

# HAPPY, JOYOUS AND FREE

## District Voices

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

### AA's 12-Traditions

What if you (or family member, or friend) showed-up seeking help for a drinking problem only to find "the lights off, door locked, an empty parking-lot"? Although not in so many words, that was the concern of AA co-founder Bill Wilson. His worry was based upon more than 10-years of AA-experiences, problems, mistakes, dilemmas, situations and circumstances which had burdened the fledgling AA-movement. With a decade's such experience, Bill W. knew the future if not the survival of AA was in-peril unless some hard-learned reality was offered to protect the growing number of AA's and their groups from themselves (the character defects common to such alcoholics: self-centeredness, self-righteousness, self-serving, controlling, resentment, and the-like). So Bill set-out to provide some experience-based guidance to protect (and, hopefully, prevent) AA's and groups from divisions which might or would shut-down their continued existence, and-so the opportunity (and responsibility) of helping others.

The resulting "12-Traditions" provide AA-groups with time-tested "suggestions" for how to function and operate on a day-in week-out situation-by-situation basis, much as the "12-Steps" provide time-tested "suggestions" on how an individual-AA achieve and remain physically and emotionally sober. Just as today's "old-timers" have seen individual AA's come and go for not working the suggested 12-Steps (ALL of them), many "old timers" have also seen AA-groups come and go for lack of observing, upholding, and working the 12-Traditions (ALL of them).

The 12-Traditions provide AA-groups with the necessary guidance to prevent divisions from taking-over, or even "killing", their continued existence. Which is critical because personal recovery is dependent upon sharing one's "experience, strength and hope" with others, and if there are no "others" to gather and share-with ... well, you get the idea. So don't be too quick to dismiss the 12-Traditions as unimportant or unnecessary. "A full parking-lot, doors open, and lights-on" is the result of an AA group's unity of purpose and a fellowship so-guided by these time-tested traditions. "THANKS!, Bill W."

More info? AA-text Twelve Steps and Twelve Traditions, published by AA World Services. Also, Our Twelve Traditions published (2016) by AA Grapevine Inc. ISBN 978-1-938413-56-8

*Bert B. (Sioux City)*

## UPCOMING EVENTS

### 17TH ANNUAL LEWIS & CLARK CAMPOUT

SEPTEMBER 15TH - 17TH

ONAWA, IOWA

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

### AREA 24 2023 FALL CONFERENCE

HOSTED BY DISTRICT II

OCTOBER 13TH - 15TH

DUBUQUE, IOWA

[WWW.AASIOUXCITY.ORG/LOCALEVENTS](http://WWW.AASIOUXCITY.ORG/LOCALEVENTS)

### IOWA WOMEN'S LUNCHEON

SUNDAY, OCTOBER 22ND

HILTON GARDEN INN, DES MOINES, IA

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

### SIouxLAND INTERGROUP

QUARTERLY DINNER AND SPEAKERS

SATURDAY, NOV 4TH | 5:00 PM

MORNINGSIDE LUTHERAN CHURCH

PLEASE COME AND SHOW YOUR SUPPORT!

## AA TRADITIONS

**“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.” - TRADITION NINE**

The ninth tradition not only contains the secret of divine order but also contains the personal principle that will keep an alcoholic like me in divine order. It is so simple. I give up control. I stop organizing myself. I stop trying to organize God into my limited ideas of order.

How does this ninth tradition relate to the ninth step? My life gets unimpeded flow of divine love in a triangle consisting of you, myself and God. Whenever the divine order of that relationship is disturbed, I can restore order by making the unmade amend that put my life out of order. The ninth step poses the question, “After making amends, how do I stay reconciled with you today?” The ninth tradition answers that question by implying that I remain in the divine order by not organizing you, myself or God and spontaneously being of service to you and God.

Source: <https://www.takethe12.org/t9/>

## 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: REFLECTIONS ON STEP NINE

**“Made direct amends to such people wherever possible, except when to do so would injure them or others. - STEP NINE**

There are a lot of fearful feelings before, during and after making amends in the ninth step. While working step nine it's really important to understand that the way things feel is not necessarily the way things are. Because we are feeling afraid we assume that this means we truly have something to fear. But this is not fact. To prepare for this step it's a good idea to let go of all our expectations about how our amends will or should turn out.

