



HAPPY, JOYOUS AND FREE

An 8th Step Story

It must have been about 6 years ago now, when I was placed in a precarious situation! I was sitting at a birthday party at the Dakota Dunes, Wellington Apartments. My granddaughter asked me for money for a pop. At the time, I was playing cards, and answered her in a mean, terse way. When I got home, my wife confronted me and said that I owed her amends. I put it in my inventory box and considered it.

I considered it and made an appointment with my granddaughter and her brother, who were about 8, and 12, at the time. When I showed up, their father and mother asked if they could sit with us during the process.

I asked each of my grandchildren what they felt and thought. As I expected, Anger and Fear dominated our relationship! I stated that what they felt and I heard, was not what I wanted, and gave them permission to correct their grandfather if this should happen again!. I again asked them how they felt, again and was elated that they were happy and agreed to correct me, as best they could! This situation has never happened again, and the relationship the 3 of us have is different from my other 7 grandchildren!

What I did not expect was the comment from my son! He said that he did not even expect me to show up and was very surprised at what I had done with my grandchildren. "This is not the dad that I knew growing up!"

We never know how living and doing the 12 Steps is going to affect those around us! Making amends to my grandchildren, healed some of the pain my son carried!

- Anonymous

UPCOMING EVENTS

CORNHUSKER ROUNDUP XLVII

FRIDAY-SUNDAY, AUGUST 16-18

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

SOBER FLOAT II

FRIDAY-SUNDAY, AUGUST 23-25

SHARP'S CAMPGROUND, VALENTINE, NE
CONTACT: JOSH W. (712) 560-6349

DISTRICT 1 LABOR DAY PICNIC

MONDAY, SEPTEMBER 2

STONE LODGE AT STONE STATE PARK
REGISTRATION: 11:00AM

AA SPEAKER JULIE S. (CEDAR RAPIDS): 12:15PM
BRING A SIDE/SALAD & YOUR OWN CHAIRS

SERENITY OPEN GOLF EVENT

SUNDAY, SEPTEMBER 8

AKRON GOLF CLUB / 9:30 SHOTGUN START
TWO-PERSON TEAMS, LUNCH, AA MEETING

AL-ANON AUTUMN AWARENESS

SAT, SEPT 14, ST MARKS LUTHERAN CHURCH

REGISTRATION 4:00PM

BAKE SALE, LITERATURE DRAWING, CRAFT
RAFFLE, DINNER & GREAT SPEAKERS!!

2024 SERENITY RIDE: FRI-SAT, SEPT 20-21

CHECK MEETING FLYERS OR AASIOUXCITY.ORG
FOR DETAILS

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

AA TRADITIONS

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.” - TRADITION EIGHT

Practice These Principles....

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences, which illustrate the wisdom of this Tradition?

Area 24 Fall Conference Committee Meetings

**Tuesdays: Sept. 3rd, Oct. 1st
Abu Bekr Shriners
820 Nebraska St Sioux City**

If you are looking for service work, please attend the next two committee meetings to get signed up with specific committee and more details!

Needing Volunteers for:

Coffee (Tim L.)

Registration (Russ K.)

Greeters (Rosie S.)

Entertainment (Katelyn M.) (specifically homemade baked pies)

Hospitality (Randy R.)

Set-up / Clean-up

AA STEPWORK, STEP 8

“Made a list of all persons we had harmed and became willing to make amends to them all.” -

“Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake.”- Twelve Steps and Twelve Traditions, p. 77

Before you can rebuild relationships, you need to identify the relationships that were damaged. You get to take responsibility for your own part, not someone else’s, and to clean up your side of the street. This is not a list for you to keep in your head; it’s the kind that you need to put down on paper. Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. You have already catalogued your character defects and moral inventory, and now you’re going to examine some of the same situations from another angle and perspective.

For your 8th Step list you should include every name you think of, even if you’re not sure that you owe any amends in that particular situation. You can put your name on that list, with an awareness that the way we make amends to ourselves is the ongoing process of stopping irresponsible and self-destructive behavior.

