

HAPPY, JOYOUS AND FREE

Relapse Prevention

Safeguard Recovery By Recognizing Relapse Warning Signs

Some of the ways we can prevent relapse include:

- Stick to your recovery routines. We're not saying you still need to attend weekly therapy, or five meetings a week when you're in longer-term recovery. Rather, be mindful of major changes & be sure to check in with your support network about potential changes.
- Maintain mental and physical health. Work out regularly, eat nutritious foods, get adequate sleep, and drink enough water. These are great ways to maintain your physical & mental health.
- Manage stress levels. That could mean meditating, working out, talk therapy, playing with your dogs, getting outside in nature, taking regular breaks from work, pushing back on extra demands, and reaching out for support.
- Be mindful of old thought patterns. Don't forget that the brain changes in addiction, taking a long time to recover. In times of stress, it is only natural for the brain to remember that we used to cope with stress by taking substances. You don't have to act on that thought and the more you do something more supportive, the closer you are to rewiring your brain to support recovery decisions.
- Stay away from using buddies and environments. Chances are that the only thing you had in common was getting high. That's why it's important to avoid those situations in recovery. Otherwise, you may find yourself feeling comfortable about the prospect of using again, throwing away your hard-earned recovery.
- Be adventurous while maintaining recovery. Believe it or not, boredom is a risk of relapse. That might mean doing the same thing day-in-day-out or feeling like life is mundane and lacking pleasure. While it's important to maintain recovery routines, it's equally important to plan adventures and have new experiences. After all, the point of recovery is to enjoy life!

UPCOMING EVENTS

SERVICE WORK OPPORTUNITY: AREA 24 FALL CONFERENCE COMMITTEE MEETINGS

DATES: 8/16, 9/3, AND 10/1

Where: Abu Becker Shriners, 820 Nebraska Street, Sioux City

INTERGROUP QUARTERLY UNITY DINNER

AUGUST 10 | 5:00 REGISTRATION, 5:30 DINNER
AL-ANON AND AA SPEAKERS TO FOLLOW
MORNINGSIDE LUTHERAN CHURCH

Please come and show your support!

CORNHUSKER ROUNDUP XLVII

AUGUST 16-18

LIBERTY FIRST CREDIT UNION ARENA
7300 Q Street, Ralston, NE 68127

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

"THOSE WHO DO NOT RECOVER ARE
PEOPLE WHO CANNOT OR WILL NOT
COMPLETELY GIVE THEMSELVES TO THIS
SIMPLE PROGRAM, USUALLY MEN AND
WOMEN WHO ARE CONSTITUTIONALLY
INCAPABLE OF BEING HONEST WITH
THEMSELVES"

- *The Big Book of Alcoholics Anonymous*

AA TRADITIONS

“Every AA group ought to be fully self-supporting, declining outside contributions.” - TRADITION SEVEN

The 12 Traditions were created to help A.A. groups maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.).

(The foundation of this inventory is from the A.A. Tradition’s Checklist first published in the A.A. Grapevine)

- Do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can’t afford it yet?
- How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
- Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
- Is a group treasurer’s report unimportant AA business? How does the treasurer feel about it?
- Does my group have a “prudent reserve”? If yes, do I know what that amount is?
- If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

SEVENTH STEP PRAYER

"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."

(Page 13 BB)

MY CREATOR, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding. AMEN

(Page 76 BB)

AA STEPWORK: TIPS FOR WORKING ON STEP SEVEN

“Humbly asked Him to remove our shortcomings” - STEP SEVEN

Step Seven of AA’s Alcoholics Anonymous Twelve Step program of recovery is about getting rid of character defects and replacing them by practicing humility & spiritual principles. Working on the seventh step requires constant thoughtfulness and commitment to being honest, courageous and humble.

If you find yourself struggling with Step 7, you can try some of these tips:

- Shift your mindset from self-reliance to reliance on your higher power.
- Focus on transforming from a self-centered life to a selfless one.
- Accept that you need to practice humility in order to successfully complete Step 7.
- Put your progress ahead of your comfort.

Another helpful tip for working Step 7 is to let this step take as long as it’s going to take. Going into it with a preconceived notion of how long it’ll take to complete will only set you up for disappointment if it ends up taking you longer. Plus, recovery from alcoholism is not a race. It is a self-paced journey that requires reflection, introspection, and radical honesty.

Humility actually shows great strength of character, and it is a great trait to have not just during Step 7 but for the rest of your life.

Stay Humble

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS May 14th, 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, Jenn B, Christy M, Mick M, Sandra M, Will M, Tanya M, Tim L, Nancy D, Levi H, Marjorie J, Josh M and Jesse V (14 people present)

OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from May a motion to accept the minutes was made by Mick M and Sandra M seconded the motion passed.

TREASURER REPORT: Christy read April and May's Treasurer's report a motion to accept the report was made by Jesse V and Jenn B seconded the motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ has been sorting through flyers and getting something put together for the Labor Day picnic.

PI/CPC: Janelle was not in attendance.

CORRECTIONS: Women is going great, Men's side will be getting a new schedule.

TREATMENT: Everything is going well.

INTERGROUP: The next intergroup meeting is on June 20th at the Central Office at 7:00pm.

GRAPEVINE: Stephine T was not in attendance.

NEWSLETTER: Another amazing newsletter for June.

Old Business

The Labor Day Picnic is a go! The shelter house has been reserved. We are now going looking for volunteers to help with the purchasing of food, trash duty, dessert table, food table, grill person, registration and clean up.

New Business

Fall Conference is moving along smoothly. All of the chair positions are assigned, but we still need volunteers to assist the chairs. For this we will be getting sign up sheets ready.

Announcements

- YPAA Campfire Meetings Every 2nd Friday of the month! 5/5/24, 6/14/24, 7/12/24 Time: 7pm Stone State Park Black Bear Circle (near park)
- 4th of JULY CLEAN & SOBER CELEBRATION, 10:30 am Thursday, July 4, 2024, Fellowship Club 1403 Summit St Sioux City
- Cornhusker Roundup XLVII August 16-18, 2024, Liberty First Credit Union Arena 7300 Q St Ralston, NE 68127

Josh M motioned to close the meeting, Jesse V seconded. The motion passed and the meeting closed at 6:50 pm with the Lord's Prayer.