

# HAPPY, JOYOUS AND FREE

## District Voices

Local members share on a thought, topic, experience or story relating to their success in recovery.

### Continuing...

What's the most important word in the 12 Steps? "We?" "God?"  
"Powerless?" "Spiritual Awakening?"

A wise person once said the most important word was "Continued." The 12x12 seems to say the same thing by asking powerful questions. "Can we stay sober, keep in emotional balance and live to good purpose under all conditions?" (Twelve Steps and Twelve Traditions, p. 88). My answer to those questions is "What an order, I can't go thru with it!" AA teaches me "but God could and would if He were sought.

Continuing... I can either continue on the path to be happy, joyous, and free or turn around quickly and continue to head on the path of restlessness, irritability, and discontentment. It all depends on which way I am facing. My drinking and drugging were messy but sometimes my life gets messy too. Sometimes it is self-created messes and other times it is just life. I have learned in recovery I had choices how to respond and which path to take. I need to ask myself at times if I am willing. Am I willing to turn it around and continue on the path AA teaches me?

What does "continuing" look like in real life? It's "continuing" to show up at meetings, for sponsee, in service. It's showing up in life, following our code of love and tolerance, even when I don't want to. It is those small gestures of willingness throughout the day when the gentle whisper inside says to reach out, pick up the phone, do service, be silent, pause, read, listen, pray, or ask God to direct my thinking. It's continuing to do the next right thing, be open, follow, lead, trust, surrender, swallow my pride, say yes, and then just do another simple (but not easy) gesture of willingness.

Continuing... Can we stay sober, keep in emotional balance, and live to good purpose under all conditions? AA "continues" to teach me that with the "we" and "God" I have a life beyond my wildest dreams. I just continue to trudge along that road of happy destiny, one gesture of willingness at a time.

- By Brenda L.

## UPCOMING EVENTS

### YPAA CAMP FIRE MEETINGS

1ST AND 3RD FRIDAYS OF THE MONTH

7:00 - 8:00 PM

BLACK BEAR CIRCLE, STONE STATE PARK  
(HWY 12 ENTRANCE)

### DISTRICT 1 MONTHLY MEETING

TUESDAY, JUNE 13 | 6:30 PM

CLUB 215, 2432 JAY AVE, SIOUX CITY

ALL ARE WELCOME, COME CHECK IT OUT!

### AREA 24 2023 SPRING CONFERENCE

#### "PRECISELY HOW WE HAVE RECOVERED"

JUNE 9-11 | GRINNELL COLLEGE, GRINNELL, IA

VIEW FLYER AT:

[WWW.AASIOUXCITY.ORG/LOCAL\\_EVENTS](http://WWW.AASIOUXCITY.ORG/LOCAL_EVENTS)

*\* detailed event information can be found at your local meetings or [www.aasiouxcity.org](http://www.aasiouxcity.org)*



## AA TRADITIONS

**“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”**

### - TRADITION FIVE

Practice These Principles...

- 1) Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
- 2) Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- 3) Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4) Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 5) Do I let fear get in my way by not addressing issues in my home group when members are disrupting meetings and getting in the way of our group carrying the message to the still suffering alcoholic?
- 6) Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

## AA Resources

### Siouxland Intergroup Central Office

[www.aasiouxcity.org](http://www.aasiouxcity.org)

Iowa Area 24

[www.aa-iowa.org](http://www.aa-iowa.org)

Nebraska Area 41

[www.area41.com](http://www.area41.com)

South Dakota Area 63

[www.area63aa.org](http://www.area63aa.org)

Grapevine

[www.aagrapevine.org](http://www.aagrapevine.org)

Big Book Online

[www.aa.org/bigbookonline](http://www.aa.org/bigbookonline)

Twelve Steps and Twelve Traditions

[www.aa.org/twelve-steps-twelve-traditions](http://www.aa.org/twelve-steps-twelve-traditions)

