

# HAPPY, JOYOUS AND FREE

## District Voices

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

### ANY DAY IS A NEW YEAR

*'Through this program I have the ability to have a 'New Year' at any given moment.'*

I swear I am never drinking again starting at the beginning of the year. This year will be different. I will change everything this year. I will stop drinking, I will make more money, I will save more money, I will, I will, I will....

Prior to coming into AA my entire life and especially this time of year and going into the New Year was filled with nothing but the "I will". I will do this when, or I will do this at that time. I did not know how to live in the moment and my life was filled with what it could be or what it will be. The ideas in my mind and the promises I made were endless. They were easy to make, because I never followed through with them. No matter the seriousness or desire to keep my word I constantly broke it and let everyone around me and myself down as I was locked in a circle of addition and self sabotage. I wanted out, but only in those moments of clarity that quickly passed and I resumed my actions. The truth is I did not know how to get out and I lied and convinced myself that I wasn't that bad or I could stop if I really really wanted to. Or I justified it because I was not as bad as this or that or this person or that person. There was always a reason.

Today the new year is just another day. Sure I like to look at it and make a thought or an effort to improve myself. But far greater than that is that through this program I have the ability to have a "New Year" at any given moment. I can stop, take a breath, call my sponsor, work with another person in need, read the big book, or best yet, talk to my higher power any time I want. I don't need a big day or a big event, I just need the tools and the fellowship that I was taught through this program to change any moment and have a better "new year" at any moment in my life. Without this program I would surely still be sitting around trying to figure out how, why and when my life will change and waiting for a New Year.

John H.

### EVENT SNAPSHOT

FULL DETAILS AT:  
[WWW.AASI0UXCITY.ORG](http://WWW.AASI0UXCITY.ORG)

#### 19th Annual Step Workshop

January 5-February 23 (Mondays)

#### 27<sup>th</sup> Annual Winter Rally

January 17-18

#### 1<sup>st</sup> Friday Fellowship Feast

February 6

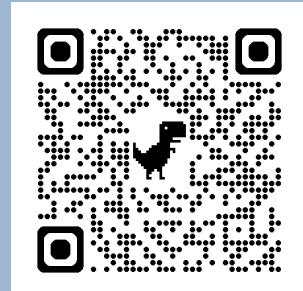
#### International Women's Conference

February 12-15

#### 18th Anniversary Sioux City

#### Tri-State Roundup

February 27-March 1



Scan the QR code for full event details and flyers, or visit [www.aasiouxcity.org](http://www.aasiouxcity.org)

# TRADITION ONE

**“OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON AA UNITY.”**

**Tradition One reminds us that AA works best when unity comes before individual opinions or personalities. When the group is healthy and united, individual recovery has the best chance to flourish.**

## LIVING TRADITION ONE

Tradition One reminds us that our personal recovery is deeply connected to the unity of the group. While individual experiences and opinions matter, no single member is more important than the common welfare of AA. When unity comes first, the group remains a safe and welcoming place for anyone seeking help.

Living Tradition One often shows up in everyday actions. It can mean listening respectfully during meetings, accepting group conscience decisions even when we disagree, and being mindful of how our words and behavior affect the atmosphere of the room. Practicing this Tradition may require setting aside ego, resentment, or the need to be right in order to protect the group's purpose.

Unity does not mean everyone thinks the same. It means we place principles before personalities. When groups live Tradition One, meetings stay focused on carrying the message rather than personal conflict. By protecting the group, we help ensure that the doors remain open for the next newcomer and safeguard our own recovery as well.

## 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:  
What does it mean that I am “powerless over alcohol”? I feel like I am okay sometimes with it.*

When we say we're powerless, it doesn't mean we're weak or that we can't make choices in life. It means that when it comes to alcohol, once we take that first drink, we can't reliably control what happens next. Powerless means our best intentions won't keep us from drinking or from the consequences that come with it.

For me, admitting powerlessness was a huge relief. It took the pressure off trying to “be strong” or “control it” and opened the door to actually getting help. It's the first step in letting something bigger than myself guide me through the rest of the program. Being powerless is not giving up, it's being honest, and honesty is where recovery starts.

