



The ODAAT TIMES

Volume 1 Issue 3, November 2021

K.I.S.S. Celebration

4th anniversary celebration of the Keep It Simple Sister women's meeting.
Whitehouse, 1400
Pennsylvania Ave, Des Moines,
Tuesday, Dec. 7, 5-6 p.m.
potluck and fellowship; 6 p.m.
history of K.I.S.S. followed by
speaker Steph S. Ladies only.

Intergroup Banquet

A.A. speaker Jill J., Des
Moines; Alanon speaker Pat Y.
Marshalltown. Vittoria Lodge,
7200 NW 2nd St., Ankeny,
Saturday, Feb. 5, 2022.



*"Gratitude. It's a weighty, high-dignity word, but in truth its close companions are humor and joy."
~Box 4-5-9, Oct/Nov. 2000*

The idea of a recurring Gratitude celebration in A.A. is for sure not a new one, like some of our other traditions, one could argue that we were gifted with it from the start. These celebrations take on many forms, and are often influence by local traditions. The General

Service Board started holding Gratitude Dinners in the 1940's which inspired the development of local celebrations. Many localities started holding Gratitude Luncheons, which were equally a chance to express thank you, as well as networking with some of A.A.'s friends. The early luncheons were held by the trustees Public Information Committee and invitees included members of the media, medical and religious fields. In November 1949, Bill W. wrote in the Grapevine "The idea is in the air that A.A. might adopt Thanksgiving week as a time for meetings and meditation on the Traditions of Alcoholics Anonymous." (Language of the Heart, P. 95). These dinners and luncheons lead to action by the 6th General Service Conference (1956) who codified these local traditions through a conference vote. They declared "General Service Headquarters designate Thanksgiving Week each year as "A.A. Gratitude Week" and that this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services." (Advisory Actions of the General Service Conference of Alcoholics anonymous, 1951 - 2012).

Box 4-5-9 from Oct / Nov 2000 writes "The luncheons were discontinued in 1968, but the concept of gratitude persisted and expanded in scope. For decades now, A.A.s in the U.S. have set aside all of November as Gratitude Month." This practice has evolved locally in several different directions, ranging from gratitude themed meeting topics, Birthday Club donation participation, gratitude lunches, banquets and formal dinners. It is interesting to note that the idea of Birthday Club contributions originated from alcoholics in Oklahoma who wanted to help a floundering General Service Office and at the same time practice gratitude. The original "Birthday Plan" is outlined in several wonderful Grapevine articles from 1956 (May and September). Several A.A.'s of the time began contributing one or two dollars per year since they came in contact with A.A. (not just their sobriety date!). In the beginning, members even "backdated" their giving to catch up for any years they may have missed before the tradition started.

One local (and personal) experience is that of the annual Gratitude Dinners, put on by local meetings, intergroups, central offices and districts. These dinners are the offshoot of those early luncheons and dinners from the 40's, 50's and 60's. I think it would be appropriate to relate a personal experience here. In 2008, I had the opportunity to visit Jacksonville, Fla. on a 12-step call, it also happened to be in November. The person who was to be 12-stepped was my original sponsor, in his words, he got out of the middle of A.A. Two alcoholics and I were able to get in touch and take him to a meeting. At the meeting (we ended

up at the local A.A. Club, The Jacksonville Alcoholic Benevolent Association - if you are ever in North Florida, they have great meetings) we were extended an invitation to the Fall Gratitude Banquet. This is a great A.A. event, dinner and a speaker, good friends and a warm welcome for some out-of-town A.A.s. What I remember most about the event though, was a big book giveaway. The banquet had a tradition of giving a big book to the member in the room with the shortest amount of sobriety, delivered by the person who has the longest. Well, wouldn't you know it, but the person with the shortest time, who received the big book, was the person who we went to 12-step (my old sponsor) AND on top of that, the person who gave him the book was his first sponsor! It was certainly a special moment and an opportunity for me to remember the power of A.A.'s message which was celebrated so markedly that evening. A.A. never gave up on my first sponsor, our companions that evening were certainly humor and joy, not to mention a whole heart full of gratitude.

In love and service,

Chris V. Feel free to contact me at cvanme6758@yahoo.com if you ever have questions or wish to discuss sources.

Meetings in the Spotlight

The AA Central Office is now holding two meetings at the Mickle Resource Center!

Tuesdays - 1:30 p.m. Language of the Heart. Open.

Wednesdays - 3:30 p.m. Design for Living. Open.

Mickle Resource Center, 1620 Pleasant St #229, Des Moines. Enter through the front door. Dial one, then select the green REC button.

Open meetings are available to anyone interested in the Alcoholics Anonymous program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.



Meeting Guide

Brought to you by Alcoholics Anonymous World Services, Inc., Meeting Guide is a free of charge app that provides meeting information from A.A. service entities in an easy-to-access format.



