

HAPPY, JOYOUS AND FREE

A Century of Sobriety

That's what Benny B and Robert M have combined: 50 years of continuous sobriety a piece. Robert celebrated 50 years of sobriety on March 24th, with Benny not far behind on April 8th. These two "old timers" have a long history together that started before the rooms of AA. They used to drink together and ended up at treatment around the same time. Benny and Robert were some of the first patients admitted to the Chemical Dependency Unit (CDU) in Sioux City at St. Vincent Hospital. Bob was the 24th patient and Benny was the 30th patient to walk through their doors.

Benny's advice to the newcomer, or not-so-newcomer: "No matter what, don't take that first drink", and also..."ALL of us just have today." Robert says the same thing, that it's just one day at a time for all of us. I found that to be powerful, that these two men with 50 years each, had such similar and simple advice. Benny often introduces himself as a "slowly, slowly, slowly recovering drunk".

That simple repeated statement has helped many be reminded it's about the journey and to take it easy.

"Old-timers" like Benny and Bob along with countless more are a unique and critical part of our AA community. They offer a wealth of experience, wisdom, and support to those who are struggling with addiction and trying to find their way in recovery. But most importantly, they offer us hope. Hope that this is not the end of our lives, but a beginning. Hope that we are not alone anymore. Hope that the promises really can come true. And finally, hope that slowly, slowly, slowly...we can be happy to announce ourselves as a grateful recovering alcoholic.

Happy Birthday Benny and Robert, and thank you for your commitment and dedication to this program.

-Jenn B.

UPCOMING EVENTS

DISTRICT 1 SPRING FROLIC & POTLUCK

SATURDAY, APRIL 20

REGISTRATION 4:00 PM | SPEAKERS 4:30 PM

\$10 SUGGESTED FREE WILL DONATION

ST. MARK'S LUTHERAN CHURCH, SIOUX CITY

LEEDS BIRTHDAY NIGHT

SAT, APRIL 27 | \$3 DONATION SUGGESTED

MEETING 5:00 PM | POTLUCK 6:00 PM

LEEDS ALANO CLUB

MEN'S ANNUAL MIRACLE WEEKEND

LAKE OKOBOJI METHODIST CHURCH CAMP

FRIDAY, APRIL 26 - SUNDAY, APRIL 28

REGISTRATION CLOSING APRIL 14TH

20TH ANNIVERSARY STEEL MAGNOLIAS

WOMEN'S MEETING CELEBRATION

FAITH UNITED PRESBYTERIAN CHURCH

SUNDAY MAY 5TH

5:00-7:00 PM DINNER (PULLED PORK)

7:00 PM WOMEN'S AA MEETING

UNITY PIZZA AND CHICKEN DINNER

SATURDAY, MAY 11 | MORNINGSIDE LUTHERAN

REGISTRATION 5:00 PM | DINNER 5:30 PM

SPEAKERS MOLLY K, SIOUX CITY (ALANON) AND

GREG M, SIOUX FALLS (AA) 6:15 PM

SUGGESTED \$5 DONATION

BRING A SIDE OR DESSERT TO SHARE

**detailed event information can be found at your local meetings or www.aasiouxcity.org*

AA TRADITIONS

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” - TRADITION FOUR

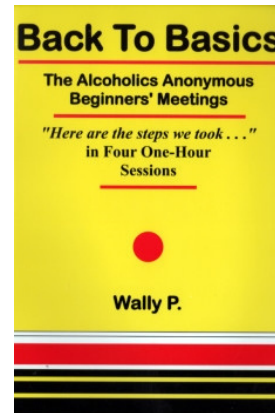
Practice These Principles....

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

Back to Basics Startup!

“Here are the steps we took”

**Four One-Hour Sessions | Mondays 6:30 PM
Club 215, 2432 Jay Ave, Sioux City, IA**



April 29th: Session 1
Overview & Step 1

May 6th: Session 2
Steps 2-4

May 13th: Session 3
Steps 5-9

May 20th: Session 4
Steps 10-12

Bring your Big Book & Back to Basics Book.

***Limited copies of Back to Basics available for sale.**

Please review “The Doctor’s Opinion” and pages 1-43 before the first session.

**Questions? Email us at:
backtobasicssiouxcity@gmail.com**

AA STEPWORK

“Made a searching and fearless moral inventory of ourselves.” - STEP FOUR

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are.

We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

(Alcoholics Anonymous World Service Inc.. Twelve Steps and Twelve Traditions (pp. 42-43). AA World Services, Inc. Kindle Edition.)

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS March 12th, 2024

The Meeting was called to order at 6:30 pm by Alt DCM Will followed by the Serenity prayer. Those presents were Josh M, Christy M, Jenn B, Mick M, Sandra M, Russ K, Tonya M, Rick W, Levi H, Marjorie J, Nathan K, Jerry K, Tim L, Sirena M, Mark P, Al F, Dustin, Rosie & Jesse V (19 Present)

OFFICERS REPORTS

- SECRETARY REPORT: Jesse read the minutes from February a motion to accept the minutes was made by Rick W and Al F seconded the motion passed.
- TREASURER REPORT: Year to date we have a beginning cash balance of \$5374.76 total income of \$120 total expenses were \$38.25 so that leaves an ending cash balance of \$5456.51 with \$3000 in prudent reserve leaves us with a total cash balance of \$8456.51, a motion to accept the treasurer's report was made by Al F and Seconded by Jesse V the motion passed.
- COMMITTEE REPORTS
- ARCHIVES: Russ made a motion to pay the annual rent for the archives room Mark P seconds the motion passed. Russ will be delivering speaker tape to the different club houses around for area so try and give them a new home before donating them.
- 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: Had a couple of no shows but for the most part everything is going well.
- INTERGROUP: Next intergroup meeting is March 21st at the center office 7pm. 16 Groups donated 22 Faithful fiver and 2 birthdays. \$300 was raised from Book sales and donations at the Round Up.
- LITERATURE: Molly was not in attendance
- GRAPEVINE: Stephine T was not in attendance
- NEWSLETTER: Another amazing newsletter for March, Jenn is also looking for ideals and writers for the district voice section.

Old Business

None reported

New Business

None reported

Announcements

- 7th Annual Merville Tuesday Night Birthday Night April 16, 2024, Trinity Lutheran Church 323 S. 4th St Merville 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 19th, 20th & 21st, 2024 Best Western 1201 Torgerson Drive Fairmont, Minnesota
- 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
- 20th Anniversary Celebration for steel Magnolias Women's AA Meeting Sunday May 5th, 2024, Faith United Presbyterian Church 4327 Morningside Ave Sioux City, IA 51106
- SIOUXLAND INTERGROUP QUARTERLY UNITY DINNER hosted by: Where It All Begins Group Saturday, May 11, 2024, Morningside Lutheran Church 700 S. Martha St. Sioux City, IA 51106
- HACYPPIA VIII Heartland Area Conference of Young People in AA May 17-19, 2024 Wyndham Omaha 655 North 108th Ave Omaha NE 68154

Mark P motioned to close the meeting Al F seconded the motion passed the meeting closed at 7:15 pm with the Lord's prayer.