

HAPPY, JOYOUS AND FREE

District Voices

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

A LIFETIME OF RECOVERY SINCE 1981

My name is Shavonne K. I am an alcoholic. I have walked the road since July 10, 1981.

Early on, I heard the words “happy, joyous and free”. I didn’t know what that meant. I tied a knot and hung on by the day, hour and minute. I learned the steps and went to meetings. I got a sponsor who helped me to find God. Really find Him. I knew my life depended on it. As I grew in sobriety, I relaxed. I had tools to use. Those have expanded as the years have gone by. My sober life has not been easy. Hemingway wrote how the world breaks people but it makes them stronger as a result. I am living proof of this truth. I have not drank and even have experienced joy beyond belief amidst turmoil. Working my program has given me the promises and so much more. I have laughed more than anytime in my drinking days. I have love, community and service.

I have people to call. No more loneliness that sucks the life out of a soul. Sponsoring women gives me so much more than I give. I have seen many miracles that I am honored to be a witness to. My program is easy. I don’t drink no matter what. I have daily contact with God and sometimes, it’s all day contact. I talk with my sponsor regularly. Regular meetings are a must. I take a daily inventory and maintain a gratitude list. I make my bed. If I veer off, I know it immediately. The neighborhood of my mind is scary, so I try not to linger there. Also, working the steps is ingrained in my life:

1. Every Day for 44 years. Honesty.
2. & 3. God First. Surrender. Hope and Faith.
4. & 5. Constant Inventory—Can’t hide!
6. Remove defects—Willingness.
7. Humility—Removal
8. List—Love
9. Amends—Responsibility
10. Daily Inventory—Discipline—Awareness
11. Spiritual Awareness
12. Service

Thank God for Alcoholics Anonymous! - Shavonne K.

EVENT SNAPSHOT

Capital City Conference 2025

November 14-15th

**37th Annual Thanksgiving Event
Sunrise Attitude Adjustment Group**

November 27th

District 1 Monthly Meeting

December 9th

Quarterly Unity Dinner

December 15th

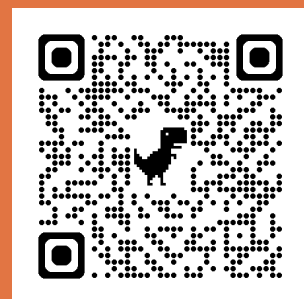
Siouxland Intergroup

Monthly Meeting

December 18th

International Women’s Conference

February 12-15th



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

STEP 11

“SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.”

Step 10 reminds us to keep examining our actions so we stay spiritually balanced, and Step 11 guides us to use prayer and meditation to maintain that condition. At day's end, we review where we were resentful, selfish, dishonest, or afraid, whether we were kind and helpful, and whether we owe amends. We ask God's forgiveness and guidance on what corrections to make—prayer is talking to God, meditation is listening. Meditation doesn't require special settings; it simply means getting still enough to quiet the mind so we can hear direction. Many find that God's guidance comes as a “gut instinct,” an inner knowing that leads us toward better choices when we're willing to listen.

STEP 11 CHECKLIST

1. Have you gone to God and asked for forgiveness of your wrongs done?
2. Have you gone to God and asked to be made me a channel of peace:
 - a. That where there is hatred, you may bring love?
 - b. That where there is wrong, you may bring the spirit of forgiveness?
 - c. That where there is discord, you may bring harmony?
 - d. That where there is error, you may bring truth?
 - e. That where there is doubt, you may bring faith?
 - f. That where there is despair, you may bring hope?
 - g. That where there are shadows, you may bring light?
 - h. That where there is sadness, you may bring joy?
 - i. To comfort others rather than to be comforted yourself?
 - j. To understand rather than to be understood?
 - k. To love rather than to be loved?
3. Do you understand that it is by self-forgetting that you find?
4. Do you understand that it is by forgiving that you are forgiven?
5. Do you understand that it is by dying that you can awaken?
6. After asking for God's direction, have you gotten quiet, still and readied yourself to listen to God's direction?

Source: <https://www.takethe12.org/s11/>

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 practice Step 11 when my mind won't settle during prayer or meditation?



Answer: Keep it simple. Step 11 isn't about perfect prayers or long meditations. Start with short, honest prayers or quiet moments, even if your mind wanders. The key is showing up consistently and with willingness. Over time, these small efforts build your connection with a Higher Power. Some days will be easier than others, and that's normal. Step 11 is a daily practice, not a goal to finish. Approach it with patience and openness, and trust that your Higher Power meets you where you are.

District 1, Area 24 Meeting Minutes, October 14, 2025

Respectfully submitted by Molly K.

The Meeting was called to order at 6:30 pm by DCM Josh M followed by the Serenity prayer. Al F., Tim L., Molly K., Jenn B., Luke S., Greg R., Will M., Sandra M., Russ K., Jerry K., Jim T., Lori W., Nancy D., Veronica K., Erin Z., Mick M., Collette M., Don C., Kelly K., and Marjorie J. (21 people present)

OFFICERS' REPORTS

Secretary Report: Molly read the Sept. minutes and a motion to accept the minutes was made by Jenn B., and Al F seconded it. The motion passed.

Treasurer Report: John was not present. Josh gave treasures report. Al F. made motion to accept the report and Jerry K. seconded it. The motion passed.

COMMITTEE REPORTS

Archives: Russ gave a report. He is going to Area Assembly and was asking for support. Josh determined that should be moved to new business.

PI/CPC: Erin was present. Nothing to report.

Corrections: Levi H. not present. Tonya M. not present. Josh reported that Tonya had texted him that women's side is going well.

Treatment: Will not present.

Intergroup: Veronica K. present. Next intergroup meeting October 16, 2025. Veronica reported that the Unity Dinner that was held on 10/4/25 was successful.

About 100 people were present. Next Unity Dinner is scheduled for 12/13/25. They have a group that will be hosting it. Report was made that donations continue to be down. Keep sharing this information with your groups and that there is Grateful Givers and Faithful Fivers as means of donating to Intergroup.

Share with your groups the QR code on newsletter that goes directly to donation site.

Grapevine: Chad D. not present. Josh reported that Chad will have to step down as chair due to illness.

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. not present. No report made.

OLD BUSINESS

Function and Committee Chair –Nancy D. showed interest in position. Nancy accepted Sandra's nomination. Molly seconded the motion & it passed.

Pizza Party being planned 11/11/25 for when Area Delegate is coming to give delegate report. Josh reported that 6-8 people from District 21 were wanting to join. Jerry made a motion that we increased money for Pizza to accommodate the 6-8 people and to allow District 21 to join us for Delegate report. Mick M. seconded the motion. The motion passed.

NEW BUSINESS

Russ requested financial assistance to attend the Area Assembly. It was discussed that for Assembly the District pays for Registration and Hotel. Motion made by Al F. to pay for hotel and registration for Russ to attend. Jenn B. seconded the motion. Motion passed.

ANNOUNCEMENTS

- Halloween Speaker/Dance – 10/24/25 starts at 7:00pm. See flyer
- Pre Winter Rally – See flyer
- Unity Dinner – 12/13/25 – See flyer
- Grapevine Chair needed
- 11/11/25 at 6:30pm – District 1 Pizza Party and Delegate Report

Motioned to close the meeting by Al F. and Tim L. seconded the motion. The motion passed and the meeting closed at 7:00 pm with the Lord's prayer.

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

