care if everyone knows I’m in AA”? We each have the freedom to let anyone, or everyone, know we are sober and a member of Alcoholics Anonymous; we tell our family, friends, doctors, and even our neighbors. However, we should not publicly identify ourselves as A.A. members using our full names and/or photos. We are missing the boat entirely if we think this is about us, or what we are comfortable with regards to public breaks of our anonymity. Bill W. was quoted saying, “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.”¹

Twelve Steps and Twelve Traditions says this about tradition 11: “But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.”² When we post and announce we are in A.A., we are promoting. Let’s let the Public Information chairperson handle the job of informing the general public about Alcoholics Anonymous. “This tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship.”³

TRADITIONS CHECKLIST FROM THE AA GRAPEVINE⁴

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

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. Please read the pamphlet, [Understanding Anonymity](#), for more on this tradition.

¹ A.A. Guidelines on Internet, Guarding Anonymity Online, page 1: <https://www.aa.org/aa-guidelines-internet>

² Twelve Steps and Twelve Traditions, Tradition Eleven, page 184: <https://www.aa.org/twelve-steps-twelve-traditions>

³ Twelve Steps and Twelve Traditions, Tradition Eleven, page 184: <https://www.aa.org/twelve-steps-twelve-traditions>

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.aquacities.org !! **