

SIouxLAND INTERGROUP, PO Box 3684 51102 or 614 Cook St, Sioux City< IA 51103, 712.252.1333



Groupline

THE SIOUXLAND INTERGROUP NEWSLETTER

OCTOBER 2021

GRAPEVINE Daily Quote

October 1, 2021

SPECIAL SECTION

This month's special section is "Cooperation With Professionals (CPC)," featuring stories by AA members about the importance of CPC service, or members who found AA because of it. Also featuring stories of hope by members during the current COVID-19 crisis.

The Next
Siouxland Intergroup
Meeting will be 7PM
Thursday, Oct. 21, 2021
at the Central Office,
614 Cook St. in Sioux City
Come early and grab a good Seat!

If you would
like your
EVENT to be
listed in the
GROUPLINE
or if you have
artwork,
poetry or an article you
would like to be considered
for print, please email your
submission to:



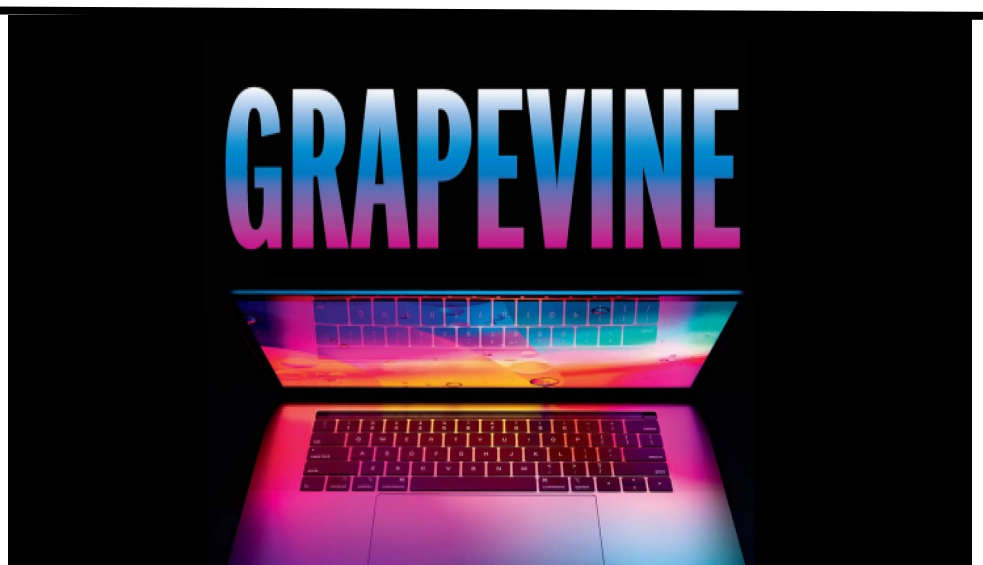
aacentralofficesc@gmail.com

or drop it by the
Central Office or
call us at 712-252-1333

Our website is
www.aasiouxcity.org

The next DISTRICT 1
Meeting will be 6:30PM
Tuesday Oct. 12, 2021
at Club 215
2432 Jay Ave, in Sioux City

CENTRAL OFFICE HOURS
Sun, Mon: CLOSED
Tues--Thurs: 9:00 am to 2:00 pm
Fri: 11:30 am to 2:00 pm
Sat: 10:00 am to 1:00pm



THE INTERNATIONAL JOURNAL OF ALCOHOLICS ANONYMOUS AA
GRAPEVINE.ORG OCTOBER 20213

A Short Memo *From Siouxland Intergroup Central Office*

Hello! This past month the phone continues to ring on average of 10-15 calls per week for available meetings, meeting changes, INCLUDING a visitor looking for AA help. Donations from AA groups and individuals are coming in as well as our continuous sales of our AA literature!

I've attended both of September District 1 mtg and Intergroup mtg. I attended the Siouxland Intergroup Unity Dinner, estimated of 114 attended, it was full of members new and experienced, with a great speaker, Sterling H from Bellevue, Ne.

Central Office has an on going goal: to have same registered meetings available to all those using the Meeting App. to match our meeting schedule and online meeting schedule. This leads me to a list of meetings that are no longer running but still on Area 24 meeting schedule. I have a report with the list of suspended and cancelled meetings available and it was suggested to make available on our website.

Hoping that by this fall our meetings will be more accurate and available to our fellow AA's seeking a meeting this coming season!

As always, I am very grateful of be here keeping the AA energy flowing and keeping AA available and assessable for new and seasoned members!

Thank you to our monthly "Faithful Fivers", "Birthday" & "Groups" contributions that make it possible for Siouxland to have a Central Office.

