

HAPPY, JOYOUS AND FREE

District Voices

FreeGirl

I Once Watched A Girl Who Wanted To Be Free,
 I Knew Her Very Well But She Didn't Know Me.
 She Wandered Aimlessly In Life Searching For Some Answers,
 But The Path She Was On Was Like A Growing Cancer.
 The Path Was Very Broad And She Thought It Was The Way,
 It Seemed So Free And Easy, She Dreamed Of It Everyday.
 It Took Her To A Place, It Didn't Feel Right,
 She Ran Herself All Day, And Partied Every Night.
 Her Heart Burned Like Fire But She Didn't Know Why,
 Her Eyes Were Blind With Tears When She Looked Into The Sky.
 She Asked Her Conscience Why She Didn't Feel Free,
 Her Conscience Spoke Back...You Tell Me.
 Life Is Such A Bummer; She Said I Wish I Was Never Born,
 The World Is So Cruel, An Everlasting Thorn.
 One Day She Came To Know A Man Who Finally Set Her Free,
 He Saved Her From Herself, That's How It Came To Be.
 She Learned The Path To Freedom Is Not The Easy Way Out,
 There Must Be A Goal, Without Any Doubt.
 It Takes A Little Effort And Discipline Too,
 But Once She Had That, Her Life Became New.
 The Path To Freedom Is Narrow, It's Straight As An Arrow.
 Her Confidence Was Bright And The Burdens Were Very Light.
 Her Heart Grew And Grew, She's Reaching Out To You.
 Now I Recognize The Girl Who Wanted To Be Free,
 For When I Look Into The Mirror, That Girl Was Really Me.

By: Lisa T. 1980

UPCOMING EVENTS

DISTRICT 1 AL-ANON FUNDRAISER

"SPRING FROLIC"

SATURDAY, APRIL 15 | 3:30 PM

REGISTRATION 3:30 PM | SPEAKERS 4:15 PM

ST. MARK'S LUTHERAN CHURCH, SIOUX CITY

MEN'S ANNUAL MIRACLE WEEKEND

LAKE OKOBOJI METHODIST CHURCH CAMP

FRIDAY, APRIL 28 - SUNDAY, APRIL 30

REGISTRATION CLOSES APRIL 14TH

DISTRICT 1 MONTHLY MEETING

TUESDAY, MAY 9 | 6:30 PM

CLUB 215, 2432 JAY AVE, SIOUX CITY

UNITY DINNER

SATURDAY, MAY 6 | MORNINGSIDE LUTHERAN

REGISTRATION 5:00 PM | DINNER 5:30 PM

SPEAKERS SAM M. & VINCE M. 6:15 PM

SUGGESTED \$5.00 FREEWILL DONATION

**detailed event information can be found at your local meetings or www.aasiouxcity.org*



AA TRADITIONS

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” - TRADITION FOUR

Practice These Principles....

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

AA Resources

Siouxland Intergroup Central Office

www.aasiouxcity.org

Iowa Area 24

www.aa-iowa.org

Nebraska Area 41

www.area41.com

South Dakota Area 63

www.area63aa.org

Grapevine

www.aagrapevine.org

Big Book Online

www.aa.org/bigbookonline

Twelve Steps and Twelve Traditions

www.aa.org/twelve-steps-twelve-traditions

AA STEPWORK

“Made a searching and fearless moral inventory of ourselves.” - STEP FOUR

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are.

We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

(Alcoholics Anonymous World Service Inc.. Twelve Steps and Twelve Traditions (pp. 42-43). AA World Services, Inc. Kindle Edition.)

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS March 14, 2023

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those present were Jenn B, Molly K, Sirena M, Veronica K, Levi H, Marcos G, Al F, Will M, Marjorie J, Nathan K, Josh M, Tonya M, Jane S, Mick M, Tim L, Sandra M, Jerry K, Jesse V, Mark P, Dana D (20 Present).

OFFICERS REPORTS

- SECRETARY REPORT: Jesse read the minutes from the January meeting a motioned to accept the minutes was made by Tim L, Al F seconded the motion passed.
- TREASURER REPORT: We had a beginning cash balance of \$5983.50 there was \$157.97 in expenditures and \$885.00 in income leaving us with an ending cash balance of \$6710.56 there is \$3000 in prudent reserve so total cash available is \$9710.56. Josh M motion to except the treasurer's report and Sandra M seconded the motion passed.

COMMITTEE REPORTS

- ARCHIVES: Bryon was not in attendance.
- PI/CPC: This position is open Ed P did bring the stuff he had to the central office.
- CORRECTIONS: Need more men and women to help bring meetings into the jail must have 2 years sobriety and no violent crimes or felonies on your record, Juvenile Detention is looking for volunteers to bring AA meetings in Thursday at 4:30pm.
- TREATMENT: Great Speakers going up to speak but could always use more great service work opportunity.
- INTERGROUP: Intergroup is Thursday 03-16-2023, last month 1012 visits to the websites, 16 AA groups donated and there were 26 Faithful Fivers that donated as well. The last Unity dinner had 93 attendees and raise \$1000.00. The intergroup table did very well at the Tri-State Round Up.
- LITERATURE: Molly and Will are working on a plan to get the racks filled and the pamphlets ordered and pick up from the central office.
- GRAPEVINE: Stephine not in attendance.
- NEWSLETTER: Tonya made a motion to nominate Jenn B to be Newsletter Chair Al F seconded the motion passed. Jenn B will have a newsletter out soon.

OLD BUSINESS

- Erin went to the West Central Regional Conference in Omaha which had a total of 480 people in attendance in person or via zoom.

NEW BUSINESS

- Erin will be headed to Marshalltown, IA March 18th to the 19th for March Service Weekend.
- 50th annual Ragbrai will be starting in Sioux City this year going to see if the Hawkeye club will be willing to let Intergroup and Tri-state round up team up for and meeting and a root beer float fundraiser.
- Announcements
- Al anon Spring Frolic April 15th, 2023, St Mark's Lutheran Church 3pm
- Men's 19th Annual "Miracle Weekend" April 28th - 30th 2023
- Unity Dinner May 6th, 2023, Morningside Lutheran 5pm
- Spring Conference in Grinnell IA June 9th-11th 2023
- Jesse V motioned to close the meeting Mick M seconded the motion passed the meeting Closed at 7:20 with the Lord's prayer.

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JOIN US AT OUR NEXT DISTRICT MEETING! MAY 9, 6:30PM, CLUB 215 JAY AVE.