

# HAPPY, JOYOUS AND FREE

## District Voices

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

### MY SPIRITUAL AWAKENING

I grew up about as close to religion as you can get. I lived one block from the church. We went to church every week, sometimes twice. I didn't like it. As soon as I had the freedom to choose, I was out.

I came to my own conclusions: Jesus was probably a good guy, but organized religion was full of hypocrisy—wars, violence, people controlling each other in the name of God. God was not for me. I became a confident atheist.

My drinking didn't really start until college. I had been a rule follower—strict parents, lots of fear, straight A's, and a need to do everything "right." College changed that. There was a beer bar on campus and the liquor store delivered. I embraced "work hard, play hard," drank a lot, and got a job in a bar.

Drinking became my lifestyle. I graduated with honors, a Spanish major, and a minor in making wine in my dorm closet. I got married right out of college. We were broke, so my life became work and drinking.

My life was built on self-centered fear. I worked constantly, moved often, raised kids, and somehow always found money to drink. I told my kids there was no proof God existed. I taught values, but I wasn't living them. I drank every night. My purpose was to make myself happy. Everything got worse.

Then COVID hit. I worked 60–70 hours a week, homeschooled, drank myself into blackouts, and got very sick. I was miserable, lonely, and afraid.

I found AA. Terrified, I sat silent in a church basement. I saw people who drank like me—but they were annoyingly happy and laughing. I decided something could restore me to sanity. My Higher Power wasn't God; it was the laughing group of drunks. It worked.

I worked the steps. I changed. In my first sober year, my brother died, my dog died, and I had my last Christmas with my mother-in-law—I didn't drink.

I've been sober since August 28, 2021. Life hasn't gotten easier. I've gotten different. I don't drink. That isn't my willpower. My Higher Power today is love. I can't define it or prove it—but I feel it, and I see its effects.

When I live from love, I'm honest, less afraid, and less self-centered. I try to be of service. That's how I stay sober. If you haven't found your Higher Power yet, feel free to use mine. It's pure love.

— Mary H.

## EVENT SNAPSHOT

FULL DETAILS AT:

[WWW.AASIOUXCITY.ORG](http://WWW.AASIOUXCITY.ORG)

### District 1 Workshop

Saturday, April 11, 10:00AM

### 32nd Sunlight of the Spirit Weekend

April 17-19

### 10<sup>th</sup> Anniv. Merville AA Potluck

Tuesday, April 21

### AI-Anon Spring Frolic

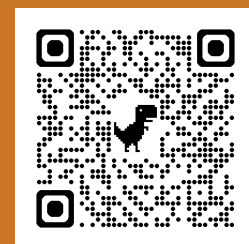
Saturday, April 25

### Men's 23<sup>rd</sup> Annual "Miracle Weekend" AA Retreat

April 24-26

### Back to Basics Stepwork

Next Session: Monday, April 27



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

# TRADITION FOUR

**“EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR AA AS A WHOLE.”**

## Inventory:

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?
7. What “questions” could we ask ourselves before we make a decision to use our autonomy?
8. Does autonomy excuse or justify improper behavior?

## LIVING OUT TRADITION FOUR

For too long, I thought I was autonomous in my own right; this is also called being self-centered or selfish, with “self-will run riot.” This Tradition helps me understand that I cannot take any actions harmful to others without dire consequences to myself. I learned that nothing was really good unless other people also were considered. If I don't seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs.

The one word that characterizes the fourth tradition is the word “decisions.” This tradition teaches me how to make decisions and maintain good relationships with God and you at the same time. The traditions show us how to get along with each other. The second half of the fourth tradition teaches me to consult others when I make decisions that affect them.

I am not to be a dictator in making decisions that affect other people's lives (or the community) as I did when I was drinking. I need help from others, especially in matters affecting them. My goal is unanimity. Repeat: If I don't seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs.

Source: <https://www.takethe12.org/t4/>

# GSO Spotlight

## Who They Are

The General Service Office (GSO) in New York City is the central hub for Alcoholics Anonymous in the U.S. and Canada. They provide guidance, support, and resources to local AA groups, helping ensure that meetings and members have access to literature, information, and service tools.

## What They Do

GSO helps connect local groups to the larger AA community. They publish and distribute AA literature, maintain archives of AA history, coordinate service opportunities, and answer questions from members and groups. Their work helps keep the message of recovery consistent, accessible, and available to anyone who needs it.

## How They Help Local AA

By supporting local groups, GSO strengthens the foundation of AA at the grassroots level. They provide resources for group officers, organize service events, and offer guidance on best practices, making it easier for meetings to focus on carrying the message to the still-suffering alcoholic.

## Did You Know?

GSO distributes AA literature to over 70 countries and maintains an extensive archive of AA history—preserving the stories and lessons of recovery for generations to come.



AA literature helps carry the message of recovery around the world — a mission supported by the General Service Office.

## GSO AND GRAPEVINE

475 RIVERSIDE DRIVE  
AT WEST 120TH ST.  
11TH AND 8TH FLOORS  
NEW YORK, NY 10115  
(212) 870-3400

# District 1, Area 24 Meeting Minutes, March 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. Tim L., Molly K., Levi H., Luke S., Sandra M., Russ K., Veronica K., Mick M., Jesse, Nancy D., Will M., Billie M., Star K. Rick W., Jenn B. and Erin Z. (17 people present)

### OFFICERS REPORTS

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

TREASURER REPORT: John not present. No report given.

### COMMITTEE REPORTS

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

PI/CPC: Erin not present. No report.

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

TREATMENT: Will M. not present. Billie reported that speakers are filled except there is 1 open spot for the 5<sup>th</sup> spot of the month.

INTERGROUP: Veronica K. present. Next Intergroup will be held 3/19/26. Unity Dinner is 3/21/26 at St Mark's and hosts are needed for rest of the year. She reported there is a new meeting on Thursdays at 6:00 pm at Dakota City Library.

GRAPEVINE: Chair is needed.

NEWSLETTER: Jenn 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 not present. No report given.

FUNCTIONS: Nancy reported flyer will be out soon for the April 11 workshop at the Salvation Army.

### Old Business

Next meeting John will present on breakdown of money allotted for committees.

Josh and Jesse went to Spring Conference last month.

### New Business

Area Business meeting will be 3/13/26 to 3/15/26. They will decide agenda items that go before WSO. Jesse V. will be present and voting.

### Announcements

- Keystone Treatment is looking for speakers. You need 1 year of sobriety. See Mark P if interested.
- Spring Frolic – 4/25/26
- District Workshop – 4/11/26 at Salvation Army

Motioned to close the meeting by Jesse V. & Jenn B. seconded the motion. The motion passed & the meeting closed at 7:05 pm with the Lord's prayer.

**SUPPORT SIOUXLAND INTERGROUP**

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**Bring hope to those in recovery**