Groups

By the Book

Friday 5:30 PM Group

Living In the Solution Grp

Siouxland Intergroup Mtg

No Name Group

One A Day Group

Saturday Night Live

Spiritual Steps 3 & 11@

Hawkeye

Sunrise Attitude Adj Grp

**Thursday Noon ladies
Group**

Wednesday BB Study

Group Westlawn Group

leeds Sunday Nite

Spiritual Mtg

Moville Tuesday Nite

Group

Sunday Morning 1030am

Spiritual Group

Wed Where it all Begins

Men's Stockyard Meeting

Individuals

Faithful Fiver's

Diane B

Mike H

Tim L

Tom C

Rod C

Bill H.

Jim S.

Siouxland Intergroup meeting minutes from 16 SEP 2021

The meeting was opened at 7:00 P.M. with the serenity prayer and introductions by Intergroup chairman Rose A.; followed by the Intergroup statement of purpose and the Central Office statement of purpose which was read with 10 members present.

Secretary's Report: The secretary's report was read by Josh C. A motion to accept the secretary's report as read was made by Tom C. and seconded by Rose A.

Treasurer's report: The treasurer's report was read by Veronica K. We reviewed expenses and profit. Expenses and profit were more compared to 2020. A motion to accept the treasurer's report as read, was made by Rose A. and seconded by Tom C.

District One Report: Joe D. read the district report. Discussion of the upcoming fall conference Oct 8th – 10th in Des Moines. District is looking for a new PC/PCI chairperson. Sat, Oct 2nd is the district 1 quarterly workshop. Fri, Sep 17th Tanya and Will M. will have a campfire meeting; followed by Sat, Sep 18th with the Tri-State round-up ride. Sandra M. is looking for women speakers at the jail; anyone interested should reach out to Sandra M. Additional event details are posted on the website.

Functions and committees: The labor-day picnic was a success with a great turnout of approximately 175 attendees. The recent sober float, and the serenity open were both great turnouts as well. In the future, the serenity open fills up fast for registering. Mike R. has many ways to accept payments. The upcoming unity dinner is Sat, Sep 25th. YPAA campfire meetings are being held every 2nd and 4th Friday of each month. Additional event details are posted on the website.

Old Business: Veronica K. is continuing to compare area 24 meetings and updating the website with comparisons. She wants to remove meetings that are not available.

A motion was made to update the meeting list to get all the info up-to date for the website. A motion to accept the change was made by Jesse V. and seconded by Tom C.; with all in favor.

New Business: Veronica K. is looking for input to provide information to the newcomers with meeting schedules or any other methods. She is also trying to spark ideas with other pamphlets for information. The Leeds birthday nights are always the last Saturday in each month. This brings a conflict of interest with unity dinners and other functions; and should be taken in consideration.

Announcements: No announcements.

A motion to close the meeting was made by Tom C. and seconded by Jesse V. The meeting closed at 7:38 PM with I am responsible.

Respectfully submitted.

Josh C., Intergroup Secretary.

Meditation

USING KEY WORDS

Being in the army, involved with a plethora of jobs that often tax me both physically and mentally, I realized that my first problem was trying to find suitable time to ponder and review my progress in AA matters, especially each of the marvelous Twelve Steps. The early hours after rising were too much of a rush, but I could find about fifteen minutes after my evening bath, when in my drinking days, I had normally poured my first “sundowner.” My den, with soft lights and no noise, was the ideal place. First, I would close my eyes and strive to relax my whole body with a conscious effort, starting with the toes and going right up to the eyelids. Stray thoughts kept bouncing in, so I tried to recall each of

the Steps by thinking of crux words, which I had memorized by making an acronym. My acronym for the first two Steps was PUPS:

Step One— **powerless, unmanageable;**

Two—**Power, sanity.** The choice of key words might differ for each person. These are the rest of my memory triggers:

Three—**God;**

Four—**inventory;**

Five—**admitted;**

Six—**ready;**

Seven—**asked;**

Eight—**list;**

Nine—**amends;**

Ten—**personal inventory;**

Eleven—**meditation;**

Twelve—**message.**

I ousted all extraneous thoughts by trying to repeat an acronym. Soon, it was easy to recall every beautiful and meaningful word in every Step. I would

then meditate on one at a time and try to review my day in light of that Step. (Sometimes, I could share with my groups thoughts that I had found useful during meditation.)

The Higher Power certainly worked for me in keeping out extraneous thoughts. Within the first week, I found that I could meditate on my spiritual progress and gain new insight into my implementation of the Steps in my daily life.

