

HAPPY, JOYOUS AND FREE

District Voices

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

GRATITUDE AND HOW IT HELPS ME IN RECOVERY...

If I had to describe my recovery in one word it would be gratitude. The definition of gratitude is *“the quality of being thankful; readiness to show appreciation for and to return kindness.”* All of which are things I struggled with in active addiction. For me, having gratitude means creating a positive mindset that appreciates the good things in life, even amidst hardships. It involves recognizing and being thankful for the progress I've made, the positive/negative changes I've experienced, and the support systems I've created along the way.

I'd be lying if I said having gratitude for both the good and the bad was easy and that I practice gratitude daily, because in reality I don't. It can be difficult for me to express gratitude at times, especially in the midst of chaos. All those “what if's” pop into my mind. It's easy to focus on the bad or the things that we are struggling with rather than being grateful for the things that we do have. However, recently I have dug deep into being grateful for every up and down in my life because as we all know recovery is not linear, and just because we are in recovery it does not mean hard things will not happen. Life still be living!

The one step that has helped me the most over the past year is thanking God first thing in the morning for waking me up. It helps me shift my focus to something positive first thing in the morning. Doing this helps me focus on the positive aspects of my life right away rather than dwelling on my past or current traumas or setbacks. This simple task each morning has truly helped me counteract negative emotions like guilt, shame, and hopelessness. Recognizing and appreciating the good things, and yes even the bad has helped me stay motivated to continue not only my day-to-day life but to continue not only my day-to-day life but also my recovery journey.

A couple of other ways I try to practice gratitude is by writing down things I am grateful for, reaching out to others who may need help, and focusing on the true meaning of why I got another chance—because we are worthy of it! - Morgan T.

UPCOMING EVENTS

NEXT YPAA CAMPFIRE MEETING
BLACK BEAR CIRCLE, STONE ST PARK
 FRIDAY, JULY 25TH, 7:00 PM
 BRING: CHAIR, BUG SPRAY AND WATER

48TH ANNUAL CORNHUSKER ROUNDUP
CREDIT UNION ARENA, OMAHA, NE
 AUGUST 15TH-17TH
 INFO AND REGISTRATION:
www.aa-cornhusker.org

DISTRICT ONE 25TH ANNIVERSARY
LABOR DAY PICNIC
STONE LODGE, STONE ST PARK
FELLOWSHIP, SPEAKERS & POTLUCK
 8:00AM COFFEE AND FELLOWSHIP
 10:00AM REGISTRATION
 SPEAKERS, WITH POTLUCK TO FOLLOW

DISTRICT ONE AUGUST MEETING
CLUB 215, JAY AVE, SIOUX CITY
 TUESDAY, AUGUST 12TH, 6:30 PM

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

STEP 7

“HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS”

Principle of this Step:

- **Humility**

What can I surrender in this step?

- **Belief that I can become less of my character defects on my own or remove them myself.**

One of the first things we learn about our defects is that we can't be rid of them without humility. Alcoholics often rely on pride and self-will. Before AA, we masked pain with alcohol and leaned on self-reliance. Now, we can admit the limits of human power. We can't remove our defects by willpower or reasoning alone.

Though Steps 6 & 7 are the shortest in wording, they are deeply powerful. They mark the spiritual shift where we ask God to transform our broken, self-centered patterns into tools for good. They are the heart of the program—the moment we invite real change.

Humility allows God to act through us. A useful question is, “How would a humble person handle this?” When self-centeredness is present, problems arise. Without it, we simply face situations. Step 7 reminds us: God removes defects to the extent we are willing to live differently. Be patient—transformation takes time.

Source: <https://www.takethe12.org/s7/>

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've been sober for a few years,
but I feel restless. Is this normal?*




Answer: Yes, many people in long-term recovery experience restlessness at some point. After a few years sober, it's common to feel like the excitement or clarity of early recovery has faded. That can leave us feeling uneasy, unsettled, or even bored.

Restlessness is often a sign that we need to grow. Recovery isn't just about staying sober—it's about continuing to evolve. Try revisiting the Steps with a fresh perspective, taking on service commitments, or sponsoring someone new. Even small changes in your routine, like trying a different meeting or exploring new spiritual practices, can reenergize your program.

This feeling doesn't mean you've failed, it means your recovery is alive and asking for attention. The path keeps unfolding, even years down the road.

District 1, Area 24 Meeting Minutes

Respectfully submitted by Jesse V.



DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS June 10th, 2025

The Meeting was called to order at 6:30 pm by DCM Josh M followed by the Serenity prayer. Those present were Jerry K, Tim L, Jim T, Lori W, Russ K, Al F, Tony S, Mick M, Sandra M, Stephanie T, Dan S, Veronica K, and Jesse V. (14 people present)

OFFICER REPORTS

SECRETARY REPORT: Jesse read the minutes from the May meeting. A motion to accept the minutes was made by Mick M and Al F seconded; the motion passed.

TREASURER REPORT: Jesse read the May Treasurer's report, a motion to accept the report was made by Al F and Jerry K seconded; the motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ got a cassette player to determine which talks to upload to the cloud. He is trying to find more speakers to record.

PI/CPC: Attended the multicultural fair in March; if you know of any event where she can set up a booth, please let her know.

CORRECTIONS: The men have a new schedule out; the women's side is going well.

TREATMENT: Everything is going well.

INTERGROUP: Next intergroup meeting: June 19th, 2025. There is a new Hotline Chair Kelly K. Donations are down. Brad R. became a "Faithful Fiver."

GRAPEVINE: Will have a table at the next unity dinner

NEWSLETTER: Sorry no newsletter this month! Still need get people lined up for the district voice, if you would like to please contact Jenn B at copluv915@gmail.com

LITERATURE: Racks are being utilized by other programs putting their literature in them.

Old Business

Still looking for Function and Committee Chair

New Business

Attended the Spring Conference—it was very informative. Please come and support the district at the area level. The next fall conference 10/17-10/19 in Fort Dodge IA

Announcements

- YPAA ANNUAL CAMPFIRE AA MEETINGS: 7/25; 8/29 7PM Stone State Park at BLACK BEAR CIRCLE
- 20th annual Bad Axe Men's Retreat: 8/8-8/10 Camp Wilderness, Journey Trail, Park Rapids MN 56470
- Cornhusker Roundup LIBERTY FIRST CREDIT UNION ARENA: 7300 Q Street, Omaha, NE 68127, 8/15-8/17