



Groupline

THE SIOUXLAND INTERGROUP NEWSLETTER

December 2017

**The Next
Siouxland Intergroup
Meeting will be 7:00PM
Thursday, Dec 14, 2017
at the Central Office,
614 Cook St. in Sioux City
Come early and grab a good Seat!**

**If you would
like your
EVENT to be
listed in the
GROUPLINE**



**or if you have artwork,
poetry or an article you
would like to be considered
for print, please email your
submission to:**

AAcentralofficesc@gmail.com

**or drop it by the
Central Office or
call us at 712-252-1333**

**Our website is
www.aasiouxcity.org**

**The next DISTRICT 1
Meeting will be 7:00PM
Tuesday Dec 12, 2017
at the Hawkeye Club,**

CENTRAL OFFICE HOURS

Sat, Sun, Mon: CLOS
Tues--Thurs: 10:00 am to 2:00 pm
Fri: 8:30 am to 5:00 pm



"Alone in the town, I was scared to death of getting drunk. I was no longer a teacher or a preacher, I was an alcoholic who knew that he needed another alcoholic, as much as that one could possibly need me. Driven by that urge, I was soon face to face with Dr. Bob."

*AA Co-Founder, Bill W., July 1965
The Language of the Heart*

HOLIDAY CHEAT SHEET

Loneliness and Sadness Come and Go

This time of year brings us face to face with powerful emotions as we come into contact with family and food.

Many of us have painful memories, conscious and subconscious, which make this time of year ripe for being triggered.

We may act out because we feel alone,, separate and sad. We may feel misunderstood. We may harbor powerful resentments and anger. We may also remember loved ones who we have lost. Strangely this is a part of what makes these days so special and sacred.

Loneliness and sadness are emotions that we can shift. If we share our feelings with other loved ones we find that the feelings dissipate. If we connect with our local church group, synagogue, mosque, 12-Step meeting, yoga or meditation community, we can find the connection we crave.

However, if we choose to be alone with our sadness and loneliness it tends to build up and leave us in a painful and potentially dangerous space.

Choose Not To Be Alone

The holidays are a time for coming together. Whatever thought you may have that keeps you alone at this time, challenge it. If you feel like you have no family to be with, then choose to be with friends. If you feel like you have no friends then go down to the soup kitchen and serve food to the homeless over the holidays. There, you will find kindness, compassion and human connection. You will be in the solution to addiction.

Start with a meeting and set the tone for your week

If you are going home or traveling anywhere, when you arrive, go to a meeting first. For some this will mean a 12-Step meeting or another kind of recovery meeting. Do this first before you get pulled into the energies of family or whomever you are with.

Recognize and Confront the Saboteur

Be aware of the mind's/ego's tendency to sabotage your efforts. Your mind will be working overtime to get you to break your commitments to yourself. Of course it is going to happen as you approach the holidays. Just bringing awareness to this tendency returns you to presence. Nothing more is needed. Once aware of it, it will lose its power as long as you remain conscious.

HOLIDAY CHEAT SHEET --Continued

Take Breaks

If things get uncomfortable for you, take a walk, go to a meeting or yoga class or call up a mentor, trusted friend or sponsor. You do not have to sit in an uncomfortable situation. You can always just take a break. This simple strategy has made the difference for me on more than one occasion.

No Need to Fit in, You Fit Perfectly in You

Resist the temptation to fall back into old agreements with family or friends that no longer serve the “you” that you have become. At the same time, we must resist the temptation of trying to seek approval for who we’ve grown into. Often, people will resent this or not see you in the same light you see yourself. This can bring up big-time resentment and leave your holidays feeling less than holy.

Be in the Attitude of Service

Show up this holiday season knowing your cup is full enough to be of service to others. Service can take many forms. You can feel the homeless, of course. And you can also show up with a good attitude to be with your family. Help them cook, clean up. Be present as much as you can. Ask them how they are doing and practice being a great listener. You will soon find that you have contentment – the freedom from wanting or needing anything.