I now find that a deep inner peace suffuses my being as I carry out this meditation. I rise from my easy chair with a vim and vigor that I experienced in my teenage days after a good game and a restful bath. This spiritual regeneration is another AA miracle for me.

K.G., Secunderabad, India

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March 1985 page10-11

To become a better trusted servant of your group and of A.A. as a whole.

- ♦ **Visit the Central Office**
- ♦ **Attend Intergroup Regularly**
- ♦ **Keep your AA group Up-To-Date**
- ♦ **Ask Questions**

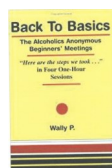
Back to Basics will be currently not be meeting the upcoming months. I will update as soon as the Step Class will start again!



AA Meeting

BackToBasics

Work **all** 12 Steps in Four 1-hour (approx.) sessions



Newcomers,
Oldtimers,
EVERYONE!

First session:	Steps 1	Sept. 11, 2021
Second Session:	Steps 2-4	Sept. 18, 2021
Third Session:	Steps 5-9	Sept. 25, 2021
Fourth Session:	Steps 10-12	Oct. 2, 2021
<p>Saturday 10:30am Hawkeye Club</p> <p>Hawkeye Club 420 Jones St Sioux City, IA 51101</p>		



YPAA CAMPFIRE MEETING

STARTING MAY
2021

DATE:

2nd & 4th FRIDAY OF THE MONTH

TIME:

7:00 PM-8:30 PM

LOCATION/SHELTER

**BLACK BEAR CIRCLE
STONE STATE PARK
HWY 12 entrance
Signs will be posted**



****INCLEMENT WEATHER
LOCATION****

**WILL BE AT USUAL MEETING
LOCATION-**

**Mayflower Church
1407 W. 18th Street
Sioux City, IA**

REMEMBER:

- 🔥 KIDS WELCOME
- 🔥 BRING YOUR OWN CHAIRS AND/OR BLANKETS

CONTACT:

MARCOS G. 712-253-8212

YPAA meeting will host a few more campfire meetings for October 2021 and then the meetings will go back the weekly meeting place at the Mayflower Church 1407 w. 18th St., Sioux City Ia.



Marching into Service

October 16, 2021

St Mark Lutheran Church
5200 Glen Ave. Sioux City, IA

3:30 PM Registration
4:00 pm Jay M. AA
5:30 pm Dinner
6:30pm Literature drawing
7:00 pm Carla J. Al-Anon

PIE EXTRA²VGAN¹A

No one under 12 years old please

Halloween Dance



Saturday October 30th, 2021

6:30- Pot Luck *

*Pizza donated by Bob Roe's. Feel free to bring a side dish or dessert

7:30- Meeting

8:30- Dance

Family Fun! Kids welcome! Games, Costume Contest, Prizes!

© Club 215 2432 Jay Ave Sioux City, IA

\$5.00 suggested donation, no one will be turned away for inability to pay



RESPONSIBILITY PLEDGE

I am responsible...
When anyone, anywhere,
Reaches out for help,
I want the help of AA
Always to be there.
And for that: I am responsible.

DECLARATION OF UNITY

This we owe to AA's future:
To place our common welfare first;
To keep our Fellowship united.
For AA unity depends on our lives;
And the lives of those to come.

ANONYMITY STATEMENT

Anonymity is the spiritual
Foundation of all our Traditions.
Please respect this
And treat in confidence
Who you see and what you hear.



HOSTED BY DISTRICT 15

Christmas
Party

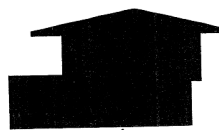
REJOICE COMMUNITY CHURCH
LE MARS, IOWA

SATURDAY, DECEMBER 11, 2021

FELLOWSHIP BEGINS AT 5PM | DINNER AT 6PM

**DOOR PRIZES, POTLUCK,
AND ALANON & AA SPEAKERS**

APPETIZERS - A-H, SALAD/SIDE - I-P, AND DESSERT - R-Z
QUESTIONS? PLEASE CONTACT SALLY W AT 712-360-1835
OR JANE C AT 712-578-9555



23RD
ANNUAL

WINTER RALLY

"recovered from a seemingly hopeless state of mind and body"

Starlite Village Best Western Motel of Iowa - Junction Highways 7 & 169

Fort Dodge, Iowa

January 22nd & 23rd, 2022

Saturday January 22nd

10:00 a.m. Shanna G. - Urbandale, IA (AFG)
1:00 p.m. Christina G. - Brecksville, OH (AA)
3:00 p.m. Paul G. - Brecksville, OH (AA)
7:30 p.m. "Rally Comic Relief" skit followed by
Jennifer H.K. - Plano, TX (AA)

