

HAPPY, JOYOUS AND FREE

Relapse Prevention

Safeguard Recovery By Recognizing Relapse Warning Signs

Some of the ways we can prevent relapse include:

- Stick to your recovery routines. We're not saying you still need to attend weekly therapy, or five meetings a week when you're in longer-term recovery, rather be mindful of any major changes and be sure to check in with your support network about any potential changes.
- Maintain mental and physical health. Working out regularly, eating nutritious foods, getting adequate sleep, and drinking enough water are great ways to maintain your health.
- Manage stress levels. That could mean meditating, working out, talk therapy, playing with your dogs, getting outside in nature, taking regular breaks from work, pushing back on extra demands, and reaching out for support.
- Be mindful of old thought patterns. Don't forget that the brain changes in addiction, taking a long time to recover. In times of stress, it is only natural for the brain to remember that we used to cope with stress by taking substances. You don't have to act on that thought and the more you do something more supportive, the closer you are to rewiring your brain to support recovery decisions.
- Stay away from using buddies and environments. Chances are that the only thing you had in common was getting high. That's why it's important to avoid those situations in recovery. Otherwise, you may find yourself feeling comfortable about the prospect of using again, throwing away your hard-earned recovery.
- Be adventurous while maintaining recovery. Believe it or not, boredom is a risk of relapse. That might mean doing the same thing day-in-day-out or feeling like life is mundane and lacking pleasure. While it's important to maintain recovery routines, it's equally important to plan adventures and have new experiences. After all, the point of recovery is to enjoy life!

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, AUGUST 8TH | 6:30 PM

CLUB 215, 2432 JAY AVE, SIOUX CITY

ALL ARE WELCOME, COME CHECK IT OUT!

RAGBRAI MEETING/ICE CREAM SOCIAL

SATURDAY, JULY 22 | 5:30-8:00 PM

AA SPEAKER, WILL M. 7:00 PM

HAWKEYE CLUB, 420 JONES ST, SIOUX CITY

WWW.AASIOUXCITY.ORG/LOCAL_EVENTS

BACK TO BASICS, NEW SESSION!

TUESDAY, JULY 25 | 6:30 PM

CLUB 215, 2432 JAY AVE, SIOUX CITY

Questions? email:

backtobasicssiouxcity@gmail.com

46TH ANNUAL CORNHUSKER ROUNDUP

AUGUST 10-13, OMAHA, NE

MORE INFORMATION AT:

www.aa-cornhusker.org

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

AA TRADITIONS

“Every AA group ought to be fully self-supporting, declining outside contributions.” - TRADITION SEVEN

The 12 Traditions were created to help A.A. groups maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.).

(The foundation of this inventory is from the A.A. Tradition’s Checklist first published in the A.A. Grapevine)

- Do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can’t afford it yet?
- How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
- Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
- Is a group treasurer’s report unimportant AA business? How does the treasurer feel about it?
- Does my group have a “prudent reserve”? If yes, do I know what that amount is?
- If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

SEVENTH STEP PRAYER

"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."

(Page 13 BB)

MY CREATOR, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding. AMEN

(Page 76 BB)

AA STEPWORK: TIPS FOR WORKING ON STEP SEVEN

“Humbly asked Him to remove our shortcomings” - STEP SEVEN

Step Seven of AA’s Alcoholics Anonymous Twelve Step program of recovery is about getting rid of character defects and replacing them by practicing humility & spiritual principles. Working on the seventh step requires constant thoughtfulness and commitment to being honest, courageous and humble.

If you find yourself struggling with Step 7, you can try some of these tips:

- Shift your mindset from self-reliance to reliance on your higher power.
- Focus on transforming from a self-centered life to a selfless one.
- Accept that you need to practice humility in order to successfully complete Step 7.
- Put your progress ahead of your comfort.

Another helpful tip for working Step 7 is to let this step take as long as it’s going to take. Going into it with a preconceived notion of how long it’ll take to complete will only set you up for disappointment if it ends up taking you longer. Plus, recovery from alcoholism is not a race. It is a self-paced journey that requires reflection, introspection, and radical honesty.

Humility actually shows great strength of character, and it is a great trait to have not just during Step 7 but for the rest of your life.

Stay Humble

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS June 13, 2023

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those presents were Levi H, Tim L, Rick W, Jesse V, Mark P, Janelle B, Christy M, Molly K, Russ K, Mick m, Sandra M, Marjorie J, Jerry K, Jane S & Josh M (16 Present)

OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from the May meeting a motioned to accept the minutes was made by Mark P, Jerry K seconded the motion passed.

TREASURER REPORT: We had a beginning cash balance of \$5983.50 there was \$563.09 in expenditures and \$1202.00 in income leaving us with an ending cash balance of \$6495.41 there is \$3000 in prudent reserve so total cash available is \$9622.41. Jesse V motion to except the treasurer's report and Russ k seconded the motion passed.

COMMITTEE REPORTS

ARCHIVES: Jerry K nominated Russ K to be the new chairperson for archives

PI/CPC: Collette M and Janelle B are getting great feedback for the professional community.

CORRECTIONS: Setting up the schedule for the whole year to see how many spots need to be filled

TREATMENT: Nathan K was not in attendance

INTERGROUP: Intergroup is Thursday 06-15-2023 Book sale are still steady even with the price increases

LITERATURE: Got route all set up to fill the racks

GRAPEVINE: Grapevine will be available now online \$20 for one year,\$35 for two years or \$47.99 for three years

NEWSLETTER: Anther amazing newsletter for June which is available on the Central Office website also looking for a male to write next months District Voices if you would like please contact Jen B must be submitted by July 1st

GET THIS MONTHLY NEWSLETTER EMAILED TO YOU:

[JOIN OUR MAILING LIST](#)

JOIN US AT OUR NEXT DISTRICT MEETING! AUGUST 8, 6:30PM, CLUB 215 JAY AVE.