



# HAPPY, JOYOUS AND FREE

## District Voices

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

### The Power of Love in AA

In Alcoholics Anonymous, love is not an abstract concept; it is a powerful force that shapes the foundation of recovery. For some in the program, the idea of love can be intimidating at first. It often feels like a vulnerable and unfamiliar territory, something we may have shut ourselves off from during our years of active addiction. But, love is the key that unlocks the doors to healing and transformation. We connect with each other in a way we never have before. For me, AA is my home, “my people” and I never have to be alone.

On this journey I’ve witnessed how love in AA is expressed through simple, everyday acts—whether through a kind word, a compassionate listening ear, or the willingness of members to share their experience, strength, and hope. These acts give me the strength to keep going, even when I don’t feel like it.

Love in AA is never about perfection or judgment; but acceptance and understanding. What is most powerful to me is that the love I have experienced in this program is unconditional. It’s the compassion of a friend guiding me through tough times, or the embrace of a group welcoming a newcomer—or someone returning. Welcome home, my friend. This love doesn’t expect anything in return; it simply offers support and presence, without trying to control or change anyone. This acceptance has allowed me to feel safe enough to be vulnerable, to share my struggles openly, and, in turn, to grow. I’ve seen how shame begins to melt away when we are able to share our stories in a safe space.

One of the most powerful ways I’ve experienced love in AA is through service work. Reaching out to help another alcoholic has been a way of reinforcing the truth that none of us are alone in this journey. In offering my hand, I find strength and healing for myself. Through service, the love I receive is multiplied, and it deepens my connection with this beautiful community that has supported me. I’ve come to realize that the more I give, the more I receive. This is a cycle that can strengthen us all.

For me, love is a power that is an integral part of Alcoholics Anonymous and creates an environment in which healing can happen. It is through love—given and received—that we find the strength to heal, grow...and live happy, joyous and free.

–Jenn B (Lawton, IA)

## UPCOMING EVENTS

**26TH ANNUAL WINTER RALLY**  
**STARLITE VILLAGE BEST WESTERN**  
**FORT DODGE, IA**

JANUARY 18TH & 19TH, 2025

\$28 REGISTRATION AT THE DOOR

**17TH SIOUX CITY TRI-STATE ROUNDUP**  
**MARRIOTT RIVERFRONT, SOUTH SIOUX, NE**

FEBRUARY 28, MARCH 1 AND 2, 2025

REGISTRATION:

[WWW.SIOUXCITYTRISTATEROUNDUP.COM](http://WWW.SIOUXCITYTRISTATEROUNDUP.COM)

**SIOUXLAND INTERGROUP**  
**INTERGROUP OFFICE**

THIRD THURSDAY OF EVERY MONTH, 7:00PM

NEXT MEETINGS: JANUARY 18 & FEBRUARY 20TH

**DISTRICT 1 MEETING**

**CLUB 215, JAY AVE, SIOUX CITY**

TUESDAY, FEBRUARY 11TH, 6:30 PM

*\*Due to limited space, detailed event information can be found at your local meetings or [www.aasiouxcity.org](http://www.aasiouxcity.org)*

*“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” – Bill Wilson*

# STEP 1

**“WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—THAT OUR LIVES HAD BECOME UNMANAGEABLE.”**

**The first step of anything is a beginning, so the first step of the Alcoholics Anonymous 12 steps is the beginning of your recovery process. It's actually really exciting, because it's the first day of a new life. This is where the healing starts.**

## *The First Step*

*I came to AA with a broken heart,  
Admitting I was lost, torn apart.*

*Step One was a challenge*

*I could not deny,*

*To say I was powerless, to stop the lie.*

*It wasn't easy, the truth was hard,*

*But in that moment, I lowered my guard.*

*The first step was the hardest to take,*

*But it was the only way*

*to start my escape.*

*Now I stand with a clearer mind,*

*No longer bound, I'm no longer blind.*

*The first step was just the beginning, you see,*

*And in my surrender,*

*I found the key.*

## TAKE THE STEP....

Readings - BB: Pgs. 30-43 / 12&12: Pgs. 21-24

**In your Personal Relationships:** List three examples of how your personal relationships have become unmanageable as a result of your behavior (prior to getting sober – or in sobriety).