Over 100,000 A.A. meetings are currently listed. The information is refreshed twice daily by relaying meeting information from more than 300 A.A. service entities; area, district, intergroup/central offices, and international General Service Office websites (some of which are listed on A.A. Near You).

[Download on the Apple App Store](#)

[Download App on Google Play](#)

Gratitude in Action:

After some time in A.A., having completed Steps 4 through 7, my sponsor and I embarked on steps 8 & 9. Making that never-ending list and moving into the difficult amends. Some successful, some not. After many important amends complete, we reviewed the list of names, events and places I had recorded in Step 8. My sponsor pointed out a recurring theme: names or places or infractions were omitted - usually some sort of gain to me, whether material or monetary, one or more of the important items was always missing. The sum of all was generally a moving target based on my poor recollection (black out drinking) and the names or places usually missing. There was no question, I took something of theirs they weren't really willing to part with that was of value. My sponsor totaled up that which was quantifiable - it was substantial - hard to believe these amounted to such a sum, these meaningless



transactional events nearly forgotten by the perpetrator. Hard to believe the 'transactions' of what seemed like meaningless amounts coerced or in some cases simply stolen from unsuspecting friends, acquaintances or businesses, some no longer going concerns, could amount to that. Here was the question from my sponsor 'How do you propose to right these wrongs?' Ah, there's the rub. Given I was a vagabond of sorts, and couldn't remember with any reliability the complete who, what, where and how much in most of these incidents - I was at a loss. From Florida to Alaska and many points in between, in person attempts to right these would be life long, not to mention the who or where complication of this multi-state amend and restitution seem like an impossibility. My sponsor instructed me to pray about this dilemma, and we would meet in a few days.

The next meeting was strange - nothing had come from my prayers, except I wanted to be free of these things - somehow - I didn't know how, having no experience in this type of endeavor. My sponsor asked, "is it the individuals involved? Or the act of stealing by coercion, lies and outright larcenous behavior for the ill-gotten gains?" It was, in fact, that behavior and the total 'estimated' sum that astounded and befuddled me. All of it. I was ashamed, embarrassed, humiliated and disgusted in myself.

My sponsor suggested: first, you need to forgive yourself; second, know that any approach to these folks could be ridiculous or even dangerous - if in fact you could remember the 'who and where's' of the whole mess. The best thing for them, is for you to never contact any of them again. Third, about the sum. Somehow this must be paid. I stopped him, I was in-between positions, not making enough to meet expenses and couldn't come up with that amount, it was out of my reach at that time!



He said, that's ok. You're going to make payments. every time you attend a meeting of Alcoholics Anonymous, rather than your usual 1 dollar in the hat, you're going to put in 5 dollars. I protested, I was going to four to six meetings a week and that could ... He stopped me. These are the Steps 'WE' took. Then relayed his own similar story and tale of restitution. It was virtually the same. He went on. You're going to do this until I tell you to stop. In addition, when someone asks you to do service in A.A., you say YES. I agreed, but I wasn't thrilled with it! Things were tight, it hurt, at first. Mostly, I think it hurt my ego.

Time passed. I changed sponsors, not that we had a disagreement, I wanted what the next sponsor had. I would see my first sponsor on occasions, and was always grateful for what he had helped me do, be free of that which bound me. More time passed, some 10 years, give or take. We

had coffee, sponsor number one and I. He asked nonchalantly, are you still putting five dollars in the hat like we agreed? Yes, I said, just like you told me, until you said to stop. "Really? Well, you may stop now." I did stop, but not for long. I resumed, as it felt better - for me- to resume this practice. My new sponsor had talked much about Gratitude in Action. Even though I was free of those past transgressions, I had come to realize that I had another debt, one which I can never completely repay - that being to Alcoholics Anonymous - for giving me a life which I'd never imagined.

Gratitude, spirituality, Actions that show those and love. A design for living that works!

Why do I want to continue to do the things I was shown? Actions show. It's the example I was shown, for which I am ever so grateful for.

Thank you, for giving me a life worth living.

Anonymous

Faithful Fivers

What Is a Faithful Fiver? A.A. Members who support the Des Moines Central Office and Intergroup with direct contributions. These contributions help stabilize our budget. In addition to contributions from groups and literature sales, Faithful Fivers can be a source of funds that help provide a predictable operating budget. We invite A.A. members to contribute affordable, tax deductible amounts directly and regularly as supporting members or Faithful Fivers. You are a Faithful Fiver if you are an A.A. member and sign up as a Faithful Fiver.

What's affordable? Five dollars per month, one dollar per week, 15 dollars per month. Any amount that fits your budget and level of gratitude. Faithful Fiver contributions neither replace nor affect group contributions!

