

# HAPPY, JOYOUS AND FREE

## District Voices

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

### A JOURNEY TO PEACE

*“We will comprehend the word serenity and we will know peace.”*

My life prior to Recovery was anything but peaceful. I began drinking at 15. Looking back, I know I reacted to alcohol differently than others. I drank to get drunk, to numb, and to have (false) confidence.

Chaos often ruled my life. I continued to drink in college and left after the first semester of my Sophomore year with a 1.7 GPA. Drinking was much more important than attending classes. I returned home, got a job, and got married. Drinking was a big part of my marriage and not surprisingly ended in divorce. Both chaos and my alcohol consumption increased.

By 2018 I realized I had a “problem” with alcohol. With family help, I entered treatment for the first time. I was sober for 6 months then the chaos and my drinking escalated. My relationship with my children and extended family continued to deteriorate.

In 2019 I attended my second treatment program. Following that, I found Jay Ave meetings where the old timers were so understanding, kind and welcoming. I maintained my sobriety for about 9 months. Again, I chose to drink, wanting to numb & escape. I didn’t want to face horrible things I had done.

I was in and out of meetings - mostly at Jay Ave. I would hae 4 days, 11 days, etc. Each time the old timers would meet me with understanding, kindness and hope. I will be forever grateful for them.

The chaos escalated in 2022 and I was admitted to two detox facilities in two months. My family had had enough. My children wouldn’t see me and didn’t allow me to see my grandchildren. I was at my bottom. After encouragement from an AA member, I entered Betty Ford Hazelton in Naples, Florida for two months. I will be eternally grateful for her loving suggestion.

Since 12-20-22 I have been in Recovery. My life is peaceful. I continue to rebuild my relationship with my children and my family and I get to spend a lot of time with my grandchildren. I could not have accomplished this without God, the fellowship of AA and the hard work. I am truly blessed.

I now comprehend the word serenity and I know peace.

Sophie

## EVENT SNAPSHOT

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

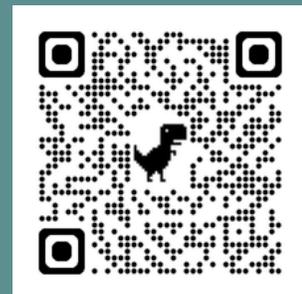
**32nd Annual Cedar River Roundup**  
February 20-22

**18th Anniversary Sioux City  
Tri-State Roundup**  
February 27-March 1

**District 1 Monthly Meeting**  
Tuesday, March 10

**37<sup>th</sup> Annual Sioux Empire Roundup**  
March 13-15

**Siouxland Intergroup Unity Dinner**  
Saturday, March 21



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

# TRADITION TWO

**“FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY – A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS, THEY DO NOT GOVERN.”**

**Tradition Two reminds us that AA is guided by a loving Higher Power expressed through group conscience, and that leadership in AA is about service—not control.**

## LIVING TRADITION TWO

Tradition Two reminds us that true authority in AA comes not from individuals, but from a loving Higher Power expressed through an informed group conscience. When one person dominates or “plays God,” relationships suffer; healthy decisions require humility, shared input, and spiritual guidance.

The writer describes how fear of authority shaped their life until AA offered a new experience—trusting a sponsor and the group conscience as expressions of a loving God. By listening rather than controlling, they found freedom, better relationships, and a growing trust in others and the world beyond AA.

Tradition Two also parallels Step Two, showing how belief and sanity grow through experience. Trusting AA and its group conscience helped the author come to believe in God, stay sober, and choose humility over ego—allowing the group to gently correct and guide when needed.

## 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:*

*If AA has no individual authority, what do I do when I strongly disagree with a group decision or how something is being done?*

Tradition Two reminds us that AA is guided by a loving Higher Power expressed through group conscience—not by any one person, including me. When I disagree with a group decision, I'm encouraged to pause, pray, and ask myself whether I'm seeking unity or control. I can respectfully share my experience and concerns, but once the group conscience has been reached, my job is to support the decision or step aside. Trusting the process—even when I don't get my way—has taught me humility, patience, and faith that God can work through the group, not just through my opinion.



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

Respectfully submitted by Molly K.

## **DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS January 1/13/26.**

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., Levi, Luke S., Sandra M., Russ K., Jerry K., Veronica K., Mick M., Collette M., Jesse, Rick, Luke, Billy, John, Nancy, Josh M., Barb, and Marjorie J. (20 people present)

### OFFICERS REPORTS

SECRETARY REPORT: There was no secretary report.

TREASURER'S REPORT: John gave year end treasure's report. Jerry made motion to accept the report and Jenn seconded it. The motion passed.

### COMMITTEE REPORTS

ARCHIVES: Russ gave report. He reported he was oriented himself to Central Office.

PI/CPC: Erin not present. Jesse reported that Erin will not be setting up a booth at Holistic Fair but will be doing so for Multicultural Fair on 3/29/26.

CORRECTIONS: Levi H. gave report Tonya M. not present. Levi reported that he is always taking applications for men to speak in jails.

TREATMENT: Will not present. Billy gave report that speakers are still needed for Rosecrance the 4<sup>th</sup> Wednesday of the month from 7:00pm-8:00pm.

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 12/21/26. 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: Chair is needed. It was reported the ongoing concerns about Grapevine not being profitable or relevant. There will be more discussions about this in the future.

NEWSLETTER: New newsletter out. Still need more people to write for district voices, if you would like to please contact Jenn B at [copluv915@gmail.com](mailto:copluv915@gmail.com).

LITERATURE: Steph T. not present. No report made.

FUNCTIONS: Nancy present. No report made.

CENTRAL OFFICE: Veronica present. Veronica reported that they need 4 hosts for the years Unity Dinners.

### Old Business

Josh was nominated to be chair for Grapevine. He accepted nominations and was voted on and passed.

### New Business

Motion was made to discuss 2026 budget at next meeting. Jenn made motion to use 2025 budget temporarily until next month. It was seconded by Jesse. Function committee budget was discussed. Motion was made for \$500 line item be added to budget and it passed.

### Announcements

- Tri-State Round Up - 2/27-3/1
- West Central Regional Service Conference – 2/27/26-3/1/26
- Upcoming Valentine's Day Fundraiser – See flyer
- Keystone Treatment is looking for speakers (high need for women speakers) with one year sobriety. See Mark P if interested.

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

**SUPPORT SIOUXLAND INTERGROUP**  
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**EASY • SECURE • FAST**  
**Bring hope to those in recovery**