Remember...

Stay on your recovery path.

Ask for help if you need it.

Never despair for there is a way through every block.



GROUP CONTRIBUTIONS THRU Nov 30, 2017

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GROUP NAME	THIS MONTH	YEAR TOTAL	GROUP NAME	THIS MONTH	YEAR TOTAL
21 Club N-S Group		\$205.00	No Name Group	\$292.91	\$1141.86
3 & 11 Groups Quarterly Breakfast		\$43.00	One A Day Group		\$7.00
Afternoon Matinee Group			One Page At A Time Group		
Akron AA Group			Pause When Agitated Group		\$10.00
Big Book Buddies Study Group			Room 106 Big Book Study Group at Holy Spirit		\$140.00
Books & Beans Group			Saturday AM 12x12 Study Group		\$77.00
Books & Cookies Group		\$400.00	Second Chance Group		
By the Book Group	\$30.00	\$90.00	Serenity Now Group		
Check your Ego at the Door Group			Sergeant Bluff AA Group		\$80.00
Cheyenne Non-Smoking Group		\$35.00	Sioux City Tri-State Roundup		
Club 21 Group			Solutions Group Women's BB Study Group		
Come and Go Group			Someone Cares Group		
Drunks Helping Drunks Group	\$150.00	\$250.00	South Sioux Friday Nite BB Study Group		\$152.00
Early Risers Group			South Sioux Tuesday Niter's Group		\$200.00
Elk Point AA Group			Spiritual 3-11 Meeting - Hawkeye Club		\$263.00
Faith Without Works Group			Steel Magnolias Group		
Faithful Fiver's	\$180.00	\$2415.00	Stockyards Men's Group	\$100.00	\$400.00
FOUNDER'S DAY		\$660.00	Sunday 1030AM Spiritual Meeting		
Fox Hall Chapter 2		\$49.00	Sunday 3-11 St. Luke's Hospital Group	\$150.00	\$350.00
Friday 530 PM Group	\$149.52	\$491.41	Sunday Nite Big Book Study Grp		\$26.75
Friday Night Keep It Simple Group S.L.			Sunrise Attitude Adjustment Meeting	\$33.00	\$971.00
Glenn Ave Group		\$202.00	Sunrise Retirement Home Group		
Grupo Nuevo Camino			Sweets and Treats Group		
Hawkeye 10AM Group			TGIS in Alton Group		\$73.44
Hawkeye Steps 3&11 Grp at Mercy Hospital		\$171.00	The How & Why Of It 12x12 Group		\$25.00
How and Why of It Group		\$25.00	Tuesday 12 X 12 Group	\$15.00	\$70.00
Jackson Nebraska Monday Night Group			Tuesday Early Bird Group		\$345.26
Leed's Tuesday Open Group			(NEW) Tuesday Night Speaker Tape Meeting		
Leed's Wednesday Brown Bag Group		\$50.00	QUARTERLY UNITY DINNER		\$1582.50
Leeds Sunday Nite Spiritual Group		\$200.00	We Can Group		
Living in The Solution Group		\$125.00	Wednesday BB Study Group		\$571.87
Living Sober Group			Westlawn Group	\$30.00	\$478.00
Many Hands Caring Grp		\$345.00	Where It All Begins Group		
Marble Group			Wise Words Fellowship Club Group		\$7.00
Morningside Fellowship Group		\$150.00	Women's Open Topic Group		\$30.00
Moville Tuesday Nite Group	\$90.00	\$191.00	Young Persons In AA		\$30.00
No Matter What Group					
			Primary Purpose Group (meeting closed)		\$230.24
			Fund raiser selling water at Tri-State Roundup		\$337.26
OTHER DONATIONS					
Birthday Donations		\$240.00	Individual Gifts		\$100.00
Cash Donations	\$15.00	\$1172.76	Memorial Donation		\$370.00
Central Office Open House			** Monthly Intergroup Mtg**	\$12.00	\$137.48