How do you contribute? Set up regular 'recurring' contributions at the link [Faithful Fivers](#). Simply look for the Faithful Fivers contribution line and fill in the amount and the rest of your payment information! Or you can mail a check, or if you prefer, bring in cash or a check. Please note 'Faithful Fivers' on your check/money order.

Every A.A. service is designed to make 12th Step work possible. Services include:

- ✦ 24/7 phone answering (by A.A.'s) inquiries from those seeking help
- ✦ Direct callers to your AA Meetings
- ✦ Publishes an AA Meeting Directory
- ✦ Maintains a current 12th Step list to help the still suffering Alcoholic
- ✦ Maintains an informative and up to date website: aadsmco.org
- ✦ Publishes ODAATimes Newsletter every other month
- ✦ Acts as an information exchange for all Greater Des Moines Metro (and Southern Iowa) meetings
- ✦ Contributions are limited to \$5,000 per member per year

YES! I want to be a Faithful Fiver!

I am a: New member Current Member Returning Member

Amount \$ _____

Schedule: Monthly Quarterly Annually

Name _____

Address _____

City _____ State _____ Zip _____

Mail to or set-up automatic bill pay to:

A.A. Central Office
1620 Pleasant St., Ste. 228
Des Moines, IA 50314

Traditions Checklist

These questions were originally published in the *Grapevine* in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.

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?

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?

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose?
6. What is my part?
7. Does my personal behavior reflect the Sixth Tradition—or belie it?
8. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a *Grapevine* subscription?
9. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

*3 things you
are grateful for!*

Old-timers, newcomers, freedom. - Lisa

Fellowship, sponsorship, friendship. - Darlene

Sobriety, sponsorship, the God of my own understanding. - Julie

Being here for my family, being here, true friendships in A.A. - Sue

New beginnings, those who carried the message to me, newcomers. - Julia

The 12 steps, A God of my understanding, being able to truly love and respect the person I have become. - Morgan

Book Review

Bill W. tells the story of how the A.A. Fellowship grew, from its beginnings in New York and Akron to its spread across the country and overseas.

Through the lens of the Three Legacies of Recovery, Unity and Service, Bill explains how the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service evolved.

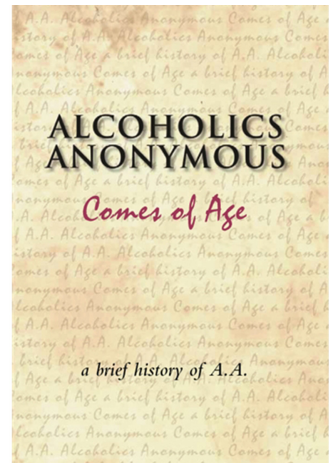
Closing chapters share the perspectives of early "friends of A.A.," including Dr. Silkworth and Father Ed Dowling. With 16 pages of archival photographs.

General Service Conference-approved.

Hardcover

5.5" x 8.25"

352 pages



Anniversaries

If you have an upcoming Anniversary and would like to be recognized here, email us at [Sobriety Anniversaries](#). We print only first name and last initial, and sobriety date.

Something to Consider

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”

— *Alcoholics Anonymous*

AA Volunteers

A variety of activities and service opportunities are available! Complete the Gratitude with Service form below.

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

Des Moines Central Office / Intergroup - Gratitude with Service (10/21)

Return to: dsm.central.office@gmail.com or DSM Central Office - 1620 Pleasant St., Ste. 228, Des Moines, IA 50314

Date _____ *First Name _____ Last Name _____

Address _____ *Phone _____

*City _____ *State _____ *Zip _____ *Gender _____

*Sobriety Date _____ Home Group _____

*email _____ *Alt Phone _____

*Required for inclusion in 12-Step list

Check your selections below!

ODAAT Times Newsletter - email only

12th Step List Volunteer

Weeknights

Weekdays

Weekends

Or complete online at [12-Step sign up](#)

Phone Army Volunteer

Weekday mornings

Weekday Evenings

Weekends

Or send email to dsm.central.office@gmail.com. You will receive a schedule, pick your time(s) instructions and info to follow.

