



# HAPPY, JOYOUS AND FREE

## District Voices

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

### Ego Deflation, the Fifth Step and Being Boiled in Oil

Did you hear that?  
Listen again, it's not very loud.  
Hssssssssssssssssssss.  
Now you hear it, I bet.

That's the sound of ego deflation.

I first heard the phrase "ego deflation at depth" in a meeting years ago, and it stuck with me. The longer I've been in recovery the more I've come to see how essential ego deflation is to Step Five.

Step Five asks us to admit "the exact nature of our wrongs" to God, to ourselves, and to another human being. That's a tall order for anyone still holding on to pride, fear, or shame. It takes genuine ego deflation to sit across from someone and speak out loud the things we've spent years hiding, sometimes even from ourselves.

Nobody likes to do that. I certainly didn't.

In fact, when it came to doing my Fifth Step, I was like Beaver Cleaver in the old television show, *Leave It to Beaver*. There was one episode where Beaver and his friend Whitey encounter a billboard with a bowl of soup with steam rising up from it. Whitey thinks it would be a good idea if Beaver climbed the billboard to see if soup really was in the bowl and was emitting steam.

"I'd rather be boiled in oil," Beaver states.

I was a mental health counselor for over 25 years before retiring in 2017, nearly as long as I've been in recovery. In my practice, I noticed a striking pattern: clients who didn't fully engage with Step Five, who held on to secrets, often relapsed. Again and again, the same truth showed up: partial honesty led to partial recovery. Nowhere was this more evident than in cases involving abuse. If someone wasn't willing or ready to disclose and face that part of their story, long-term sobriety proved elusive. I never had a client who kept that kind of secret and stayed sober for more than a year.

Ego deflation doesn't mean humiliation. It means becoming right-sized—humble enough to be honest, and honest enough to heal. Step Five offers us a doorway to freedom, but only if we're willing to walk through it without hiding. - Gary D.

## UPCOMING EVENTS

**YPAA ANNUAL CAMPFIRE MEETINGS**  
**STONE STATE PARK, BLACK BEAR CIRCLE**  
STARTS MAY 30<sup>TH</sup> AT 7PM  
FUTURE DATES: 6/7, 7/25 AND 8/29  
BRING A CHAIR, BUG SPRAY AND WATER!

**17<sup>TH</sup> ANNUAL SOBER FLOAT**  
**SHARP'S CAMPGROUND, SPARKS, NE**  
JUNE 12-15<sup>TH</sup> (THURS-SUN)  
Join us for a weekend of food fun and fellowship  
& floating down the Niobrara river

**2025 AREA 24 SPRING CONFERENCE**  
**BEST WESTERN, CLEAR LAKE, IA**  
JUNE 13-15<sup>TH</sup>  
HOSTED BY DISTRICT 14

**SIOUXLAND INTRGRP. UNITY DINNER**  
**ELEVATE COMMUNITY CHURCH**  
SATURDAY, JUNE 21<sup>ST</sup>  
5:00 PM REGISTRATION  
5:30 PM POTLUCK DINNER (HAMBURGERS  
AND HOT DOGS PROVIDED)  
AA AND ALANON SPEAKERS TO FOLLOW

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

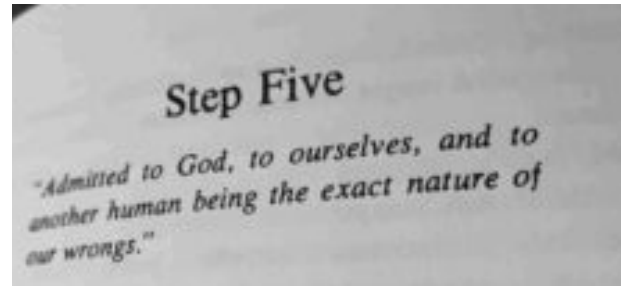
# STEP 5

**“WE ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.”**

If you've been thinking about doing your fifth step of AA and perhaps putting it off, keep in mind that laying it all out there on the table provides a great opportunity to finally let all your stuff go. You get to flush out the cobwebs of your past that keep you stuck.

