

# HAPPY, JOYOUS AND FREE

## District Voices

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

### Finding Life by Dying

What kind of title is that? "Finding Life by Dying" - that makes absolutely no sense....or does it?

Have you ever been in a spot where you thought "this is it...I'm done, finished, this is the end of the road"? I have. When I first got to AA, that is exactly what I thought. I genuinely believed my life was over. The fun stops at the rooms of Alcoholics Anonymous. I simply couldn't see a future without a buzz. Well, not a joyful future anyway. No more concerts, no more hockey games, no more parties, no more friends and the list go on and on. I thought I was a dead man walking.

Although I had been 'active' in my faith for 25 years prior coming to AA, I had failed to practice my faith to the degree necessary to stay sober (Big Book page 93). As I reflect on those days, I do believe my motive was generally good, but my self-will was out of control at the same time. I was operating on self-will run riot. I was the actor who wanted to run the whole show...if only people would do as I wished, the show would be great (BB pages 60-61). *That didn't work - at ALL.*

It wasn't until booze beat me down and I came to AA, that I learned just how selfish I was - I was selfish to the core. Sometimes that selfishness showed up as concern for myself, sometimes it showed up in resentments towards other people and sometimes my selfishness masked itself in self-pity (BB page 62). One thing was for sure, I was one sick guy (physically, mentally, and spiritually) - I think our book calls it a pitiful and incomprehensible demoralization (BB page 30).

Oh, "how dark it is before the dawn!" (Bills Story page 8).

I had read in other spiritual books that I needed to "deny myself, pick up my cross and follow Him," and I never fully understood what that meant, or fully applied that to my life. I get it now. Die to self. Die to 'my will.' Die to my little plans and designs for life - die to self. And there seems no way of entirely getting rid of self without His aid (BB page 62).

## 16TH ANNIVERSARY TRI-STATE ROUNDUP

"WE ARE NOT A GLUM LOT!"

March 1-3, 2024

Marriot Riverfront, South Sioux City

[www.siouxcitytristateroundup.com](http://www.siouxcitytristateroundup.com)

Pre-Registrations must be received by

February 28th, 2024

Questions: Contact Will or Toyna M.

**JOIN US!**

## 16<sup>th</sup> Anniversary Sioux City Tri-State Roundup

"We Are Not A Glum Lot"

March 1, 2 and 3rd 2024

New location!  
Marriott Riverfront  
385 E. 4<sup>th</sup> St.  
South Sioux City NE



Fellowship  
Saturday Night  
following meeting

Meals will be  
on your own

Website:  
[www.siouxcitytristateroundup.com](http://www.siouxcitytristateroundup.com)

Questions to:  
Toyna M. 712-898-7761  
Will M. 712-898-7768

Marriott Riverfront, 385 E. 4<sup>th</sup>, South Sioux City NE 68776

\*\*\*\* No one under 11 yrs will be allowed to attend meetings \*\*\*\*

### SPEAKERS & EVENTS

<b>Fri, March 1: 5:00 pm</b>	<b>Registration and Hospitality</b>
7:00 pm	Butch M. - Toronto ON Canada- AA
8:30 pm	Ice Cream Social--Followed by the "Young at Heart AA Meeting"
<b>Sat, March 2: 7:30 am</b>	<b>Hospitality Opens</b>
8:30 am	Sought through Prayer and MEDITATION
10:30 am	Jim C. Fort Dodge IA- AA
1:15 pm	Larry J. and Wyman A. Shirley S. Old Timers Ticketed Call-Up Meeting
3:30 pm	Lisa C., Overland Park, KS- AFG
7:30 pm	Martin A. - Hamilton ON Canada-AA
9:00 pm	Followed by Redeye AA Hosted by a local AA meeting
<b>Sun, March 3:</b>	<b>Hospitality Open</b>
8:00 am	Call up-"God as I understand him" AA Spiritual groups
8:30 am	Chris S. Johnston IA- AA
10:00 am	

# STEP 2

**“CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.”**

**Step 2 can be uncomfortable for some people because it seems to encourage people to believe in God. Those who don't have religious beliefs or who aren't comfortable with the concept of God sometimes balk at this step. However, Step 2 isn't really about God—it's about finding something outside of yourself to inspire you and help you remain sober. Many AA members, religious or not, have found this step useful in finding inspiration and building a drive to achieve or maintain sobriety.**

**To really understand what Step 2 of Alcoholics Anonymous means, you must look at it in comparison to the first step. The first step asks people to admit they are powerless over their desire to drink.**

**This is a difficult thing to do because many who struggle with addiction think that if they could just try a little harder, they could stop drinking or that they just haven't found the right answer yet. Admitting you need help means making yourself subordinate to those who are helping you, at least temporarily, so that they can guide you in the right direction.**

**This is what Step 2 encourages you to do, except it puts the problem onto a spiritual plane. Instead of asking you to allow other people to help you, it asks you to consider the possibility that there's some sort of power greater than yourself that can guide you towards a better life. It then asks you to define for yourself what that power might be so that you can be open to its guidance. Some people find it helpful to talk to a spiritual adviser, an AA sponsor, or a counselor to help them accept and define their higher power.**

Credit: <https://alcohol.org/alcoholics-anonymous/step-2/>

*District Voices, continued from page 1*

By the Grace of God, a sponsor that is willing to tell me the truth in love (hurt my feelings) and the help of the fellowship of AA, most days I can 'die to self' enough to allow the Sunlight of the Spirit into my heart and my head and I am joyful. And when I do that well, I enjoy peace of mind. I find that I can live life successfully and I am aware of His presence in my life. I obviously don't do this perfectly. But I will say that when I am able to surrender, I lose the fear of today, tomorrow and what may happen next week, next month or next year. When I die to self, something amazing happens - I am reborn, and I find life (BB page 63).

Today, I live with joy. I go to concerts, hockey games, parties and have a fellowship of friends better than I could have imagined. I am so grateful for the life that AA has given me!

What about you? How are you doing when it comes to surrendering? How do you die to self so you can find life? I hope to meet you as we trudge the Road of Happy Destiny together (BB page 164).

That's all I to say about that (Forrest Gump 1994 😊).

-Doug K

## 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)