



HAPPY, JOYOUS AND FREE

District Voices

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

...And For That I Am Grateful

November, the month known inside and outside of the rooms as the traditional "Month of Gratitude." But what about, "prayer and meditation," and the improved seeking of God's will, as is outlined in Step 11; or the concepts of "attraction rather than promotion," and "personal anonymity at the public level," from our 11th tradition? Is there some way to tie all these things together? For this alcoholic, the answer is *definitely!*

Before being able to make that last statement, I had to learn a few key things, or should I say *un-learn* some key things. First, I had to learn what gratitude meant. I had lived for so long under the guise of gratitude meaning the same thing as happiness, which was something I had come to believe I didn't deserve. Second, I needed to find the willingness to accept the simple fact that maybe, *just maybe*, I didn't know everything, and this concept of prayer just might be helpful in my life. Of course, that meant I would have to also give the whole God idea some valid consideration, too. Finally, and this is where one of my biggest obstacles was, I had to "drop the act," and let those around me see the real me.

I don't remember who said it, or what meeting I heard it at, or even how many times before it had been said in my presence. One day the words, "baby steps," were part of someone's share, and it echoed in my head like thunder. Suddenly it became crystal clear that the only way I was going to change anything that needed to change, was by taking a "baby step."

For me, that was when my recovery truly began. Those 2 simple words set me on a path of willingness to try new ideas - *healthy ideas!*

Through that willingness, I was blessed with the gift of reflection. There I was able to see how prayer was working, I was feeling truly happy! Surprisingly, giving in to the idea that others in the Fellowship, or even my sponsor, might have better ways to handle situations, turned out to be intensely liberating! The stress of control was all but gone! Letting go of the person I wanted you to see, and embracing the person I really am, however, is where I think the greatest reward has been found.

Today, I can honestly say that my days start and end with prayer to a God that I will never understand, but desire to be closer to. Meditation is slowly becoming more and more frequent. Listening to, and following, suggestions has become much easier. Being vulnerable inspires me to want to become a better person. The recognition and praise I once thought provided me with purpose and stature are no longer the basis of success. Each day, I get just a little closer to being completely, "happy, joyous, and free," ... and for that I am grateful!

Yours in Recovery - Bill B.

UPCOMING EVENTS

SUNRISE ATTITUDE ADJUSTMENT 36TH ANNUAL THANKSGIVING MEETING

NOVEMBER 28, 6:30 AM

SHRINERS TEMPLE, 820 NEBRASKA STREET
COFFEE, DONUTS, AND FELLOWSHIP!

LEEDS BIRTHDAY NIGHT

MONDAY, NOVEMBER 27TH - SESSION 1

LEEDS ALANO CLUB, 4034 FLOYD BLVD

5PM MEETING, 6PM POTLUCK

MONTHLY AND YEARLY CHIPS PRESENTED
(\$3 SUGGESTED DONATION)

DISTRICT 1 DECEMBER MEETING

TUESDAY DECEMBER 10TH

CLUB 215, JAY AVE, 6:30-7:30 PM

OLD TIMERS, NEW TIMERS, AND EVERYONE
IN BETWEEN WELCOME!



STEP 11

“WE SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.”

Now we ask what we can do to make the lives of those around us better as a service to our fellows. As we begin to fortify contact with our Higher Power, our true selves are slowly revealed.

11th Step Prayer

“Lord, make me an instrument of thy peace. That where there is hatred, I may bring love. That where there is wrong, I may bring the spirit of forgiveness. That where there is discord, I may bring harmony. That where there is error, I may bring truth. That where there is doubt, I may bring faith. That where there is despair, I may bring hope. That where there are shadows, I may bring light. That where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted. To Understand, than to be understood. To love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen.”

TRADITION 11

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” - TRADITION ELEVEN

The 12 Traditions were created to help each A.A. group 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 Tradition 11:

1. *Do I sometimes promote AA so fanatically that I make it seem unattractive*
2. *Am I always careful to keep the confidences reposed in me as an AA member*
3. *Am I careful about throwing AA names around—even within the Fellowship*
4. *Am I ashamed of being a recovered, or recovering, alcoholic?*
5. *What would AA be like if we were not guided by the ideas in Tradition Eleven*
6. *Where would I be?*
7. *Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?*



District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS October 8th , 2024

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those present were Rose A, Bryon W, Veronica K, Levi H, Josh M, Russ K, Al F, Molly K, Jane S, Tony S, Marjorie J, Tim L, Mick M, Jerry K, Kathy B, Jenn B, Christy M, Sandra M, Will M and Jesse. (21 people)

OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from September. A motion to accept the minutes was made by Al F and Molly K seconded, the motion passed.

TREASURER REPORT: Christy read the September Treasurer's report: YTD Cash Balance is 6173.48, our total income this month was 834.80, total expenses were 346.49, giving us an end cash balance of 6661.79 with 3000 in prudent reserve. The available cash balance is 9661.79. A motion to accept the report was made by Jesse V and Molly K seconded, the motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ went to the National Archive's conference in Des Moines, district paid for all his expenses, he had an amazing time and learned a lot.

PI/CPC: Janelle was not in attendance

CORRECTIONS: Both sides are going well, just waiting to get into the new jail to take the message to the inmates.

TREATMENT: Everything running smoothly, all the slots filled

INTERGROUP: Next intergroup meeting is October 17th at the center office 7pm.

GRAPEVINE: Subscriptions are down but all is fine

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

LITERATURE: Filled racks twice a month

Old Business

Jesse V and Molly K will head up the food preparation for the unity dinner.

New Business

Jesse V made a motion to copy the 2024 budget over to the 2025 budget. Josh M accepted the motion and Tim L seconded, the motion passed

District 1 Nominations for 2025:

Officers

DCM - Josh M
Alt DCM - Jesse V
Secretary - Molly K
Treasurer - Needed

Chairs

Archives - Russ K, Stands
PI/CPC - Needed
Corrections - Tonya M & Levi H, both Stand
Treatment - Will M, Stands

Grapevine - Stephanie T, Stands
Newsletter - Jenn B, Stands
Literature - Needed

Announcements

NORTHWEST IOWA 41ST PRE-WINTER RALLY "Principles Before Personalities" November 1-3, 2024, Lakeshore Center Okoboji
Siouxland Intergroup Quarterly Unity Dinner, Hosted by: District 1, Saturday, November 9, 2024, 5pm, Morningside Lutheran Church
District 1 Pizza Party & Elections November 12th , 2024, 6:30 pm Club 215

Sunrise Attitude Adjustment A.A. Group 36th Anniversary Thanksgiving Morning: 6:30am Thurs., Nov. 28, 2024 Shriners Temple

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