

HAPPY, JOYOUS AND FREE

District Voices

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

Life is what we put into it...

What is life? What is happiness? What is Love? By coming to A.A. I have learned what all these questions are. What they mean to me is that life is what we put into it. Happiness comes from hard work. I had to look into my inner self to find out who I am. When I did this, peace and calmness of mind came to me like a gust of wind. Followed by sunshine. I realized early in recovery that I could not make any excuses for anything. Not one. If I do and I hold that excuse, sooner or later I will act on that excuse and get drunk. By going through the 12 steps, I am finally learning how to live life on life's terms.

The misery, the anger, and the hatred I had drinking was miserable. Not only to myself but to those around me. I destroyed everything in my path. But most, of all I destroyed my inner most self. I had no spirit. No Light. No love. No Peace. No Happiness. This, as I saw it, was not a life. I needed to find a better way. And I did. A.A. showed me how to love. How to be patient and have compassion. A.A showed me how to be peaceful. I could not have done this without asking for help. First, I asked my higher power to relieve me from the anger and the miserable life I was living. *I had to surrender.* I fully did.

I'm not saying that staying sober or recovering is easy. I'm saying that I learned the most by the mistakes. They let me grow. Learn. Move forward. I had to believe in myself, and believe that it was possible. I had to believe that I could do this. That I could accomplish anything if I ask God for help, along with a few friends in A.A. and some outside the program.

Every day I thank God for giving me another day to be alive. To be free from negative emotions. I can say today I am at peace. And you could too, if you believe in yourself.

- By Levi M.

UPCOMING EVENTS

HAWKEYE CLUB MEMORIAL DAY INDOOR PICNIC

MAY 27TH, 9:00-2:00PM (10:00AM - SPEAKER)
POTLUCK TO FOLLOW: HOT DOGS & DRINKS
PLEASE BRING A SALAD/SIDE/DESSERT

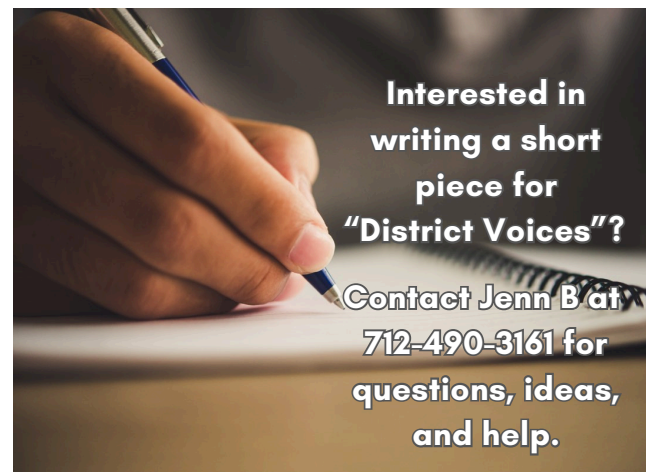
YPAA CAMPFIRE MEETINGS

STARTS MAY 10TH! 7:00PM
(EVERY 2ND FRIDAY OF THE MONTH)
BLACK BEAR CIRCLE, STONE STATE PARK
BYO CHAIR, WATER & BUG SPRAY
ALL ARE WELCOME, COME CHECK IT OUT!

AREA 24 2024 SPRING CONFERENCE "ROOTS OF SOBRIETY"

JUNE 14-16 | DORDT UNIVERSITY, SIOUX CENTER
VIEW FLYER AT:
WWW.AASIOUXCITY.ORG/LOCAL_EVENTS

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



Interested in
writing a short
piece for
"District Voices"?

Contact Jenn B at
712-490-3161 for
questions, ideas,
and help.

AA TRADITIONS

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

- TRADITION FIVE

Practice These Principles...

- 1) Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
- 2) Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- 3) Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4) Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 5) Do I let fear get in my way by not addressing issues in my home group when members are disrupting meetings and getting in the way of our group carrying the message to the still suffering alcoholic?
- 6) Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

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

AA STEPWORK: "FREEDOM IN STEP FIVE

“Admitted to God, to oneself, and to another human being the exact nature of our wrongs.”