Ice Cream Social to follow

Sunday, January 23rd

10:00 a.m. Will M. - Sioux City, IA (AA)

For Room Reservations mention Rally for Rally Rate and contact

Starlite Village Best Western @ 1-515-573-7177

REGISTRATION INFORMATION:

Pre-Registration \$18.00 At the door \$20.00 Alateen \$5.00

Mail To: Fort Dodge Winter Rally, P.O. Box 206, Fort Dodge, Iowa 50501

*****Photo Booth & Sobriety Count Down*****

Name _____ Circle One: AA AFG Alateen*
Address _____ (Street) (City) (State) (Zip)
Name _____ Circle One: AA AFG Alateen*
Address _____ (Street) (City) (State) (Zip)

*Alateens must have notarized permission form & medical form at the registration table for admission to the conference.

DONATIONS TO HELP OTHERS ARE APPRECIATED

COMING JAN. 21 & 22, 2023... **SAVE THE DATE!!!**

YESTERDAY—TODAY—TOMORROW

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY. We cannot undo a single act we performed; we cannot erase a single word we said... YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or behind a mask of clouds-but it will rise. Until it does, we have no stake in TOMORROW for it is as yet unborn.

This leaves only one day... TODAY. Any man can fight the battle of just one day. It is only when you and I add the burdens of these two awful eternities... YESTERDAY & TOMORROW that we break down.

It is not the experience of TODAY that drives men mad-it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW may bring.

**LET US, THEREFORE, LIVE
BUT ONE DAY AT A TIME!!**



Groupline

THE SIOUXLAND INTERGROUP NEWSLETTER

SIOUXLAND INTERGROUP CENTRAL OFFICE

STATEMENT OF PURPOSE

- ⇒ to receive, distribute and follow-up on "12-Step Calls"
- ⇒ to answer inquiries about A.A.;
- ⇒ establish local public information about local hospitals and recovery facilities for alcoholics;
- ⇒ to provide "Locally Produced A.A. Related material", "Conference Approved A.A. Material" and "Other Recovery Related Material. Form SI-1, Dec



Intergroup Meetings: Intergroup meetings are held the *third Thursday of every month* at 7:00 p.m. at the Central Office. Intergroup Representatives (IGR's) meet with the board to discuss the needs of Intergroup and AA groups. Here, events such as the Hoe-down, Founder's Day, New Year's Celebration and Unity Dinners are planned with the groups participating in the execution of these events. **Intergroup's main purpose is to serve the suffering alcoholic through the Central Office that serves as the link between Alcoholics Anonymous and the public.**

Meeting Schedules: The Central Office publishes A.A. meeting schedules that contain information about the time and location of meetings in the Siouxland area

Financial support: Intergroup is supported solely by contributions from the **groups** and from **individual members** through programs like the "**Birthday Plan**" and the "**Faithful Fivers plan**". Ask us how you can help.

Faithful Fivers, in gratitude for their sobriety, contribute \$5 each month to the Central Office to keep it operating and to keep the phone service going. Our Faithful Fivers program has been working for the past twenty-five years, and has helped carry AA's message of recovery to the still suffering alcoholic.

Please make checks payable to SIOUXLAND INTERGROUP.

Mail to: Siouxland Intergroup
P.O. Box 3684
Sioux City, IA 51102

FAITHFUL FIVER

\$5.00

Name: _____

Address: _____

City: _____ Zip _____ Date _____

What are Faithful Fivers?

Faithful Fivers are A.A. members who graciously contribute five dollars or more* each month to support Siouxland Intergroup

As a Siouxland Intergroup Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering alcoholics in the Sioux City Metro Area.

"When we meet and defeat the temptation to take large gifts, we are 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., *Language of the Heart*

* Annual Contributions are limited to \$5,000 per member per year† and are tax deductible under Internal Revenue Code §501(c)(3).

†Page 5—A.A. Guideline MG-15 (Rev. 11/18)

Yes! Please enroll me as a Faithful Fiver!

Payment Options Are:

- * Electronic Check
- * Monthly Auto-Pay
- * Personal Check
- * Cash **(DO NOT MAIL CASH)**

Complete the form above and submit:

mail to:

Siouxland Intergroup
P.O. Box 3684
Sioux City, IA 51102

Or drop off the form to:

Siouxland Intergroup
614 Cook Street
Sioux City, IA 51103

**DO NOT LEAVE CASH in MAILBOX,
USE THE MAIL SLOT IN THE DOOR**

If choosing direct payment, mail or drop off the payment to the Central Office.

Bill W. wrote of Intergroup Offices, "Though not costly, these agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill."

*"Self-Support: Where Money and Spiritually Mix" pamphlet
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