Here are some questions to help guide and prepare you before and after doing Step Five:

- **What is the cost of keeping these secrets?**
- **How have my past actions hurt myself and others?**
- **What would it feel like to let go of the shame and guilt?**
- **How can sharing this help me heal?**
- **What role did fear play in my past mistakes?**
- **Am I ready to be honest with myself and another person?**
- **How will I feel once this weight is lifted?**



## SPRING FROLIC 2025 - A THANK YOU TO OUR COMMUNITY

*Dear Friends,*

*My name is Christy K. and I am a grateful member of Alcoholics Anonymous and Al-Anon Family Groups. I had the honor of serving as the chairperson for this year's Spring Frolic on April 12, 2025, and I want to express my deep gratitude to everyone who helped make the event such a heartfelt and meaningful success.*

*The best way I can describe how these two programs work in my life is through the symbol of yin and yang. Each program holds its own strength and identity—AA and Al-Anon are different, yet complementary. When combined, they form a powerful force of healing, growth, and balance in my life.*

*AA has taught me how to enjoy life without alcohol, how to face my feelings, how to forgive, and how to embrace a higher power of my own understanding. It introduced me to fun in sobriety, healing of family relationships, and spiritual growth.*

*Al-Anon has given me tools for healthy relationships, communication, and, most importantly, self-love. That kind of inner growth has been invaluable.*

*The Spring Frolic was one of the best-attended events in recent memory. Our speakers were outstanding, the food was delicious, and the sense of community was palpable. Though I don't often like to speak from the podium, I deeply cherish seeing people connect, welcome one another, and share in the energy of recovery. That kind of fellowship brings me peace and reminds me why we don't have to do this alone.*

*I was especially moved by the strong showing from both Al-Anon and AA communities, including many dual members like myself. Seeing that balance at the registration table—AA members, Al-Anon members, and dual members—really underscored how important it is to work together. I believe this unity was the key to our success.*

*Special thanks to Cindy and Tom K. for their generous donation of ham, which helped make the meal so enjoyable. Thank you also to all of the AA groups and Al-Anon groups that donated literature—your contributions were deeply appreciated.*

*A heartfelt thank you to Lisa C. for stepping in as co-chair when someone else was unable to continue. Your support and commitment were invaluable. And to Dave Farley—thank you for being a true pseudo-co-chair. You helped in the kitchen, helped me find our amazing speakers, and most of all, you had unwavering, unconditional confidence in me, even when I didn't have it in myself.*

*Thank you to everyone who attended, who brought food or raffle items, who helped set up or clean up, or simply showed up to support one another. Your participation, service, and love made a difference.*

# District 1, Area 24 Meeting Minutes

Respectfully submitted by Molly K.

## DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS, April 8, 2025

The Meeting was called to order at 6:30 pm by DCM Josh M followed by the Serenity prayer. Those present were Marjorie J., Molly K., John H, Steph T., Mick M., Russ, Tim L, Al F., Lori W., Luke S., Levi H., Jesse V., Pat G., Tony S., Ron S., Daniel S., Jerry K., Jim T., (19 people present)

### OFFICERS REPORTS

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

TREASURER REPORT: John read the Treasurer's report. Steph asked about clarification on Literature budget. A motion to accept the minutes as read was made by Al and seconded by Steph.

### COMMITTEE REPORTS

ARCHIVES: Russ gave report. He had archives set up at Unity Dinner. He was able to recruit 3 more members to committee. Russ continues to look for long timers with more than 40 years of sobriety to give oral histories for him to record.

PI/CPC: Erin not present. No report given

CORRECTIONS: Tonya not present. Levi gave report for men's corrections. He has his schedule out for those going into men's jails.

TREATMENT: Will not present. No report given.

INTERGROUP: Veronica not present. Tim report that host for Quarter 4 Unity Dinner is needed. A hotline chair is still needed.

GRAPEVINE: Dan gave report. He sold two grapevines at Unity Dinner. Anyone can sign up for Grapevine at [AAgrapevine.com](http://AAgrapevine.com). Pod Casts are also available.

NEWSLETTER: Jenn not present. No report given. District newsletter was distributed.. If anyone is interested in contributing to the District Voices, please submit your articles to Jenn B at [copluv915@gmail.com](mailto:copluv915@gmail.com).

LITERATURE: Steph gave report. She continues to fill 6 places with brochures.

FUNCTIONS – Committee chair still needed.

### Old Business

Function Chair is still needed.

It was reported that Erin did get literature rack. Unsure if she had priced a banner.

### New Business

No new business

### Announcements

- 31<sup>st</sup> Annual Sunlight of the Spirit weekend – 4/25-4/27 at Best Western, 1201 Torgerson Dr, Fairmont, MN
- Alanon Spring Frolic is held 4/12/25. There will be speakers from Omaha. Cost is \$10. See flyer for more details.
- Women's Conference will be held in Des Moines February 13-15 2026. See Tonya for more information.
- Men's Miracle retreat – April 4/27-4/29. See Flyer for more information.
- Sober Float near Valentine, NE – June 12-15. See flyer for more information.
- Please announce to your groups – District is needing Functions Committee Chair. Intergroup is still needing Hotline Chair. There are scholarships from District to meetings to send GSRs to Spring Conference.

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