When you feel it’s pretty thorough, take the list and break it into 4 categories with your sponsor:

1) People to make amends to now. Once on a good sober footing. 2) People to make partial amends to in order to not injure them or others. 3) People to make amends to later. 4) People we “may” never be able to make direct personal contact.

You’re going to get to practice the principle of courage while working the Eighth Step because you can’t restrict your list only to those amends that you think will turn out OK. Remember to be incredibly honest, even if what you discover in the truth is painful to accept. As one of the AA old timers in my home group liked to say “The truth is gonna set you free, ...but at first it may sting a little bit.”

<https://www.jasonwahler.com/12-steps-of-aa/step-eight-of-aa-alcoholics-anonymous>

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

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

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those present were Stephanie T, Jenn B, Christy M, Levi H, Bill B, Nathan K, Tim L, Tony S, Jane S, Veronica K, Marjorie J, Rick W, Rose A, Mick M, Molly K, Brandi S, Russ S, Josh M, Will M, Tonya M, and Jesse V. (22 people present)

OFFICERS REPORTS

- SECRETARY REPORT: Jesse read the minutes from June. A motion to accept the minutes was made by Tim H. Bill B seconded and the motion passed.
- TREASURER REPORT: Christy read the June Treasurer's report. A motion to accept the report was made by Tim H and Jesse V seconded. The motion passed.

COMMITTEE REPORTS

- ARCHIVES: Russ has been sorting through flyers and getting something put together for the Unity Dinner.
- PI/CPC: Janelle was not in attendance.
- CORRECTIONS: Women's side is going great, Men's side going great.
- TREATMENT: Everything is going very well with great speakers. We need to get bridge the gap rolling.
- INTERGROUP: Next intergroup meeting is July 18th at the center office 7pm. Intergroup is hosting an informational panel luncheon Aug 3rd at Noon at Jay Ave.
- LITERATURE: Filling racks every other month seems to work best on the need.
- GRAPEVINE: July is the annual prison issue. Please help with recycling old issues and give them to Stephanie or drop off at your local Club Houses!
- NEWSLETTER: Another amazing newsletter for July with a great topic on summer relapse prevention. If you would like to be part of the newsletter's district voices, please contact Jenn B at copluv915@gmail.com

Old Business

Labor Day Picnic is a go! Julie S, our Area Delegate, will be the speaker. Erin Z has a signup sheet for volunteers to help with Purchasing the Food for Grilling, Trash, Dessert Table, Food Table, Grill Person, Registration and Clean up.

New Business

Jesse made a motion to reimburse Russ S for the archive workshop in Des Moines. Mick M seconded and the motion passed. Fall Conference is moving along smoothly. All chairs are assigned but still need volunteers to help. The chairs will be getting signup sheets ready.

Announcements

- YPAA Campfire Meetings, Every 2nd Friday of the month! 8/9, 9/13, Time: 7pm
Where: Stone State Park Black Bear Circle (near park) Bring Your Own Water, bug spray & Chairs
- Siouxland Intergroup SERVICE WORKSHOP PANEL Saturday, August 3, 2024 Club 215 2432 Jay Ave Sioux City, IA 51106
- Cornhusker Roundup XLVII August 16-18, 2024, Liberty First Credit Union Arena 7300 Q St Ralston, NE 68127
- DISTRICT 1 LABOR DAY PICNIC, Monday, September 2, 2024, Stone State Park at Stone Lodge
- Serenity Open Golf Event Sunday, September 8, 2024, Akron Golf Club 941 Country Club Dr. Akron, IA
- Autumn Awareness, Sept. 14, 2024, St. Mark's Lutheran Church 4pm ~ Registration
- 2024 SERENITY RIDE, Friday & Saturday, September 20-21, 2024, Friday 7pm Bonfire Meeting Saturday, Please Read flyer

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