Here are some questions to help guide you through working Step Nine:

- Do I have fears about making amends? Am I worried that someone will take revenge or reject me?
- How does the Ninth Step require a new level of surrender to the program?
- Why doesn't it matter how my amends are received?
- How will other addicts, my sponsor, and my Higher Power be sources of strength in this process?
- Which names on my Eighth Step list are complicated by circumstances? Do I owe any amends that might have serious consequences if I made them? What are they?
- What behaviors do I need to amend?
- What are my immediate plans for making amends to myself? Do I have any long-range goals that might also fit as amends to myself? What are they? What can I do to follow through?
- Have I accepted responsibility for the harm I caused and for repairing that harm?
- What experiences have I had that led me to see the harm I caused more clearly? How has that contributed to an increase in my humility?
- What are the benefits to me of practicing the principle of forgiveness? What are some situations in which I've been able to practice this principle?

# District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS August 8th , 2023

The Meeting was called to order at 6:30 pm by Alt DCM Will M followed by the Serenity prayer. Those presents were Christy M, Jenn B, Mike W, Josh M, Bryon W, Mick M, Sandra M, Kelly K, Sirena M, Stephanie T, Jane S, Russ K, Mark P, Tony S, Molly K, Levi H, Tim L, Jerry K, Nathan K, & Marjorie J (22 Present)

## OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from July after correction were made for it to be the Fall conference 2024 a motion to accept the minutes was made by Josh M and Mike W seconded the motion passed.

TREASURER REPORT: Year to date we have a beginning cash balance of \$5983.50 there has been \$1119.81 in expenditures and \$1377.00 in income leaving us with an ending cash balance of \$6240.69 there is \$3000 in prudent reserve so total cash available is \$9240.69. Tim L motion to except the treasurer's report and Josh M seconded the motion passed. Donations from clubs are down, Mick made a motion to donate \$1000 to the intergroup. That motion was tabled till next meeting to see if that is okay to do.

## COMMITTEE REPORTS

ARCHIVES: Inventorying non paper items, Archives does have an email address so flyers could be sent to the email for archiving, looking in to digitizing VHS tape that are in the archives roughly around 80

PI/CPC: Collette M is asking to step down.

CORRECTIONS: Need more women for the women's meeting but everything is going well

TREATMENT: Everything is going very well! Very positive

INTERGROUP: Everything is up to date on the website \$820 was brought in by the last unity dinner

LITERATURE: Molly is making sure racks are filled

GRAPEVINE: the Grapevine will be available in Spanish in September they also have a podcast

NEWSLETTER: Anther amazing newsletter for August which is available on the Central Office website also looking for writers District Voices would like feedback or suggestions on what people would like to see in the newsletter

## Old Business

Labor Day Picnic is a go.

## New Business

Jerry K made a motion to table what to do with the surplus of money district 1 has until the next meeting.

The bid for Sioux City hosting the 2024 Fall Conference will be put in at the business meeting.

## Announcements

- The Noon 12x12 book study at the Fellowship Club has transitioned to a Women's meeting.
- If your group is looking to buy chips Club 215 will be putting in an order so, please let Mark P know if your group is interested.
- 46th Annual Cornhusker Roundup August 10,11,12 & 13 Liberty Frist Credit Union Arena 7300 Q St. Omaha NE
- District 1 Labor Day Picnic September 4th,2023 11am Stone State Park 5001 Talbot Road
- Serenity Open Golf Event September 10th 9:30am Twin Creeks Golf Course 912 Nebraska HWY 9 Pender, NE
- 2023 Serenity Ride - please see Flyer for all the details.
- Area 24 Fall Conference in Dubuque IA October 13th-15th 2023
- Link on the central office website to sign up to go Scholarships available please come to district for more information.
- Iowa Women's Luncheon October 22, 2023, 11:30am Hilton Garden Inn Des Moines/Urbandale 8600 NorthPark Drive
- November 4th 2023 Unity Dinner at Morningside Lutheran Church hosted by the Living in the solution group

Tim L motioned to close the meeting Jerry K seconded the motion passed the meeting Closed at 7:30 pm with the Lord's prayer.

GET THIS MONTHLY NEWSLETTER EMAILED TO YOU:

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JOIN US AT OUR NEXT DISTRICT MEETING! TUES. OCT 10TH, 6:30PM, CLUB 215 JAY AVE.