

HAPPY, JOYOUS AND FREE

District Voices

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

THE ONLY REQUIREMENT

When I first heard Tradition Three, “The only requirement for AA membership is a desire to stop drinking,” it sounded simple enough. Over time, I realized how powerful and necessary those words really are. When I came into AA, I carried a lot of shame and fear. I worried about whether I belonged, whether people would judge my past, or whether I had done too much damage to fit in anywhere. Tradition Three quietly removed all of those barriers. No one asked me to prove anything. No one asked where I had been or how far I had fallen. All that mattered was that I had a desire to stop drinking.

As I stayed sober and became part of the fellowship, I began to see how important this Tradition is for protecting AA as a whole. People arrive at meetings from every background imaginable. Some come in hopeful, others angry or frightened. Some are ready to do the work right away, while others take time to find their willingness. Tradition Three reminds me that it is not my job to decide who belongs or how someone should recover. My job is simply to carry the message and share what was freely given to me. When I remember that, the doors of AA stay open for the next person who is suffering.

This Tradition also helps keep my own ego in check. Sometimes I can fall into the trap of thinking there is a “right way” to do things or that someone should progress at a certain pace. Tradition Three brings me back to the basics. The only requirement is a desire to stop drinking. That simple statement allows each of us the dignity to find our own path in recovery while still being welcomed into the fellowship. I am grateful that when I arrived, no one asked me for anything more than that. Because of Tradition Three, I was allowed to stay long enough to find sobriety, a Higher Power, and a new way to live.

Anonymous

EVENT SNAPSHOT

FULL DETAILS AT:

WWW.AASIOUXCITY.ORG

Siouxland Intergroup Unity Dinner

Saturday, March 21

**32nd Sunlight of the Spirit
Weekend**

April 17-19

10th Anniv. Merville AA Potluck

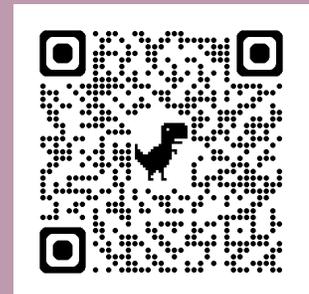
Tuesday, April 21

**Men’s 23rd Annual “Miracle
Weekend” AA Retreat**

April 24-26

Sponsorship Workshop

Saturday, May 16th



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

TRADITION THREE

**“THE ONLY REQUIREMENT FOR MEMBERSHIP
IS A DESIRE TO STOP DRINKING.”**

Inventory:

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

LIVING OUT TRADITION THREE

Tradition Three reminds members that sobriety must remain the central focus of recovery. While emotional and financial security are natural desires, problems arise when these goals become obsessions rather than natural results of living a life of service.

The reflection emphasizes that when life becomes centered on anything other than sobriety, gratitude can fade and perspective is lost. Tradition Three restores that perspective by returning to a simple truth: the only requirement for membership is a desire to stop drinking. By surrendering expectations beyond sobriety and focusing on service, balance and gratitude can return.

Tradition Three closely parallels Step Three. Step Three asks how one turns their will and life over to the care of God as they understand Him. The tradition answers with simplicity: the only requirement is the desire to stop drinking. With that willingness, the support of a Higher Power and the fellowship becomes available to guide recovery.

Source: <https://www.takethe12.org/t3/>

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:

Tradition Three says the only requirement for AA membership is a desire to stop drinking. Does that mean there are no rules at all?

A: Tradition Three protects the door of AA and keeps it wide open. A person doesn't need to meet any conditions, prove anything, or have a certain amount of sobriety to belong. If someone says they have a desire to stop drinking, that is enough. Meetings still have formats, guidelines, and trusted servants who help keep things running smoothly. But those things are not about deciding who is worthy of membership.

Tradition Three speaks only about belonging, not about readiness. Some people arrive unsure or even resistant to change, yet many discover their willingness grows over time simply by staying connected to the fellowship. The spirit of the tradition is compassion and humility. None of us came to AA perfectly willing or perfectly honest. Tradition Three reminds members that everyone deserves the same chance at sobriety that was freely given to them.



District 1, Area 24 Meeting Minutes, February 10, 2026

Respectfully submitted by Molly K.

DISTRICT ONE MEETING AREA 24 ALCOHOLICS ANONYMOUS

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., Levi H., Luke S., Sandra M., Russ K., Jerry K., Veronica K., Mick M., Jesse, John M., Nancy D., Josh M., Barb, Will M., Tonya M. Bryon W., Star K. and Marjorie J. (20 people present)

OFFICERS REPORTS

SECRETARY REPORT: Molly gave secretary report. Jesse made motion to accept the report and Sandra seconded it. The motion passed.

TREASURER'S REPORT: John gave treasures report. Jesse made motion to accept the report and Luke seconded it. The motion passed.

COMMITTEE REPORTS

ARCHIVES: Russ gave report. He reported that there is a flyer for Archives Open House at Fall Assembly.

PI/CPC: Erin not present. No report.

CORRECTIONS: Levi H. gave report. Tonya M. gave report. Levi reported that he is always taking applications for men to speak in jails. Tonya Reported that the new schedule for Women's will start 3/1/26.

TREATMENT: Will present. He has speaker scheduled through 4/1/26. Billie is helping with organizing. There are still a couple of slots open.

INTERGROUP: Veronica K. present. Next Intergroup will be held 2/19/26. Please update on any meeting changes. Books and pamphlets increased in price at World Service so Central Office price will also be going up. Pamphlets going up 15% and books 3\$. Central office has had some water damage due to pipe burst. New carpet has been laid. Landlord is working on the rest of damage.

GRAPEVINE: Chair is needed.

NEWSLETTER: Jenn not present. New newsletter 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: Josh present. Rosecrance downtown is not putting out brochures due to repairs. The Warming Shelter is requesting literature which Josh is getting them.

FUNCTIONS - Nancy present. Nancy reported she is gathering names of people that will help with functions and is tracking other events to find the best time to schedule workshops.

Old Business

John presented on 2025 year-end budget and discussion was held for 2026 budget.

Josh and Jesse went to Spring Conference last month. Discussion was held to change times for committees to meet during future conferences. 5th printing of Big Book will most likely be printed next month.

New Business

No New Business

Announcements

- Tri-State Round Up - 2/27-3/1
- West Central Regional Service Conference – 2/27/26-3/1/26
- 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 Jesse and Molly seconded the motion. The motion passed and the meeting closed at 7:30 pm with the Lord's prayer.

SUPPORT SIOUXLAND INTERGROUP

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