## AA STEPWORK: "FREEDOM IN STEP FIVE

**“Admitted to God, to oneself, and to another human being the exact nature of our wrongs.”**

### - STEP FIVE

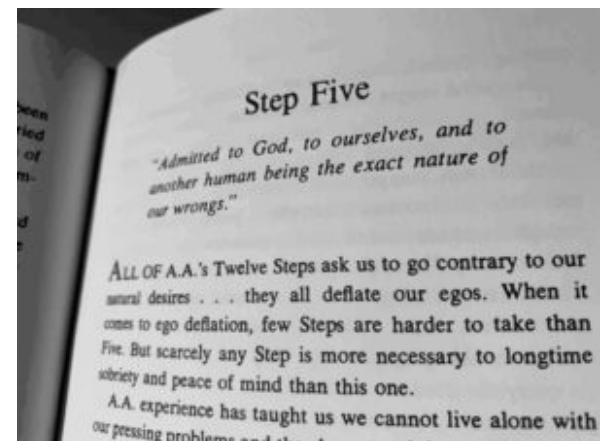
Many people feel great freedom after doing step 5. It's a relief to get all that baggage you've been lugging around out in the open. This is a chance to clear the air internally, and there's a great relief when you finally vocalize everything.

Step 5 is also an opportunity to get to the root cause of your addiction. While it's easy to give it titles like envy, jealousy, anger, or whatever, many people find that it's really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.

Rather than looking at step 5 as a fearful experience, think about how clear your conscience will be once it's done. Many people call it "freedom" and say they experience peace and calm they haven't felt in years.

Theoretically, since this kind of thinking originates from the frontal cortex of the brain, efforts to follow this step effectively exercises the part of the brain responsible for "will power" and can help recovery for that reason alone.

This truly is one of the key steps in recovery, which is why it's the hardest. Yet, it's often seen as the beginning of an entirely new life.



# District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS April 11th, 2023

The Meeting was called to order at 6:30 pm by Alt DCM Will M followed by the Serenity prayer. Those present were Jenn B, Molly K, Sirena M, Veronica K, Levi H, Marcos G, Al F, Dana D, Tonya M, Jane S, Mick M, Tim L, Sandra M, Jim S, Bryon W, Jesse V, Mark P, Janelle B, & Christy M (19 Present).

## OFFICERS REPORTS

- SECRETARY REPORT: Jesse read the minutes from the March meeting a motioned to accept the minutes was made by Tim L, Sandra M seconded the motion passed.
- TREASURER REPORT: We had a beginning cash balance of \$5983.50 there was \$180.44 in expenditures and \$985.00 in income leaving us with an ending cash balance of \$6788.06 there is \$3000 in prudent reserve so total cash available is \$9788.06. Jesse V motion to except the treasurer's report and Al F seconded the motion passed.

## COMMITTEE REPORTS

- ARCHIVES: Bryon is stepping down but still would be able to help out
- PI/CPC: Still need to fill position.
- CORRECTIONS: Need more men to help bring meetings into the jail must have 2 years sobriety and no violent crimes or felonies on your record.
- TREATMENT: Nathan K not in attendance.
- INTERGROUP: Intergroup is Thursday 04-20-2023, Last month 1131 visits to the websites, 18 AA groups donated and there were 21 Faithful Fivers that donated as well. The next Unity dinner will be May 6th 2023 hosted by the Men's Stockyard's group.
- LITERATURE: Molly is getting everything together to start filling the racks.
- GRAPEVINE: Stephine will have a have a table setup at the next unity dinner with grapevines and has started fill the little libraries around town.
- NEWSLETTER: April's newsletter is out and is amazing thank you Jenn B.

## OLD BUSINESS

- Still waiting to hear if Hawkeye would let us host a Ragbrai meeting.

## ANNOUNCEMENTS

- Al anon Spring Frolic April 15th, 2023, St Mark's Lutheran Church 3pm
- Men's 19th Annual "Miracle Weekend" April 28th - 30th 2023
- May 4th "check your ego at the door" will Start back up at Leeds Alano 5:30pm
- YPAA Camp Fire Meeting starting up May 5th 7pm Stone Park
- Unity Dinner May 6th, 2023, Morningside Lutheran 5pm
- Spring Conference in Grinnell IA June 9th-11th 2023
- Jesse V motioned to close the meeting Al F 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! JUNE 13, 6:30PM, CLUB 215 JAY AVE.