

HAPPY, JOYOUS AND FREE

District Voices

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

FINDING STRENGTH IN SERVICE

When I first walked into an AA meeting, I was broken. My life had spiraled out of control, and I had no idea how to fix it. I was welcomed with open arms by a group of strangers who, despite their own struggles, were there to help me.

In those early days, I was hesitant to get involved. I didn't understand the importance of service or the role it played in my recovery. But as I attended more meetings, I began to see how the group functioned—not through hierarchy or authority, but through a shared commitment to helping each other.

One evening, the group needed someone to lead the meeting. Without thinking, I volunteered. It was a small act, but it was the first time I felt like I was contributing. That experience opened my eyes to the power of service and the unity it fosters.

Tradition 9 teaches us that AA should never be organized in a way that could lead to authority or control. Instead, it emphasizes service and unity. This principle has been a cornerstone of my recovery. It reminds me that I am part of something greater than myself, and my actions, no matter how small, contribute to the well-being of the whole group.

Reflecting on my journey, I realize that embracing Tradition 9 has been transformative. It shifted my focus from self-centeredness to service, from isolation to community. It taught me that recovery isn't just about staying sober, it's about being part of a fellowship that thrives on mutual support and shared responsibility.

Today, I continue to serve in various capacities within the group. Each role, each responsibility, reinforces the lessons of Tradition 9. I am reminded daily that my recovery is intertwined with the well-being of others. And in that interconnectedness, I find strength, purpose, and a deep sense of belonging.

-Anonymous

UPCOMING EVENTS

2025 Serenity Ride
September 19–20

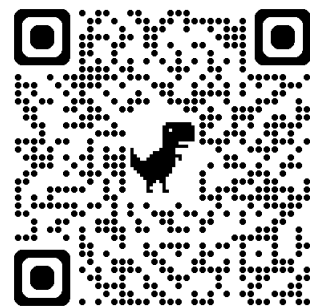
**LAST YPAA
Campfire Meeting**
September 26

**19th Lewis & Clark
Recovery Campout**
September 19–21

2025 Serenity Open
September 21

Intergroup Unity Dinner
October 4

**Al-Anon District 1
Autumn Awareness**
October 11



Scan the QR code for full event details and flyers, or visit www.aasiouxcity.org

STEP 9

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

What can I surrender in this step?

- **My hesitation to take action**
- **Fear they won't accept my amends**
- **Fear of the outcome**

Step 9 is about taking action and making amends—first by identifying the harm we've caused, then by finding ways to make it right. It's not just saying "I'm sorry." This step brings peace, relief, and freedom from regret. As the 12 & 12 says, "The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine."

Page 77 of the Big Book (4th Ed.) reminds us that the ultimate goal is to "fit ourselves to be of maximum service to God and the people about us." Bill couldn't be clearer.

The choice is ours: continue with the struggles that brought us to AA—troubled relationships, uncontrolled emotions, misery, fear, unhappiness, and feeling useless—or embrace the freedom Step 9 offers from the character flaws that caused those struggles in the first place.

Source: <https://www.takethe12.org/s9/>

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 feel guilty about past behavior,
but I'm not sure who I even need
to make amends to.*



Answer: Start small. You don't need a perfect list right away. Think about the people you hurt the most or the situations where your actions caused real harm. Then talk it over with your sponsor. Sometimes we get caught up in guilt about things that aren't ours to fix, so it helps to have a sober perspective. Even just talking it out can give you clarity on where to begin. Step 8 and 9 aren't about beating yourself up, they're about making real, thoughtful amends wherever you can.

District 1, Area 24 Meeting Minutes

Respectfully submitted by Molly K.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS August 12th, 2025

The meeting was called to order at 6:30 pm by DCM Josh M followed by the Serenity prayer.

OFFICERS REPORTS

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

TREASURER REPORT: John read the July's Treasurer's report. John announced that the USB drive is corrupt and he will have to build a new treasures excel. No treasurer's report were printed out. Al made motion to accept the report and Steph seconded it. The motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ gave report. There is nothing new to report.

PI/CPC: Erin not present. Will reported that Warming shelter would like AA to bring meetings into Warming Shelter. Will has contact name and number and Josh will contact for Erin.

CORRECTIONS: Levi H. gave report. Tonya M. gave reports. Men and women's side going well. Tonya presented a concerns about pink can donations. There is only one group from district donating from area. Josh and Tonya will have conversation separate from meeting about this.

TREATMENT: Will gave report. He reported that Warming Shelter is focusing on getting people into recovery and we want to support that.

INTERGROUP: Veronica gave report. Next intergroup meeting August 14 th , 2025. Next Unity Dinner is 10/4/25 at Morningside Lutheran Church. Flyer is out for that.

GRAPEVINE: Chad D accepted nomination and Chad is new grapevine Chair.

NEWSLETTER: New newsletter out. Need more people to write for the district voice, please contact Jenn B at copluv915@gmail.com. Jenn asked if it was possible to put QR code on newsletter that links Intergroup website and the event section so she did not need to post all events in details in Newsletter.

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 picnic. Pork will be donated. The speakers are place. Deposited paid on lodge and sound system has been reserved.
- Pizza Party being planned 11/11/25 for when Delegate is coming to give report. \$250 designated for pizza. 6:30pm pizza served; 7:00pm delegate will speak.

New Business

Josh reported that August area Business Meeting discussion is on New financial Reality and Prudent Reserve. The next fall conference is 10/17-10/19 in Fort Dodge IA

Announcements

- Serenity Ride- 9/19 and 9/20. It is a fund raiser for scholarships for Tri-State Round up.
- 2025 Serenity Open – 9/21 at The Point Elk Point Golf Course
- 9/19-9/21 Lewis and Clark Recovery Camp out

Jesse V motioned to close the meeting. Molly K seconded the motion, passed the meeting closed at 7:00pm with the Lord's prayer.

SUPPORT SIOUXLAND INTERGROUP
Scan the QR code to donate today!
EASY • SECURE • FAST
Bring hope to those in recovery

