



# HAPPY, JOYOUS AND FREE

## District Voices

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

### Scar

*noun*

1. a mark left on the skin or within body tissue where a wound, burn, or sore has not healed completely and fibrous connective tissue has developed

Facing my alcoholism meant facing my wounds and subsequent scars. Scars of infinite shapes and sizes orbited around and hung onto me. Hiding the unhealed wounds was exhausting. First were the obvious physical malformations; a limp from a childhood disease I couldn't hide along with the unsightly brace that accompanied it. Along the path of life, I formed new physical scars. Anxious to hide my scars, I continually tried to conceal them without success.

The emotional scars became pronounced and more difficult to disguise as my family was progressively paralyzed by alcoholism. Physical and emotional violence produced a visible scar across my hairline, but what could I do about the invisible wounds that sprung up; wounds which had not yet healed? There was no perfection in myself as I frequently compared myself to others knowing full well it was an exercise in futility. Socially awkward, I became enthralled with the idea that I could just become someone else and learned how to hide from everyone including me. So, I learned the art of disguise with Alcohol. Gulping adult punch, while sneaking around in between drunk parents, my first drink unleashed an exuberance for life as I never felt. Exhilarated, I became sure that this was an elixir that would hide all my imperfections and make me a star! I had found the ultimate disease that was socially acceptable everywhere.

I became dependent on alcohol to quell that emptiness, to hide the pain, making sure that I would never again be embarrassed by my upbringing and deficiencies. Not caring about my disease, I drank my life away while enduring ongoing annoying consequences that became severe such as blackouts, unemployment, homelessness, and suicide attempts. In the end, I was enjoying less and less of everything around me, especially myself.

Progressively through the we program of AA, the support of the sponsors, long-timers, and the meeting rooms, my wounds and scars diminished. The scars are now a symbol of strength, resilience, and survival. Earning those scars has created a grateful alcoholic who knows more about herself and appreciates the people in her life who can love and accept her for who she is.

Perhaps it is the scars that shape us.

—Stephanie B.

## UPCOMING EVENTS

### SUNRISE ATTITUDE ADJUSTMENT 35TH ANNUAL THANKSGIVING MEETING

NOVEMBER 23, 6:30 AM

SHRINERS TEMPLE, 820 NEBRASKA STREET  
COFFEE, DONUTS, AND FELLOWSHIP!

### BACK TO BASICS STARTUP!

MONDAY, NOVEMBER 27TH - SESSION 1

CLUB 215, JAY AVE, 6:30-7:30 PM

OLD TIMERS, NEW TIMERS, AND EVERYONE IN  
BETWEEN WELCOME!

### DISTRICT 15 ANNUAL CHRISTMAS PARTY

SATURDAY, DECEMBER 9TH

REJOICE CHURCH, LEMARS, 5:00PM

POTLUCK MEAL (MEAT PROVIDED)

AA AND AL ANON SPEAKERS TO FOLLOW MEAL



# STEP 11

**“WE SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.”**

Now we ask what we can do to make the lives of those around us better as a service to our fellows. As we begin to fortify contact with our Higher Power, our true selves are slowly revealed.

## 11th Step Prayer

“Lord, make me an instrument of thy peace. That where there is hatred, I may bring love. That where there is wrong, I may bring the spirit of forgiveness. That where there is discord, I may bring harmony. That where there is error, I may bring truth. That where there is doubt, I may bring faith. That where there is despair, I may bring hope. That where there are shadows, I may bring light. That where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted. To Understand, than to be understood. To love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen.”

## TRADITION 11

**“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” - TRADITION ELEVEN**

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 Tradition 11:

1. *Do I sometimes promote AA so fanatically that I make it seem unattractive*
2. *Am I always careful to keep the confidences reposed in me as an AA member*
3. *Am I careful about throwing AA names around—even within the Fellowship*
4. *Am I ashamed of being a recovered, or recovering, alcoholic?*
5. *What would AA be like if we were not guided by the ideas in Tradition Eleven*
6. *Where would I be?*
7. *Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?*



# District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

## **DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS October 10th , 2023**

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those present were Sophie H, Jenn B, Josh M, Bryon W, Mick M, Sandra M, Stephanie T, Jane S, Russ K, Tony S, Molly K, Tim L, Jery K, Tonya M, Will M, Al F, Janelle B, Kelly K, Mike W, Molly K, Veronica K, Avis B, Rose A, Rick W, Nathan K, & Jesse V (25 Present)

### OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from September. A motion to accept the minutes with corrections was made by Stephanie T and Al F seconded; the motion passed.

TREASURER REPORT: Treasurer report was tabled until November's meeting due to Christy's absence.

### COMMITTEE REPORTS

ARCHIVES: Purchased a new battery and power supply for the archive's laptop, also bought protective sleeves to better protect the papers with have in the archives. There were 12 VHS tapes and only 2 of those would be able to transfer to a different media. There are 658 cassette tapes with several well know speakers on them.

PI/CPC: Reaching out to multiple resources in the professional and medical community this Friday have a meeting with Siouxland mental health.

CORRECTIONS: they are looking for more men and women to take meetings into the jail. Great service work opportunity. They are looking into changing the requirements so more people hopefully could pass the background check.

TREATMENT: Getting great speakers everything is going very well

INTERGROUP: Next intergroup meeting is October 19th the next unity dinner is November 4th. 16 groups donated last month to the central office along with 22 faithful fivers. Leeds discontinued the Big Book Tuesday night meeting

LITERATURE: Molly is making sure racks are filled

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

NEWSLETTER: Another amazing newsletter for October

### Old Business

None

### New Business

We will need lots of help to make the fall 2024 area conference a success. If you want to help in any way, please come to the next district meeting so we can get the committees rolling. Erin will be asking the for seed money to get things starting for the 2024 Fall Conference.

### Announcements

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

YPAA Halloween Dance Friday October 27th Mayflower Church 1407 W. 18th street 7pm

November 4th Unity Dinner at Morningside Lutheran Church hosted by the Living in the solution group

35th Anniversary Thanksgiving Morning Attitude Adjustment meeting 6:30am Shriners Temple 820 Nebraska St.

Al F motioned to close the meeting Jesse V seconded the motion passed the meeting Closed at 7:30 pm with the Lord's prayer.