**At Work:** List three examples of how your work relationships have become unmanageable as a result of your behavior (prior to getting sober – or in sobriety).

**With God and A.A.:** List three examples of how your relationship with God and my participation in A.A. has become unmanageable as a result of your behavior (since getting sober).

### STEP CHECKLIST:

1. *Have I ever tried to prove unsuccessfully that I can drink (think) like normal drinkers (thinkers)?*
2. *Is my life unmanageable as a result of my drinking (thinking)?*
3. *As a result of my drinking (thinking), have I ever felt “pitiful and incomprehensible demoralization?”*
4. *Have I tried various ways to stop to no avail?*
5. *Do I understand that recovery can't be done alone, and do I acknowledge that I need help?*
6. *Does/did life ever get so unbearable I think/thought the only way to deal with it is to get drunk? Do/did you have the phenomenon of craving?*
7. *Have I ever thought, “I just don't know how to deal with life?”*
8. *Do I have consequences from my drinking (thinking)?*
9. *Am I willing to accept that something is wrong in my life and that I no longer have control?*
10. *Have I admitted to my inner most self that I am an alcoholic?*

# District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS November 12, 2024

The Meeting was called to order at 6:30 pm by DCM Erin Z followed by the Serenity prayer. Those presents were 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, Stephanie T, Dan P and Jesse V. (20 people present)

## OFFICERS REPORTS

SECRETARY REPORT: Jesse read the minutes from October a motion to accept the minutes was made by Jenn B and Molly K seconded, the motion passed.

TREASURER REPORT: Christy read the October Treasurer's report, a motion to accept the report was made by Tim L and Molly K seconded, the motion passed.

## COMMITTEE REPORTS

ARCHIVES: Russ is working on sorting through oral interviews and history

PI/CPC: Janelle was not in attendance

CORRECTIONS: Area 24 meeting for corrections chair states the pink can fund is very low, less than \$1000 in the account but have \$1500 in asks for literature. Please see if your group will start passing the pink can if not already doing this. Could use a couple more men on the roster for men's jail meeting.

TREATMENT: 14 to 15 meetings a month, 100% cover at least 2 men sharing the message

INTERGROUP: Next intergroup meeting is November 21st at the center office 7pm. Unity dinner was attended by 85 to 90 people and helped raise \$1000! In need of a hotline chairperson. Voting on intergroup potions next meeting. Looking to fill the quarterly unity dinner setup for 2025

GRAPEVINE: Stephanie is stepping down everything is good great.

NEWSLETTER: Need get people lined up for the district voice, if you would like to please contact Jenn B at copluv915@gmail.com

LITERATURE: Molly stepping down to take different position

## Old Business

The new positions are as follows:

### Officers

DCM – Josh M

Alt DCM – Jesse V

Secretary – Molly K

Treasurer – John H

### Chairs

Archives – Russ K Stands

PI/CPC – Erin Z

Corrections – Tonya M & Levi H

Treatment – Will M

Grapevine – Dan S

Newsletter – Jenn B

Literature – Stephanie T

## New Business

The holiday party will be at the next District Meeting

## Announcements

26th Annual WINTER RALLY, Jan. 18 & 19, 2025 Starlite Village Best Western Motel of Iowa, JCT HWYs 7 & 169, Fort Dodge IA

17th ANNIVERSARY SIOUX CITY TRI-STATE ROUNDUP, February 28- March 2, 2025, Marriott Riverfront 385 E. 4th, South Sioux City, NE

31st Annual SUNLIGHT OF THE SPIRIT WEEKEND, April 25, 26, & 27, 2025 Fri-Sun, Best Western, 1201 Torgerson Drive, Fairmont, MN

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.