

# HAPPY, JOYOUS AND FREE

## District Voices

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

### My Recovery

noun

1. a return to a normal state of health, mind, or strength; the action or process of regaining something stolen or lost.

Hello everyone, my name is Matt B, and I started my journey in recovery roughly five years ago. And in that time, I have been to inpatient multiple times, outpatient a couple times and had multiple relapses for many reasons. The biggest reason being I thought I could still be in control of everything and try to do it all on my own. Which I finally figured out is not a successful path in recovery.

This time I chose to stay in outpatient voluntarily for a place to be around likeminded people and hold myself accountable on a weekly basis in groups which I will be bridging from in a couple weeks. I attend meetings regularly and always keep my ears open to hear things to help benefit me in my journey. I'm in the process of getting a new sponsor right now and have found a guy who has what I'm looking for in my sobriety. I started college last September at 45 years old and absolutely love it, as I'm taking psychology to become a drug and alcohol counselor.

I grew up around addiction my whole life and unfortunately lost my dad to it at 52 years old. And I refuse to let addiction take me away from my 7-year-old son at such an early age. These days I try daily to lead by setting a good example for him. I start my day with the 3rd step prayer and repeat it multiple times throughout the day and do thy will not my own. That has been the biggest key in my sobriety now that I was lacking in the past.

I started typing this by giving the definition for recovery. The action or process of regaining something stolen or lost. My innocence and chances of not being an addict were stolen from me as a very young child and I now fight daily to regain that and to be the best human I can be to be of benefit to others. And to be as honest, openminded and willing as I can in every aspect of my day to day.

-Matt B.

## UPCOMING EVENTS

### 2024 WINTER 12-STEP WORKSHOP

HOSTED BY WILL M.

10 WEEKS STARTING JANUARY 8

MONDAYS | CLUB 215 JAY AVE, 5:30PM

### LEEDS BIRTHDAY NIGHT

SATURDAY, JANUARY 27TH

LEEDS ALANO CLUB, 4034 FLOYD BLVD

5PM - CHIPS AWARDED, POTLUCK TO FOLLOW

SUGGESTED \$3 DONATION

### SERVICE WORKSHOP PANEL

SATURDAY, FEBRUARY 3RD

LEEDS ALANO CLUB, 12-2PM

LUNCH PROVIDED

### UNITY DINNER (HOST - YPAA GROUP)

SATURDAY, FEBRUARY 10TH

MORNINGSIDE LUTHERAN CHURCH

5:00 REGISTRATION, 5:30 DINNER, SPEAKERS TO FOLLOW!



# STEP 1

**“WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—THAT OUR LIVES HAD BECOME UNMANAGEABLE.”**

**The first step of anything is a beginning, so the first step of the Alcoholics Anonymous 12 steps is the beginning of your recovery process. It’s actually really exciting, because it’s the first day of a new life. This is where the healing starts.**

## A 12 Step Poem

I took Step One, began to moan  
I can’t do this one on my own.

I took Step Two, began to pray  
Restore me God, please now, today.

I took Step Three, gave up my will  
Maybe God could love me still.

I took a Fourth, I looked inside  
Nothing more would I hide.

And on the Fifth, I said aloud  
I’ve done some wrong, and I’m not proud.

I took Step Six, and got prepared  
To lose the defects, I was scared.

Now I am at Seven, take them away  
My God, for this I do pray.

And on an Eighth, the list was long  
Amends to make for all the wrongs.

I took Step Nine, put down my pride  
Amends made, I will not hide.

Step Ten I take, each day I pray  
I make amends along the way.

And on Eleven I pray to know  
Each day His will, which way to go.

I take Step 12, I’m like a bird  
To others now, I spread the word.

Resource: <https://www.take12.org/12-step-poem/>



For each and every one of the millions of success stories in AA you will hear repeatedly about responsibility. It is our responsibility to stay involved in sobriety and follow our sponsor’s suggestions. It is our responsibility to actively cultivate and grow willingness. It’s important to grasp that you are not “powerless” completely: you do have the power to engage in a program of recovery, the power to choose not to abuse substances....but you are powerless over drugs and alcohol if you put them in your body.

Acceptance comes when we feel a profound sense of hope and peace in coming to terms with our addiction and recovery. We don’t dread a future of meeting attendance, sponsor contact and step work; instead we begin to see recovery is a precious gift.

It has been my experience that doing the steps has brought me serenity and the welcome realization that AA is not just a program where sick people get well—it is a way of living that is rewarding in and of itself.

Lot’s of people find that once they do Step One, that all manner of help appears! I feel grateful to have a program that expands as I grow. Having a firm foundation in recovery through steps has also given me a welcoming fellowship to accompany me in my journey.

Resource: <https://www.jasonwahler.com/12-steps-of-aa/step-one-of-aa-alcoholics-anonymous>

# District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V. November minutes are below due to an Christmas Party meeting in Dec.

## **DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS November 14th , 2023**

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those presents were Josh M, Bryon W, Christy M, Mike W, Mick M, Sandra M, Stephanie T, Jane S, Russ K, Tony S, Tonya M, Will M, Al F, Levi H, Marjorie, Carla E, Jesse S, Dillion S, Veronica K, Avis B, Rose A, Nathan K, & Jesse V (24 Present)

### OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from October a motion to accept the minutes with corrections was made by Al F and Mike W seconded the motion passed.

TREASURER REPORT: Year to date we have a beginning cash balance of \$5983.50 total income of \$2781.50 total expenses were \$2292.47 so that leaves an ending cash balance of \$6472.53 with \$3000 in prudent reserve leaves us with a total cash balance of \$9472.53.

### COMMITTEE REPORTS

ARCHIVES: Russ went to the area fall conference came back with a better understanding for archiving. 428 cassette tape do not pertain to our District, so they are going to be free for the taking at AA function next Russ will be tackling the flyers.

PI/CPC: Janelle was not in attendance.

CORRECTIONS: Levi has the new application for the jail meeting if you are on the list for going into the please contact either Levi or Tonya to reapply.

TREATMENT: Getting great speakers everything is going very well

INTERGROUP: Next intergroup meeting is November 16th the unity dinner was attended by 90 people and took in \$850, 12 groups donated last month to the central office along with 24 faithful fivers.

LITERATURE: Molly was not in attendance

GRAPEVINE: Grapevine is having a special order an annual subscription for \$28 get a second for \$13.

NEWSLETTER: Anther amazing newsletter for November, Jenn is also looking for ideals and writers for the district voice.

### Old Business

Erin did receive the seed money for the fall 2024 conference.

### New Business

The fall 2024 conference has a treasurer Tony S

A possible Chairperson Rose A and possible speaker chair Will M

### Announcements

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

Back to Basics starts Monday 11-27-2023 6:30pm Club 215 2432 Jay Ave

District 15 Annual Christmas Party Saturday 12-9-2023 5pm Rejoice Church Le Mars Iowa

District 1 Christmas Party Tuesday 12-11-2023 6:30pm Club 215 2432 Jay Ave 6:15pm 2024 fall conference meeting

Jesse V motioned to close the meeting Al F seconded the motion passed the meeting Closed at 7:04 pm with the Lord's prayer.