



HAPPY, JOYOUS AND FREE

District Voices

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

My first AA meeting...

In April of 2019 my life as I knew it was over. Earlier that month I had been taken away from my children and spent a night in jail. I had officially hit my rock bottom. When I left jail that Sunday morning in April, I knew I needed to straighten my life out. I called a local treatment center and made an appointment to have an evaluation. I knew I needed help physically, emotionally and spiritually. Once I finished the evaluation, I was given several papers stapled together with days of the week listed. Under each day there were different times and locations of AA meetings.

That list lead me to my first AA meeting, the "By the Book" Saturday 8:30 am on Jay Ave. I thought not many people would get up that early to go to a meeting about their drinking. Wow was I wrong. I opened that heavy door and sat down in the closest seat possible. The room was filled with people.

To my left was a woman who spoke words of encouragement to me. The chairperson asked if there were any newcomers and I didn't have the courage to raise my hand. As we went around the room for introductions, I could barely say my first name. I was so emotional, and am pretty sure that gave it away.

Next, a man sat down on my right side and handed me a big book. The meeting called out for any birthdays and a man at that time had well over 20 years of sobriety. When he spoke, I heard parts of his story I could relate to. The longer I listened the more I could hear similarities rather than differences. I sat back in relief. I had finally found the people I had been looking for my whole life.

Six years later I am still carrying the big book that was handed to me on that April morning at my first AA meeting.

- Marjorie J.

UPCOMING EVENTS

AL-ANON SPRING FROLIC DINNER

ST. MARKS LUTHERAN CHURCH

SATURDAY, APRIL 12TH, \$10 DONATION

REGISTRATION 3:30 PM

SPEAKERS AND POTLUCK TO FOLLOW

8TH ANNUAL MOVILLE BIRTHDAY NIGHT

TRINITY LUTHERAN CHURCH, MOVILLE

TUESDAY, APRIL 22ND

TAVERN DINNER: 6PM, MEETING: 7PM

BRING A SALAD, SIDE OR DESSERT

FREE WILL DONATIONS ACCEPTED

31ST ANNUAL

SUNLIGHT OF THE SPIRIT WEEKEND

BEST WESTERN 1201 TORGERSON DRIVE,

FAIRMONT, MN

APRIL 25-27TH (FRI-SUN)

www.sotsweekend.org

17TH ANNUAL SOBER FLOAT

SHARP'S CAMPGROUND, SPARKS, NE

JUNE 12-15TH (THURS-SUN)

Join us for a weekend of food fun and fellowship & floating down the Niobrara river

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

STEP 4

“MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES”

Principle of this Step:

- **COURAGE**

What can I surrender in this step?

- **Fear of looking at who I was.**
- **Any desire to regret the past.**

The Fourth Step is not about finding out who we are, it's about finding out who we are not, so with God's help, we can be rid of it and who we are will then shine through. That's another reason why "self-knowledge avails us nothing." We need to find out who our higher power wants us to be.

In our Fourth Step inventories we will discover, for the most part, that our troubles were of our own making. We will see how we played a part in every resentment and fear we've ever had and how our conduct has harmed others. These are the very things that have blocked us from God, which is the only Power that can remove the alcoholic obsession.

A common myth is that this step is meant to tear you down when in fact members who complete this step say they feel a newfound confidence once they've finally faced themselves. They are ready to start the next chapter of their lives as sober and better versions of themselves.

Source: <https://www.takethe12.org/s4/>

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:
I relapsed after 6 months.
Am I starting over from zero?
I feel like a failure.*

Answer: You're not a failure. You're human—and you're back, which takes courage. We don't see relapse as a requirement, but for many of us, it became part of the path. What matters now is what you learn from it.

Start by being honest about what happened: Were you skipping meetings? Is there a part of the program you hadn't worked yet? Are there resentments you're holding on to? Working through these questions can be a turning point. You're not back at zero—you've got knowledge and experience you didn't have before. Keep coming back, stay close to the fellowship, and remember: we're in this together.



District 1, Area 24 Meeting Minutes

Respectfully submitted by Molly K.

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

The Meeting was called to order at 6:30 pm by DCM Josh M followed by the Serenity prayer. Those present were Jesse V, Erin Z., Marjorie J., Molly K., Rick W., John H, Steph T., Veronica K., Tonya M., Sandra M., Mick M. Russ, Jenn B., Tim L, Will M. (16 people present)

OFFICER REPORTS

SECRETARY REPORT: Molly read the minutes from February 2025. A motion to accept the minutes as read was made by Tim and seconded by Steph. The motion passed.

TREASURER REPORT: John read the Treasurer's report. A motion to accept the minutes as read was made by Molly and seconded by Rick.

COMMITTEE REPORTS

ARCHIVES: Russ is recruiting committee members. He currently only has one committee member. He is wanting to have 4 subcommittees. He is hoping to attract committee members at Unity Dinner as he is having an Archives display there. Russ is also looking for long timers with more than 40 years of sobriety to give oral histories for him to record.

PI/CPC: Erin is hoping to have a booth at the Multicultural Fair in March.

CORRECTIONS: If any women are interested in being put into the rotation, they should see Tonya. Levi not present and no report given for men's corrections

TREATMENT: Will shared that Tom C. had been doing a step workshop at Jackson, but he has been sick and no one was covering it.

INTERGROUP: Veronica reported that 1st quarter Unity Dinner is scheduled for 3/29/2025 Please see new flyer as place of event has changed. Please announce at your meetings.. A hotline chair is still needed.

GRAPEVINE: Dan not present. No report given.

NEWSLETTER: Jenn gave report and distributed recent District newsletter. She noted she has added a section called "Ask a Sponsor". 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 gave report. She shared that there is new literature out including Literature workbook, and Black in AA brochure. Steph will also be attending Unity Dinner and will be selling Grapevines.

Old Business

Function Chair is still needed. Praise was given for the Tri-State roundup. Tonya shared there were 350 registered and 69 scholarships given. That scholarship money all comes from the money raised on the Serenity Ride. The committee is starting to plan for next year.

New Business

Erin requested a rack to display literature on at fairs for the PI/PCP committee. Veronica stated she can get one for \$47. It was decided that Erin could purchase the display rack. She also would like a banner. She is going to price the banner.

Josh stated that Business meeting is being held next weekend. GSRs can go if they want. In April our Delegate will be going to New York for WSO Business meeting.

Announcements

- 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. See flyer as place has moved to First Lutheran Church in South Sioux City.
- Alanon Spring Frolic is held 4/12/25. There will be speakers from Omaha. Cost is \$10. See flyer for more details.
- Women's Conf. will be held in Des Moines Feb. 13-15 2026. There are already 2,000 women registered. See Tonya for more info.
- Men's Miracle retreat – April 4/27-4/29. See Flyer for more information.
- The 10:30am meetings at Jay Ave have been getting a lot of new comers and they are requesting more long timers to come to those meetings. The request is for Men especially.
- Please announce to your groups – District is needing Functions Committee Chair. Intergroup is still needing Hotline Chair.

Jesse motioned to close the meeting. Tim seconded the motion & the motion passed. Meeting closed at 7:30 pm with the Lord's prayer.

JOIN US AT OUR NEXT DISTRICT MEETING! TUES. MAY 13TH, 6:30PM, CLUB 215 JAY AVE.