

HAPPY, JOYOUS AND FREE

District Voices

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

Turning It Over...

As I reflect on what to write about for this month's Districts Voices I can't stop thinking of the third step: *Made a decision to turn our will and our lives to the care of God as we understood Him.*

Last spring my mom went in for a routine physical, which included a chest x-ray. The x-ray showed a mass, which meant a CT scan was next. The CT scan results then meant a biopsy needed to be done. My mom chalked all this up to a money grab and was not concerned one bit. I was optimistic but knew that a biopsy usually wasn't a good sign.

As we waited for the biopsy results to come back my mom called in the middle of the night complaining of severe abdominal pain and wanting to go to the ER. When we got to the ER they couldn't find any reason for the pain, but her sodium was very low, and she would need to be admitted to fix that.

During her stay in the hospital the oncology doctor visited with the news that the mass was a cancerous tumor, and my mom would need to start radiation and chemo treatments. At that very moment I began to think of all the ways this would impact my life in a negative way. As the squirrels in my mind ran amok, it finally dawned on me to turn it over, so I said a prayer asking for God to take control of this situation and the help me to accept the outcome.

Well, here is the outcome: My mom went through six weeks of daily radiation treatment with chemo once a week. My mom had no adverse reactions to the treatment, and the tumor shrank! She is now on a once-a-month immunotherapy, which, God willing, will get rid of the rest of the tumor. She has the quality of life back that she had in her 50s. She used to call me daily for help. Now I call her because she is Ms. Independent.

Just goes to show God has the plan!

- Jesse V.

UPCOMING EVENTS

AIM FOR AMES ROUNDUP

"FOLLOW THE PATH"

QUALITY INN & SUITES

2601 E 13TH ST, AMES, IOWA

MARCH 28TH - MARCH 30TH

WWW.AIMFORAMES.ORG

INTERGROUP UNITY DINNER

HOSTED BY SIOUXLAND INTERGROUP

MORNINGSIDE LUTHERAN CHURCH

SATURDAY, MARCH 29TH

REGISTRATION: 5PM, DINNER 5:30

Speakers to follow.

AL-ANON SPRING FROLIC DINNER

ST. MARKS LUTHERAN CHURCH

SATURDAY, APRIL 12TH, \$10 DONATION

REGISTRATION 3:30

SPEAKERS AND POTLUCK TO FOLLOW

MEN'S 22ND ANNUAL "MIRACLE

WEEKEND" AA RETREAT

"DISCOVER YOUR MIRACLE"

OKOBOJI UNITED METHODIST CHURCH CAMP

APRIL 27TH - APRIL 29TH

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

STEP 3

“MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.”

What can I surrender in this step?

- **The person I was before taking these Steps.**
- **My belief that I know better than God what is right for me.**

Decisions resolve conflicts. For many, Step 3, turning over the drinking problem to God, was easier than giving up other areas of control. This step shifts our mindset, moving from reflection into action, aligning our will with our Higher Power. It requires continuous action, unlike the first two steps focused on reflection. Step 3 solidifies our faith, allowing us to act on it and trust our Higher Power.

The Third Step Prayer asks us to offer ourselves so God can work through us, relieve us from self, and remove our difficulties to help others see His power. It's like taking a car to a mechanic who fixes it, trusting they'll return it in good working order.

The spiritual life isn't a theory; it's about living it. By practicing these steps, we lay the foundation for a personality change that leads to recovery. Faith doesn't take away pain but walks through it with us.

Source: <https://www.takethe12.org/s3/>

Ask a Sponsor..

In this section, experienced sponsors share their insights to help both newcomers and those in long-term sobriety navigate their journey with the strength and encouragement of the AA fellowship.

