

HAPPY, JOYOUS AND FREE

District Voices

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

MY STORY BEHIND THE CAMEL CHIP

On 02-12-2019 in Iowa, for reasons I cannot explain, I woke up and had the feeling I could no longer head down the path I was headed. My memories of that time have some time lapses in it, but what I remember clearly and stands out is everyone we made contact with that day was responsive and immediately into action.

Kristi dropped me off at a meeting and when I walked in there were like three people there. Mark, the person that greeted me that particular night they were having a special district type meeting not a regular AA meeting. I fell into a chair and began to cry. It had taken me 35 years to walk back through the doors of AA. I was absolutely defeated and devastated.

What I didn't see at the time was that right behind Mark (who was trying to comfort me) was Rick on his phone reaching out to a guy named Tom. They informed me there was another meeting a mile and a half away, and asked if I needed a ride. Kristi came back and got me and when we arrived at the second meeting place there was Tom outside in the cold waiting for me. During that meeting Tom gave me the Camel Chip. The care those men gave me for the next six weeks before we moved to South Carolina forever changed my life. Most likely saved it. They will never be forgotten.

I carried that chip in my pocket at all times. It's clinking up against my phone was a constant reminder of them all day everyday. My phone is still all chipped up. One day the chip went missing. I frantically searched my home and vehicle multiple times. It was gone. It took me some days of self convincing to realize that the coin was not my sobriety and that I could stay sober without it. Then a few weeks later I went to Publix. About half way into the store I realized I had left my wallet in the car. I went back to my car, and when I opened the door. There was my Camel Chip laying on the driver's seat, in plain sight right out in the open.

It was at that moment that I could feel God telling me, it was going to be ok and to have faith in him. And maybe he was showing off a little bit. That transformed me internally. I share this with y'all because it was actually another bad experience that landed Kristi and I in Cane Bay and not a different neighborhood. I can look back over the last six years and see where God has strategically placed me in all the right places, and placed all the right people in my life, just at the times I needed it. Everything good or bad, has happened for a reason.

With Love, Gregg

UPCOMING EVENTS

NEXT YPAA CAMPFIRE MEETING BLACK BEAR CIRCLE, STONE ST PARK

Friday, August 29th, 7:00 PM

Bring: Chair, bug spray and water

DISTRICT ONE 25TH ANNIVERSARY LABOR DAY PICNIC STONE LODGE, STONE ST PARK

8:00 am Coffee and Fellowship

10:00 am Registration

Speakers & Potluck to follow

2025 SERENITY RIDE* TWO MEETINGS AND A RIDE! SEPTEMBER 19TH AND 20TH

*this event is a fundraiser for
Tri-State Roundup Scholarships

2025 SERENITY OPEN THE POINT COURSE, ELK POINT, SD SEPTEMBER 21ST 2 PERSON BEST BALL, \$45 ENTRY FEE

19TH LEWIS & CLARK RECOVERY CAMPOUT LEWIS AND CLARK ST PARK, ONAWA, IA SEPTEMBER 19TH-21ST

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

STEP 8

MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

What can I surrender in this step?

- Fear of telling the truth
- My need to point out “their” part,
- Fear of the outcome.

An apology is an expression of regret; an amends is reparation for harm. I apologize if I step on your toe; I make amends when I’ve caused real hurt. (Step 9 covers this further.)

Steps 8 & 9, like the Traditions, guide us in building healthier relationships. The 12 & 12 (p. 77) says: “First, we take a look backward... next we repair the damage... and third... develop the best possible relations with every human being we know.”

When preparing amends, avoid minimizing your faults by focusing on others’ wrongs. Our drinking harmed both others and ourselves—this is our inventory, not theirs. Step 8 isn’t just about cleaning up the past; it’s about continuing the Step 3 commitment to be of maximum usefulness to God and others. The results belong to God—our part is willingness and action rooted in love.

Note: Step 8 is only about making the list—no action yet.

Source: <https://www.takethe12.org/s8/>

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'm ready to
sponsor someone else?*



Answer: If you’ve worked through the steps with your own sponsor, are maintaining your sobriety, and feel that pull to be of service—you’re probably ready. None of us ever feel totally qualified; we’re just passing on what was freely given to us. Sponsorship isn’t about being perfect or having all the answers. It’s about being available, honest, and willing to walk with someone else. And you’ll keep growing in your own program as you sponsor others.

Remember, you’re not there to “fix” anyone—you’re there to share your experience, strength, and hope. Some of the best sponsorship moments happen when we admit we don’t know something and then go look for the answer together. The joy of sponsorship is that it keeps us connected to the basics, reminds us where we came from, and deepens our gratitude for sobriety. Talk it over with your sponsor, pray or meditate on it, and trust the process.

District 1, Area 24 Meeting Minutes

Respectfully submitted by Molly K.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS July 8th, 2025

The meeting was called to order at 6:30 pm by DCM Josh M followed by the Serenity prayer. Those present were Tim L, Jim T, Lori W, Russ K, Tony S, Mick M, Sandra M, Stephanie T, and Jesse V., Karla V., Levi H., Larry J., Erin Z., Bryon W., Tonya M., Will M., Jenn B., Molly K. (19 people present)

OFFICERS REPORTS

SECRETARY REPORT: Molly read the minutes from June and a motion to accept the minutes was made by Steph T. and Jesse V. seconded it. The motion passed.

TREASURER REPORT: Jesse read the June's Treasurer's report, a motion to accept the report was made by Levi H. and Steph T seconded it. The motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ is trying to find more speakers to record. All the speakers need to have 40 years or more of sobriety. He has also completed a form to go along with the recordings.

PI/CPC: Erin had nothing new to report.

CORRECTIONS: Levi H. & Tonya M. gave reports. Men and women's side going well. Jails have cancelled a couple of times. Tonya reports she has grapevines to bring to women's jail.

TREATMENT: Will gave report. Will described new process of speaker rotation.

INTERGROUP: Jesse V. gave report. Next intergroup meeting July 17 th , 2025. Last Unity Dinner has 70 in attendance and made \$900. A sponsor is needed for August Unity Dinner.

GRAPEVINE: A new chair is needed.

NEWSLETTER: New newsletter out. Still need more people to write for the district voice, if you would like to please contact Jenn B at copluv915@gmail.com

LITERATURE: Steph T gave report. Literature is going well.

Old Business

Still looking for Function and Committee Chair
Labor Day Picnic – Larry gave update on planning for picnic.

New Business

Josh gave report on Spring Conference. The next fall conference is on 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 AUGUST 15-17
- 25th Annual District 1 Labor Day Picnic Stone State Park at Stone Lodge Monday, September 1, 2025, 8am-3pm
- Serenity Ride- flyers will be coming out. It is a fundraiser for scholarships for Tri-State Round up.

Jesse V motioned to close the meeting. AL F seconded the motion, passed the meeting closed at 6:50 pm with the Lord's prayer.