Central Office Volunteer

Office Phone Volunteer

Other Office Help

Literature Sales Help

November 2021

This Day in A.A. History!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	1947 - 1st AA Group in Anchorage, Alaska 2001 - 4th Edition of the Big Book published.		2001 - J.P. Miller, wrote screenplay for "The Days of Wine and Roses" died.			
7	8	9	10	11	12	13
		1966 - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.	1940 - 1st AA group formed in Minneapolis. 2001 - 1st of 400,000 4th Edition Big Books arrives in the mail.	1934 - Bill W's final drunk begins on Veterans Day (Armistice Day) and lasts about a month.	1940 - 1st AA meeting is held in Boston.	1939 - Bill wants to go back to work, NY drunks want him to stay on as head of the movement November 13, 1939.
14	15	16	17	18	19	20
1940 - Alcoholic Foundation publishes 1st AA Bulletin.	1949 - Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.	1950 - Dr. Bob S. dies in Akron, Ohio.		1946 - 1st Dublin Ireland group met.	1935 - Ebby moves in with Bill and Lois.	
21	22	23	24	25	26	27
1939 - AA's in San Francisco hold 1st California AA meeting in the Clift Hotel. 1952 - Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.					1895 - William Griffith W. born, East Dorset, VT. 1939 - Hank P writes Bill advocating autonomy for all AA groups. (Also reported as 11/28); Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous." Became one of first pamphlets on AA.	
28	29	30	Notes:			
1934 - Ebby T. carries message to Bill. 1936 - Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P. 1937 - Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2. 1939 - Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other members homes.			Other significant events in November for which we have no specific date:	1936 - Fitz M leaves Towns Hospital to become AA #3 in NY with Bill W and Hank P. 1941 - "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk. 1945 - Bill's article called "Those Goof Balls" published by Grapevine. 1986 - The Big Book is published in paperback.		

December 2021

This Day in A.A. History!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			1940 - Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.	1943 - Bill speaks to 300 at meeting inside San Quentin (Sometimes dated 11/28/43).		
5	6	7	8	9	10	11
1985 - Dave B, founder of Montreal Group dies weeks before 50th anniversary. Now his story is in the 4th Edition Big Book.	1939 - Bert the Tailor lends Works Publishing \$1000. 1979 - Akron Beacon reports death of Henrietta Sieberling.	1949 - Sister Ignatia accepts Poverello Medal of St Francis on AA's behalf.			1975 - "Birds of a Feather" AA group for pilots is formed. 1941 - Dallas Morning News reports 1st AA group formed in Dallas.	1934 - Bill admitted to Towns Hosp 4th/last time (fall '33, '34 in summer, midsummer and final admittance).
12	13	14	15	16	17	18
1934 - Bill has Spiritual Experience at Towns Hospital 1937 - Bill meets with Rockefeller Foundation and tries to get money	1934 - Ebby visited Bill at hospital, brought William James's book, "Varieties of Religious Experience". 1937 - Rockland State Mental Hospital takes patients to meeting in New Jersey.		1952 - First Alcoholic patient admitted to Rosary Hall Solarium.			1934 - Bill W. leaves Town Hospital and begins working with drunks.
19	20	21	22	23	24	25
1939 - Drunks in Los Angeles hold their 1st AA meeting.	1945 - Rowland Hazard dies (he carried the Oxford Group message to Ebby).					
26	27	28	29	30	31	
	1893 - Rev Samuel Shoemaker is born.					
		Notes:				
		Other significant events in December for which we have no specific date:	1934 - Bill & Lois start attending Oxford Group meetings. 1938 - Using Oxford Group principles, Bill closes the loopholes and changes the 6 steps to 12. 1939 - First AA group in mental institution, Rockland State Hospital, NY. 1939 - 1st home meeting in Los Angeles at Kaye M.'s house. 1939 - Matt Talbot Club has 88 members, uses wagons to collect old furniture to recondition & sell, not A.A., used A.A. program, material, marked 1st effort reach alcoholics outside married middle-class category. 1940 - 1st AA group formed in St. Louis, Missouri. 1940 - group started Ashtabula, Ohio due to Plain Dealer articles. A.A. Cleveland has about 30 groups. 1948 - Dr. Bob's last major talk, in Detroit. 1950 - Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service Conference. 1955 - 'Man on the Bed' painting by Robert M. first appeared in Grapevine. Painting originally called 'Came to Believe'. 1982 - Nell Wing retires from GSO after 35 years of service.			

Events

If you have an upcoming Event you would like showcased in the next issue, email us at [Events](#).

Events can still be found at the [Des Moines Central Office Website](#). Continue to send your events to [The Manager](#).

Click on the image to be automatically directed to the calendar.



About

The ODAATimes is a local newsletter published by the Des Moines Central Office of Alcoholics Anonymous. This publication provides current information about new meetings, upcoming AA-related events, and articles of interest submitted by local members. For more information and for submissions please email the office. Opinions contained herein are strictly those of the author(s). We reserve the right to edit submissions for clarity, language, length, and any content which may violate the AA Traditions, etc. Publication of opinions, articles, and announcements does not represent, express, or imply endorsement or approval by AA at any level. AA literature reprinted with permission of AAWS.

Des Moines Intergroup of Alcoholics Anonymous Central Office
1620 Pleasant St., Ste. 228
Des Moines, IA 50314

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at dsm.central.office@gmail.com or call 515 -282-8550.