- STEP FIVE

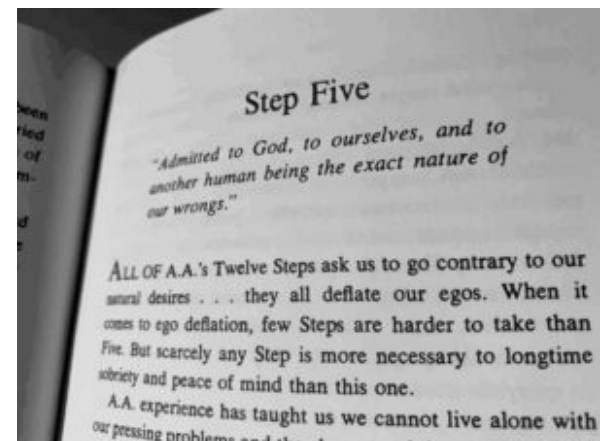
Many people feel great freedom after doing step 5. It's a relief to get all that baggage you've been lugging around out in the open. This is a chance to clear the air internally, and there's a great relief when you finally vocalize everything.

Step 5 is also an opportunity to get to the root cause of your addiction. While it's easy to give it titles like envy, jealousy, anger, or whatever, many people find that it's really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.

Rather than looking at step 5 as a fearful experience, think about how clear your conscience will be once it's done. Many people call it "freedom" and say they experience peace and calm they haven't felt in years.

Theoretically, since this kind of thinking originates from the frontal cortex of the brain, efforts to follow this step effectively exercises the part of the brain responsible for "will power" and can help recovery for that reason alone.

This truly is one of the key steps in recovery, which is why it's the hardest. Yet, it's often seen as the beginning of an entirely new life.



District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS April 9th, 2024

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those presents were Russ K, Janelle B, Rose A, Mick M, Sandra M, Will M, Dean W, Rick W, Sirena M, Stephanie T, Veronica K, Jane S, Tony S, Tim L, Dustin S, Levi H, Bill B, Randy R, Marjorie J, Josh M and Jesse V (22 people present).

OFFICERS REPORTS

- SECRETARY REPORT: Jesse read the minutes from March a motion to accept the minutes was made by Al F and Bill B seconded the motion passed.
- TREASURER REPORT: Year to date we have a beginning cash balance of \$5374.76 total income of \$325.00 total expenses were \$398.25 so that leaves an ending cash balance of \$5301.51 with \$3000 in prudent reserve leaves us with a total cash balance of \$8301.51, a motion to accept the treasurer's report was made by Al F and Seconded by Tim L the motion passed.

COMMITTEE REPORTS

- ARCHIVES: Russ has put the flyers that we have archive into a blinder and will be bring it to the next unity dinner for be to see the history of the unity dinners
- PI/CPC: Janelle both hospitals are using the app to help with people needing information about meetings.
- CORRECTIONS: New schedule for the women is going great, Men's side could use a couple more people.
- TREATMENT: Everything is going well.
- INTERGROUP: Next intergroup meeting is April 18th at the center office 7pm. Seventeen groups donated 30 Faithful Fiver and one birthday. Have been asked to speak at Movable Birthday night.
- LITERATURE: Molly was not in attendance.
- GRAPEVINE: Stephanie T has Grapevines if your meetings are in need, please replenish your meetings supply.
- NEWSLETTER: Anther amazing newsletter for April, Jenn is also looking for writers for the district voice.

OLD BUSINESS

- No old business

OLD BUSINESS

- Fall Conference is getting a good start have 6 people register, please register in advance if your group needs flyers please contact Jesse V, the district will pay for the district chairs registration fee.
- The conference will need a lot of help to be a success **please** come to the next planning meeting May 7th at 5:30pm at Jay Ave if you would like to help. Many hands make light work and these are amazing service work opportunities.
- The Stone State Park Lodge has been reserved for the next Labor Day picnic.
- Don't forget this is an election year so please let your group know they should be talking about GSR and District Chair positions.

ANNOUNCEMENTS

- Back to Basics Mondays 6:30pm at Club 215, 2432 Jay Ave starting April 29th and ending May 20th.
- 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
- HACYPVA VIII Heartland Area Conference of Young People in AA May 17-19, 2024, Wyndham Omaha 655 North 108th Ave Omaha NE 68154
- 89th Anniversary Of AA Founder's Day June 7th-9th Akron, Ohio
- 6th Annual Halfway House Alumni Retreat June 7th-9th Okoboji Lutheran Bible Camp Ingham 1203 Inwan St. Milford, IA
- Area 24 Annual Spring Conference June 14-16, 2024, Dordt University 498 4th Ave. NE Sioux Center, IA
- Cornhusker Roundup XLVII August 16-18, 2024, Liberty First Credit Union Arena 7300 Q St Ralston, NE 68127

Jesse V motioned to close the meeting Al F seconded the motion passed the meeting closed at 7:08 pm with the Lord's prayer.

JOIN US AT OUR NEXT DISTRICT MEETING! JUNE 11, 6:30PM, CLUB 215 JAY AVE.