

HAPPY, JOYOUS AND FREE

District Voices

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

Trudge the Road

"As you trudge the road to happy destiny." (pg 164).

Many of us have read this phrase toward the end of page 164. For years this phrase has brought me comfort. I'd like to talk about how my understanding of this phrase has changed throughout my recovery.

The common understanding of the word trudge is to "walk heavily, wearily, or with difficulty." In the beginning of my recovery, trust me, every part of recovery felt heavy, difficult, and I was beyond weary. I felt so broken, crazy, and sad. I'd think how can this work for me? No person in these rooms is as messed up as I am. Wait until they find out how insane I actually am. They don't understand me. Each moment of life felt like I was trudging along, with no true and genuine connection. And happy destiny? You're trying to tell me that my "happy destiny" is to be a drunk who's messed up every aspect of her life? I'd think, "How are these people so happy?"

And then I surrendered. I began turning over my life, my will, and every aspect of my existence to a power greater than myself. I often speak of the night that I legitimately surrendered to my higher power and the immense amount of relief that washed over me. My life began to change in so many ways, as did my understanding of the word trudge.

Another definition of the word trudge was brought to my attention... "To walk with purpose." My recovery transitioned from heavy, difficult, and weary to purposeful, spiritual, and peaceful. The very words that once seemed unrelatable began to guide my daily thoughts and behaviors. Not only did those in the room accept me just as I am, I found that I began to practice acceptance as well. The more spiritually connected I became, the more connected I felt to my fellows in the AA rooms. As I walk with purpose I understand that my higher power has other plans for my "happy destiny." A destiny meant for happiness, acceptance, love, and recovery. -Becca W.

UPCOMING EVENTS

AIM FOR AMES ROUNDUP

MARCH 22-24, 2024 | AMES, IA
QUALITY INN & SUITES, 2601 E 13TH ST.

7TH ANNUAL MOVILLE BIRTHDAY NIGHT

COME CELEBRATE YOUR SOBRIETY B-DAY
TUESDAY, APRIL 16TH | 6:00PM
TRINITY LUTHERAN CHURCH, MOVILLE, IA
TAVERN DINNER PROVIDED, BRING A SIDE

DISTRICT 1 SPRING FROLIC

SPEAKERS, RAFFLE, DRAWING AND BAKE SALE!
SATURDAY, APRIL 20, 2024 | 4PM REGISTRATION
ST. MARK LUTHERAN CHURCH
\$10 SUGGESTED FREE WILL DONATION AT DOOR

MEN'S MIRACLE WEEKEND RETREAT

APRIL 26-28TH
LAKE OKOBOJI METHODIST CHURCH CAMP
21413 154TH ST PL, SPIRIT LAKE, IA
REGISTER BY APRIL 12TH

More info & flyers on local events:
aasiouxcity.org/local_events

"It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them."

- Bill W.

STEP 3

“DECIDED TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.”

Step 3 of Alcoholics Anonymous can be one of the most difficult to grasp. It’s important to understand this step in context. Step 3 is the third of three steps meant to help one give up the illusion that they are in control of their drinking. Many who struggle with alcohol addiction often believe that they can control how much they drink or how they behave while drunk. In a sense, they may deny that they have a problem.

The first 3 steps of Alcoholics Anonymous gradually help shift one’s thinking about their drinking. First, one must admit that they have a problem – that they don’t have the personal power to stop drinking. Then, they must come to terms with the idea of seeking a higher power to help them live a better life.

In Alcoholics Anonymous, the higher power doesn’t have to be God, although many people interpret higher power to mean God. It can be anything that sparks inspiration to achieve a sober life. Then and only then can one turn over their will and life to the care of this higher power.

Credit: <https://alcohol.org/alcoholics-anonymous/step-3/>

3rd Step Prayer

(From the Big Book of Alcoholics Anonymous)

“God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!”

AA TRADITIONS

“The only requirement for membership is a desire to stop drinking.” - TRADITION THREE

Snapshot Inventory:

1. In my mind, do I prejudge some new AA members?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can’t ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

AA Resources

Siouxland Intergroup Central Office
www.aasiouxcity.org

Iowa Area 24
www.aa-iowa.org

Nebraska Area 41
www.area41.com

South Dakota Area 63
www.area63aa.org

Grapevine
www.aagrapevine.org

Big Book Online
www.aa.org/bigbookonline

Twelve Steps and Twelve Traditions
www.aa.org/twelve-steps-twelve-traditions

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS February 13th , 2024

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, Jane S, Russ K, Tony S, Tonya M, Will M, Levi H, Marjorie J, Rose A, Nathan K, Jerry K, Tim L, Sirena M, Mark P & Jesse V (19 Present)

OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from November a motion to accept the minutes was made by Tim L and Jane S seconded the motion passed.

TREASURER REPORT: Year to date we have a beginning cash balance of \$5424.76 total income of \$50 total expenses were \$0 so that leaves an ending cash balance of \$5474.76 with \$3000 in prudent reserve leaves us with a total cash balance of \$8474.76.

COMMITTEE REPORTS

ARCHIVES: Russ had nothing new to report

PI/CPC: Janelle was not in attendance.

CORRECTIONS: New rotation schedule for the women starting in April, Easy to get approved great service work

TREATMENT: Getting great speakers everything is going very well Bill B is helping find speakers

INTERGROUP: Next intergroup meeting is February 15th the center office workshop had 16 people in attendance it was very informative may have it quarterly, the unity dinner had 70 people in attendance and brought in \$600. The next unity dinner is going to be host by the Wednesday night "Where It All Begins" meeting.

LITERATURE: Molly was not in attendance

GRAPEVINE: Stephine T was not in attendance

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

Old Business

Fall Conference Committee meeting 1st Tuesday of the month at 5:30pm Shrine temple, all chair positions have been filled but do need lots of volunteers Looking to do a walk thru with the Alanon.

New Business

Jesse V made a motions to copy last years budget over to this years budget the motion passed, Mark P made a motion to approve the reimbursement of cost of the tickets for the spring conference in Sioux Center for all the committee chairs, the motion passed.

Announcements

-16th annual Sioux City Tri-State Round Up March 1-3 of 2024 Marriott Riverfront 385 E. 4th SSC, NE 68776

-35th annual Sioux Empire Round Up March 8-10, 2024, Ramkota Inn 3200 W. Maple St Sioux Falls SD

-Aim for Ames Roundup March 22-24 2024 Quality Inn & Suites 2601 E. 13th Street Ames IA

-Al-Anon District One Spring Frolic April 20th, 2024, St. Mark Lutheran Church 5200 Glenn Ave Sioux City, IA 51106

-13th Annual Sunlight of the Spirit Weekend: April 19-21, 2024 Best Western 1201 Torgerson Drive Fairmont, MN

-Men's 20th Annual "Miracle Weekend" AA Retreat Friday: Apr. 26th - Sunday Apr. 28th, 2024, Lake Okoboji United Methodist Church Camp, 21413 154th St Pl Spirit Lake, IA

Jesse V motioned to close the meeting, Mike W seconded the motion passed the meeting Closed at 7:11 pm with the Lord's prayer.