*This month's question:
How do I know if I've truly turned my will and my life over to the care of God?*

Answer: It's normal to wonder if you've truly made the decision to turn things over to a Higher Power, especially when facing challenges. The key is in your actions. Turning it over doesn't mean you'll stop feeling fear or anxiety—it means you stop trying to control everything and allow space for faith to guide you. It's about letting go of the need to manage outcomes and trusting that you're being supported. As you practice Step 3, you'll notice a shift—less worry about what you can't control and more peace in trusting that God, as you understand Him, is guiding you. It's a daily decision, not a one-time event, and it often gets clearer with time and practice. Keep taking it one step at a time, and trust that your Higher Power will show you the way.



District 1, Area 24 Meeting Minutes

Respectfully submitted by Molly K.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS February 11th, 2025

The Meeting was called to order at 6:30 pm by DCM Josh M. followed by the Serenity prayer. Those present were Erin Z., Lori W., Marjorie J., Levi H., Molly K., Brandi S, Rick W., John H, Kathy B., Daniel S., Steph T., Veronica K., Tonya M., Sandra M., Mick M. Pat, Russ, Larry J. (19 people present)

OFFICERS REPORTS

SECRETARY REPORT: Molly read the minutes from January 2025. A motion to accept the minutes as read was made by Brandi and seconded by Levi. The motion passed.

TREASURER REPORT: John read the Treasurer's report. A motion to accept the minutes as read was made by Brandi and seconded by Erin. The motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ gave report. He is recruiting committee members. He currently only has 1 committee member. He is wanting to have 4 subcommittees.

PI/CPC: Erin gave report. Erin and Rick had a booth at the Health Fair on 1/25/25. Erin paid \$60 and will need to pay the remainder of cost of \$15. She is hoping to have a booth at Multicultural Fair in March. Erin is also looking for committee members.

CORRECTIONS: Tonya reported she has added 2 women to schedule. Tonya will put out the new schedule for women to go into jails 1st week in April. If any women are interested in being put into the rotation, they should see Tonya. Levi reported the schedule for men going into to jails is out. He is always taking new men to be added to rotation.

TREATMENT: Will not present. Tonya reported everything is running smoothly.

INTERGROUP: Veronica reported the 1st quarter Unity Dinner is planned for 3/29/25, refer to flyer. A hotline chair is needed.

GRAPEVINE: Dan reported that he would like to have a table to sell Grapevines at the next Unity Dinner.

NEWSLETTER: Jenn not present but had distributed recent District newsletter. Please distribute to your groups. If anyone is interested in contributing to the District Voices, please submit your articles to Jenn B at copluv915@gmail.com.

LITERATURE: Steph reported there are 9 places that she provides literature to and she has been able to deliver to 5 places this month. She stated she has given representatives of places her contact information if they are needing anything.

Old Business

Larry J presented on his hopes for this year's Labor Day picnic as it was the 25th Anniversary of event. He gave history of event. He was suggesting that it be a day event and that it be family friendly. He has ideas for food and schedule for the day. It was agreed that Larry could lead the planning for Labor Day picnic. Once Functions Committee chair is found that Larry would work with Committee Chair. Larry offered to reserve Stone Park Lodge and it was suggested that John, treasurer do so as it is done online. He agreed to do so.

Debit card was discussed again and it the consensus that we would still like to know how other Districts handle this. It was decided to continue table this until issue arises.

Announcements

- 17th Anniversary Sioux City Tri-State roundup – 2/28-3/2 at Marriott Riverfront, 385 E 4th St, South Sioux City, NE.
- Please see new Flyer as the schedule has changed.
- 31st Annual Sunlight of the Spirit weekend – 4/25-4/27 at Best Western, 1201 Torgerson Dr, Fairmont, MN
- Unity Dinner – March 29. Registration starts at 5pm. 700 S. Martha St, Sioux City, IA.
- Please announce to your groups – District needs a Functions Committee Chair. Intergroup needs a Hotline Chair.

Brandi motioned to close the meeting, Erin seconded, and the motion passed. The meeting closed at 7:30 PM with the Lord's Prayer.

JOIN US AT OUR NEXT DISTRICT MEETING! TUES. APRIL 8TH, 6:30PM, CLUB 215 JAY AVE.