



HAPPY, JOYOUS AND FREE

District Voices

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

Service Work

After many 24 hours in the program, have finally realized that one of the most significant factors in staying sober is service work.

The daily reflection for September 27th says, "without reservation and expectation." These are words I want to encompass.

Accomplishing this is accessible on some days and monumental on others. Doing the next right thing always pays off in an experience or a result that benefits my life.

What has been freely given to me is necessary to give away without reservation or expectation.

It can be as simple as making coffee or consistently attending a meeting. These are not arduous tasks but necessary ones to keep the ego (edging out God) in check and to remember that by the grace of God, there goes I.

Without AA, living up to the potential of a selfless life would be far from reach. Remembering to give freely and often. When self-pity or self-deprecation comes to mind, there is a program that lifts us out of the darkness and into the light by helping others, be it by sponsoring, giving time to AA members, friends, family, or a conversation with a random stranger in a store. This will keep sobriety front and center for today!

As we know, all we have is today.

- Lisa J.

UPCOMING EVENTS

IOWA WOMEN'S LUNCHEON

HILTON GARDEN INN, DES MOINES, IA

SUNDAY, OCTOBER 20TH

11:30 OPEN, 12:30 LUNCH, 1:30 SPEAKERS

\$38 REGISTRATION, INCLUDES PLATED LUNCH

NW IOWA 41ST PRE-WINTER RALLY

LAKESHORE CENTER, MILFORD, IA

NOVEMBER 1ST-3RD

REGISTRATION: WWW.PREWINTERRALLY.ORG

QUARTERLY UNITY DINNER

MORNINGSIDE LUTHERAN CHURCH

SATURDAY, NOVEMBER 9TH, 5:00 PM

FIESTA TACO BAR, BRING A SALAD OR DESSERT

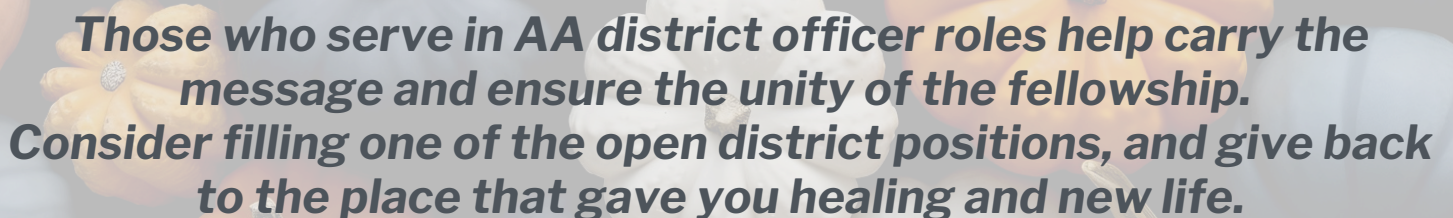
AA AND AL ANON SPEAKERS TO FOLLOW MEAL

DISTRICT 1 MEETING AND ELECTIONS

CLUB 215, JAY AVE, SIOUX CITY

TUESDAY, NOVEMBER 12TH, 6:30 PM

**Due to limited space, detailed event information can be found at your local meetings or www.aasiouxcity.org*



Those who serve in AA district officer roles help carry the message and ensure the unity of the fellowship. Consider filling one of the open district positions, and give back to the place that gave you healing and new life.

STEP10

“WE CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.”

“Step Ten is a means of continuing to check ourselves. It is a practice of personal inventory that helps us to keep our lives in balance.”

“the best thing about the inventory is that it helps us remain aware of our character defects.”

- Twelve Steps and Twelve Traditions

STEP 10 : Embracing Accountability

This step is crucial for maintaining sobriety and promoting personal growth. Regular self-reflection helps individuals identify negative patterns and triggers, allowing for early intervention before issues escalate.

Admitting mistakes fosters accountability and honesty, essential for rebuilding trust in relationships. This openness not only strengthens connections within the recovery community but also enhances personal relationships.

Moreover, practicing Step 10 serves as a proactive measure against relapse, empowering individuals to address challenges head-on. Ultimately, this step reinforces that recovery is an ongoing journey, emphasizing the importance of self-awareness and emotional resilience in leading a fulfilling, sober life.

TAKE THE STEP....

