

HAPPY, JOYOUS AND FREE

District Voices

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

Always Choose Great!

I came into AA on a recommendation from my lawyer. I was going through a divorce and willing to do anything for joint custody of my children. At my first meeting, although I didn't speak other than to introduce myself, I found comfort, understanding, fellowship, and a new routine. I continued with this routine and settled in. I began to feel comfortable, and things got better. I could chair a meeting, volunteer at a unity dinner or picnic, or do some readings. These actions from the outside would "in my mind" make me look like a good guy and someone who was involved. The fact was, I really wasn't, yet things were going along okay.

At about six years sober, a very good friend of mine asked me, "How are you going with your recovery?" I responded, "I am good, I'm sober, everything is good." After all, that is the purpose of AA, isn't it? To be sober? My friend looked at me and asked, "What is the biggest obstacle to greatness?" I had no response. He said, "The biggest obstacle to greatness is being content with good." And that's what I had been, content. I immediately thought of myself as a young boy. I was naturally a good little baseball player - but I wanted to be great, make the all-star team, and play varsity when I got to high school. So, I worked at it, did drills, played pick-up games, threw a rubber ball against a wall, etc. If I could do that for baseball as a kid, why didn't I have that same commitment for something that would change my entire life?

A few days later, I was chairing the men's meeting (you know, because it was easy) and when I introduced my speaker, Matt, he called me out then and there. He said that when I introduced myself, it seemed like I still didn't think I was an alcoholic. I hadn't done step one! He spoke that night about the Doctor's Opinion and I finally got it. I have an allergy. Nothing good, nothing bad - just an allergy. And then just a few days later at my Saturday "By the Book" meeting, I chaired and read from page 42. It said, "and it meant I would have to throw several lifelong conceptions out the window. And that was not easy." For the first time I realized I couldn't keep doing this my way. I would need to turn it over. I am not in control.

I then decided to do something every day to better my recovery - read from the Big Book, get a sponsor, work the steps, do service work, and attend step workshops. I had been sober for six years, but this is when my sobriety changed into my recovery. As I started doing these things, my life in almost every aspect got better. I will never achieve great, but it is fun and rewarding to work for it. When life gives you good or the opportunity to work for great - *always choose great*. I don't think you will be disappointed. - Mark P

UPCOMING EVENTS

YPAA CAMPFIRE MEETING

OCTOBER 20, 7:00-8:00PM

BLACK BEAR CIRCLE, STONE STATE PARK

ALL ARE WELCOME, DON'T FORGET YOUR CHAIR!

AREA 24 2023 FALL CONFERENCE

HOSTED BY DISTRICT II

OCTOBER 13TH - 15TH

DUBUQUE, IOWA

WWW.AASIOUXCITY.ORG/LOCALEVENTS

AUTUMN AWARENESS

SATURDAY, OCTOBER 21ST

ST. MARKS LUTHERAN CHURCH

5:00PM REGISTRATION, 5:30 DINNER,

6:15 AA SPEAKER, 7:30 AL-ANON SPEAKER,

8:15 PIE EXTRAVAGANZA

YPAA HALLOWEEN DANCE

FRIDAY, OCTOBER 27TH

7:00 PM SPEAKER MEETING, DANCE AFTER

MAYFLOWER CHURCH, 1407 W. 18TH ST

\$5 AT THE DOOR

SIouxLAND INTERGROUP

QUARTERLY DINNER AND SPEAKERS

SATURDAY, NOV 4TH | 5PM REGISTRATION

MORNINGSIDE LUTHERAN CHURCH

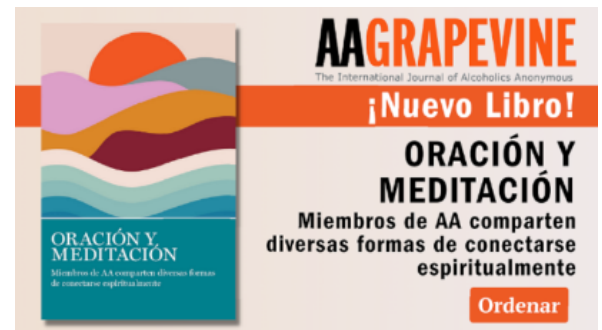
PLEASE COME AND SHOW YOUR SUPPORT!

STEP 10

"Continued to take personal inventory and when we were wrong promptly admitted it."

“CONTINUE TO WATCH FOR SELFISHNESS, DISHONESTY, RESENTMENT, AND FEAR. WHEN THESE CROP UP, WE ASK GOD AT ONCE TO REMOVE THEM. WE DISCUSS THEM WITH SOMEONE IMMEDIATELY AND MAKE AMENDS QUICKLY IF WE HAVE HARMED ANYONE. THEN WE RESOLUTELY TURN OUR THOUGHTS TO SOMEONE WE CAN HELP.”

Big Book, pg 84



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AA TRADITIONS

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.” - TRADITION TEN

As it states at the top of this page, the 12 Traditions were created to help each A.A. group 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.).

1. *Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?*
2. *Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?*
3. *What in AA history gave rise to our Tenth Tradition?*
4. *Have I had a similar experience in my own AA life?*
5. *What would AA be without this Tradition? Where would I be?*
6. *Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?*
7. *How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?*



District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS September 12th , 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, Josh M, Bryon W, Mick M, Sandra M, Sirena M, Stephanie T, Jane S, Russ K, Mark P, Tony S, Molly K, Levi H, Tim L, Tonya M, Will M & Al F (17 Present)

OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from August a motion to accept the minutes was made by Tim L and Al F seconded the motion passed.

TREASURER REPORT: Year to date we have a beginning cash balance of \$5,983.50 there has been \$1,233.01 in expenditures and \$2,526.50 in income leaving us with an ending cash balance of \$7,276.99 there is \$3,000 in prudent reserve so total cash available is \$10,276.99. Al F motion to except the treasurer's report and Tim L seconded the motion passed.

COMMITTEE REPORTS

ARCHIVES: We have 500 cassette tapes that Russ has begun listening to inventory and bring back to vote on what to do with them the issue of recording present day speakers from our area was also brought up so we can keep archiving for the future.

PI/CPC: Mercy is excited to partner with PI/PCP to get information to the still suffering Alcoholic.

CORRECTIONS: they are looking for more men and women to take meetings into the jail. They have purchased more big books to give to the detainees.

TREATMENT: Everything is going very well! They are calling to see if we could provide more meetings.

INTERGROUP: Next intergroup meeting is September 21st the next unity dinner is November 4th 11 groups donated last month to the central office. If you know of any meeting that has disbanded, please let the central office know.

LITERATURE: Molly is making sure racks are filled

GRAPEVINE: Setting up a table at the next unity dinner and raffling off a subscription. Grapevine now has a App

NEWSLETTER: Anther amazing newsletter for September 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 was a huge success, the next fall conference is October 11th-13th

New Business

Our bid was accepted to host the 2024 fall conference, we will need lots of help to make this a success

Announcements

- 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.
- October 21st - Autumn Awareness - St. Mark Lutheran Church, 5200 Glenn Ave., Sioux City, IA - Registration starts at 5:00 p.m.; 5:30 Dinner; 6:15 AA Speaker; 7:30 Al-Anon Speaker; 8:15 Pie Extravaganza
- 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 and Mick M seconded. The motion passed. The meeting closed at 7:30 pm with the Lord's prayer.

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JOIN US AT OUR NEXT DISTRICT MEETING! TUES. NOV 14TH, 6:30PM, CLUB 215 JAY AVE.