

HAPPY, JOYOUS AND FREE

District Voices

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

LEARNING PATIENCE, ONE DAY AT A TIME

The first time I worked the steps with a sponsor, the character defect of impatience was revealed to me. I did not understand why my higher power would want me to work on patience. I thought I had multiple other character defects that were much worse than impatience—such as control, self-seeking, fear, and anger. Quite honestly, the list could go on. So, I ignored my higher power's nudgings.

Now, twenty years later, I am still being nudged to look at impatience. I am going through several major life changes that have motivated me to look at the damage impatience has done in my life and to those I love. I can now see how being impatient has interfered with my recovery. My attitude of "I want it now" has caused me to rush step work, not giving things the time to really reach my heart. I wanted to recover right now. What I really wanted, though, was to not be insane, in pain, or uncomfortable. I have rushed relationships because of impatience—including marriage. I have been impatient with family members when they were talking. At first, I did not think that was such a big deal, but I now can see that by doing so I gave those I cut off—or simply did not allow to say what they needed to say—the message that they were not important. I am impatient in traffic, which has led me to cut people off, speed, and almost cause accidents.

Most importantly, I have been impatient with my HP. I can see that now. I want issues resolved now. I want decisions to be made now. I want answers now. I want to have all the knowledge and understanding now. Over the past few months, I have found myself begging, pleading, and even demanding that things change on my time. I have heard, in several different ways, the reminder to trust divine timing. I know the solution is trusting in HP's timing with everything. It sure is hard, though. I have to let go of the idea that I know best. I have to say the Serenity Prayer to find acceptance and trust that everything is exactly as it is meant to be right now.

Molly K.

EVENT SNAPSHOT

Area 24 Fall Conference
October 17-19

Northwest IA Pre-Winter Rally
October 17-19

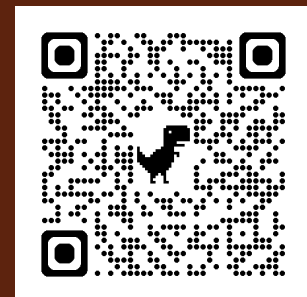
42nd Annual Old-Timers' Day
October 18th

Next Session of Back to Basics
Starts October 20

**District 1 Pizza Party & Area 24
Delegate Report**
November 11th

Capital City Conference 2025
November 14-15

Quarterly Unity Dinner
December 15



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

STEP 10

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

What can I surrender in this step?

- My belief that I don't need to enhance the inventory I did in Step 4 each and every day and identify "defects du jour."

A common misconception in A.A. is that Step 10 refers to the nightly inventory on page 86 of the Big Book. That inventory is actually part of Step 11.

Step 10 focuses on staying aware throughout the day—recognizing when we are selfish, dishonest, resentful, or fearful, and making amends promptly. It describes what "a sober day" truly looks like (Big Book, p. 84). When we practice Step 10, we cease fighting anyone or anything—even our own thoughts. Sanity returns, and we no longer feel drawn to negative thinking. We react calmly and naturally, without effort.

This change happens almost automatically—our higher power removes the obsession. We find ourselves in a position of neutrality, safe and protected. We're not struggling or avoiding; the negativity simply lifts. We stay balanced and free from fear, as long as we continue to maintain our spiritual condition one day at a time.

Source: <https://www.take-the-12.org/s10/>

UNITY ✦ SERVICE ✦ RECOVERY

DISTRICT 1 PIZZA PARTY & AREA 24 DELEGATE REPORT

AREA 24 DELEGATE REPORT BUSINESS REPORT GIVEN BY DAN P.



NOVEMBER 11 - CLUB 215 - 2432 JAY AVE - 6:30PM

Calling ALL District Committee Chairpersons & GSR's to attend and keep your AA Groups informed on Conference actions, news, information and ideas.

District 1, Area 24 Meeting Minutes

Respectfully submitted by Molly K.

The meeting was called to order at 6:30 p.m. by DCM Josh M., followed by the Serenity Prayer.

Al F., Tim L., Molly K., Jenn B., Jesse V., Tonya M., Luke S., Greg R., Will M., Sandra M., Bryon W., Larry J., Steph T., Russ K., Tony S., John H., and Marjorie J. were present (18 people total).

OFFICERS' REPORTS

Secretary Report: Molly read the minutes from August. A motion to accept the minutes was made by Jesse V. and seconded by Al F. The motion passed.

Treasurer Report: John read July's Treasurer's Report. He announced that a new USB drive was purchased and treasurer documents were uploaded. It was discussed to get a second one as a backup thumb drive and to back up treasurer documents quarterly. DCM will keep the second thumb drive. Al F. made a motion to accept the report, and Jesse V. seconded it. The motion passed.

COMMITTEE REPORTS

Archives: Russ gave a report. He stated that two tubs were dropped off with archive information that he will be going through.

PI/CPC: Erin was not present. No report given.

Corrections: Levi H. was not present. Tonya M. gave the report. Men's and women's sides are going well. Tonya ordered two boxes of Big Books and five Daily Reflections. She will have a sign-up sheet, and those going into the jails can sign out two books at a time.

Treatment: Will gave the report. He stated that he continues to have the same people speak on the same day of the month, and that is going well.

Intergroup: Veronica was not present. The next Intergroup meeting is September 18, 2025. The next Unity Dinner is October 4, 2025, at Morningside Lutheran Church. A flyer is out for that. It was reported that donations continue to be down. Keep sharing this information with your groups, and remember that Grateful Givers and Faithful Fivers are ways to donate to Intergroup. Central Office will now be selling greeting cards.

Grapevine: Chad D. was not present, but he is the new chair.

Newsletter: A new newsletter is 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 the report. Literature is going great. She stated that there are now updated meeting schedules in all the racks.

OLD BUSINESS

Still looking for Function and Committee Chairs.

Labor Day Picnic: Larry gave a report and stated that all speakers showed up and it went well. About 250 people were present, and the event brought in \$455.

Pizza Party: Being planned for November 11, 2025, when the Area Delegate will be coming to give the delegate report. \$250 designated for pizza. Pizza will be served at 6:30 p.m.; the delegate will speak at 7:00 p.m.

NEW BUSINESS

Tonya M. addressed the issue with Pink Can donations. There are only two meetings donating to the Pink Can in our district. Several suggestions were offered to increase awareness of what the Pink Can donations do and where the funds go. Josh and Tonya will discuss further.

ANNOUNCEMENTS

- Serenity Ride: September 19–20. Fundraiser for scholarships for the Tri-State Round-Up.
- 2025 Serenity Open: September 21 at The Pointe, Elk Point Golf Course.
- Lewis & Clark Recovery Campout: September 19–21 – cancelled.
- 81st Annual White House Conference: September 26–28 in Des Moines.

Jesse V. motioned to close the meeting. Tonya M. seconded the motion. The motion passed. The meeting closed at 7:00 p.m. with the Lord's Prayer.

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