Readings - BB: Pgs. 84-85 / 12&12: Pgs. 85-95

In your Personal Relationships: Provide at least one example (more if applicable) of an action you took today to look at the condition of your personal relationships and recognized any missteps taken, harms done, and amends made.

At Work: Provide at least one example (more if applicable) of an action you took today to look at the condition of your work relationships and recognized any missteps taken, harms done, and amends made.

With God and A.A.: Provide at least one (1) example (more if applicable) of an action you took today to look at the condition of your relationship with God and A.A. and recognized any missteps taken, harms done, and amends made.

STEP CHECKLIST:

- 1. Am I willing to pause throughout my day, and do a spot-check inventory on my feelings and emotions recognizing disturbances in all areas of my life?*
- 2. Am I willing to make this part of my daily routine?*
- 3. When taking my daily inventory, if I find that I have caused some harm, acted in a way that God would not want me to, or harbored ill-feelings toward another - am I willing to make the immediate amends necessary to keep myself in fit spiritual condition?*
- 4. Because it is easy to fall back into a life of pride and self-justification, am I willing to look at my daily successes (as I did my defects) and ensure that credit is given where it is due?*
- 5. Am I willing to, day in and day out, be tested to see if I can remain emotionally stable, sober and live humbly (with a desire to seek and do God's will)?*
- 6. Am I willing to silence all volatile emotions, build my character and promote a positive way of life for myself and others today?*

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS September 10th , 2024

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those present were Josh M, Lisa T, Al F, Bill B, Jane S, Tony S, Marjorie J, Tim L, Mick M, Jerry K, Kathy B, Jenn B, Christy M, Bryon W, Tonya M, Sandra M, Will M and Jesse. (16 people present)

OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from July a motion to accept the minutes was made by Tim L and Al F seconded the motion passed.

TREASURER REPORT: Christy read the August's Treasurer's report YTD Cash Balance was 6117.48, our total income this month was 56.00, total expenses were 0, giving us an end cash balance of 6173.48 with 3000 in prudent reserve the available cash balance is 9173.48, a motion to accept the report was made by Jenn B and Al F seconded the motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ is going to the National Archive's conference in Des Moines

PI/CPC: Janelle was not in attendance

CORRECTIONS: Levi has a flyer circulating to get more men on the roster for the men's side. The women's side is going great. We are waiting to see when the new jail will be opening

TREATMENT: Nathan K has stepped down as treatment chair and Will M was nominated and accepted the chair position.

INTERGROUP: Next intergroup meeting is September 19th at the center office 7pm.

GRAPEVINE: Steph not in attendance

NEWSLETTER: Another amazing newsletter for August, if you would like to be part of the newsletters district voices, please contact Jenn B at copluv915@gmail.com

LITERATURE: Molly not in attendance

Old Business

The annual Labor Day Picnic was a success around \$500 was raised.

New Business

- District 1 will host the next unity dinner November 9th, and the menu will be taco fiesta
- Budget for next year will be table till next month
- Jesse made a motion to pay for our Archive officer's room, parking, and mileage of .42 cents a mile to the National Archive's Conference

Announcements

- Back to Basics September/October 2024 6:30pm Mondays Club 215 2432 Jay Ave. Sioux City, IA, 9/30 Session 3: Steps 5-9, 10/7 Session 4: Steps 10-12
- Area 24 Fall Conference Committee Meeting 10-01-2024 Abu Bekr Shriners 820 Nebraska St Sioux City, IA
- 19th ANNUAL STEPPING STONES TO SERENITY Sat, Oct 5, 2024, 8am-1pm St. Martha's Episcopal Church 780 Pinnacle Dr. Papillion, NE
- AREA 24 FALL CONFERENCE October 11 - 13, 2024 Abu Bekr Shriners 820 Nebraska St Sioux City, IA
- Iowa Women's Luncheon Sunday, October 20, 2024, Hilton Garden Inn Des Moines/ Urbandale 8600 NorthPark Drive Johnston, IA, 11:30 doors open; 12:30pm Lunch served; 1:30pm Speakers FEE; \$38 per person, includes plated lunch
- NORTHWEST IOWA 41ST PRE-WINTER RALLY November 1-3, 2024 Lakeshore Center Okoboji 1864 HWY 86 Milford, IA

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.