Faithful Fiver Contributors as of Nov 30, 2017

Ann B	Bill H	Carol C	Charlie K	Christy K	Cindy G	Danny B	Dave D	David P	Dean H	Dave W	Deb G
Delvin W	Dianne B	Don P	Frank G	Greg N.	Jane S	Jerry H	Joan P	Joann D	John H	Kathy B	Kevin J
Kevin M	Marianne B	Mick M	Mike H	Mike R	Ray G	Rick W	Robin J	Rodney C	Rose A	Susie J	Teresa S.
Theresa J	Tim H	Tim L	Tom C	Tony S	William R						

The November meeting was opened at 7:00 P. M. with The Serenity Prayer, by Rose A.. The Intergroup Statement of Purpose, and Central Office Statement of Purpose were read with 11 members present.

Secretaries Report: The Secretaries report was read by Secretary Michelle M. A motion to accept the September Minutes as read was made by Jeff D., Seconded by Tim L and the motion passed.

Treasurers Report: Treasurers report was given by Bill H. A motion was made by Paul T. to accept the Treasures report as read, seconded by Tom C., the motion passed.

District One Report: Jeff D, District 1 DCM announced Rafael T. as the new Newsletter Chair. If you have items to share at the District level please contact Rafael. Jeff also announced that the December District 1 meeting would be a short meeting then there will be a Christmas Party.

Functions and Committees: The November 11th Siouxland Intergroup **Unity Dinner** was a huge success with over 150 people attending. Ours thanks to the Saturday Morning “By The Book Group” for hosting the best attended Unity Dinner in recent years. The Halloween Party held at the Leeds Alano Club was great time with lots of fun and fellowship.

Old Business: Nominations for 2018 Intergroup Officers were still being taken at the Nov Intergroup meeting. Current nominations are, Chairman: Michelle M, Vice-Chairman; Tim L and Tony S, Secretary; Rose A, Treasurer is still open.

New Business: Tentative dates for the 2018 Unity Dinners are; Feb 3, May 5, Aug 4 and Nov 10. District 1 Winterfest has a tentative date of March 3, 2018

Announcements: No new announcements.

A motion to close was made by Michelle M and seconded by Tom C. The motion passed and the meeting closed at 8:00pm with the Lord’s Prayer.

Respectfully Submitted,
Michelle M., Secretary



Faithful Fivers, in gratitude for their sobriety, contribute \$5 each month to the Central Office to keep it operating and to keep the phone service going. Our Faithful Fivers program has been working for the past seven years, and has helped carry AA's message of recovery to the still suffering alcoholic. Please make checks payable to SIOUXLAND INTERGROUP.

Mail to: Siouxland Intergroup
P.O. Box 3684
Sioux City, IA 51102

FAITHFUL FIVER

\$5.00

Name: _____
Address: _____
City: _____ Zip _____ Date _____

What are Faithful Fivers?

Faithful Fivers are A.A. members who graciously contribute five dollars or more* each month to support Siouxland Intergroup

As a Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering alcoholics in the Greater Sioux City Area.

"When we meet and defeat the temptation to take large gifts, we are being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer."

Bill W., *Language of the Heart*

* Contributions are limited to \$3,000 per member per year† and are tax deductible under Internal Revenue Code §501(c)(3).

†Page 9—Self Support Pamphlet

Yes! Please enroll me as a Faithful Fiver!

Complete the form on the opposite side:

Payment Options Are:

Electronic Check
Personal Check
Cash (DO NOT MAIL CASH)

Submit the form:

and

mail to:

Siouxland Intergroup
P.O. Box 3684
Sioux City, IA 51102

Or drop off the form to:

Siouxland Intergroup
614 Cook Street
Sioux City, IA 51103

(DO NOT LEAVE CASH in MAILBOX)

If choosing direct payment, mail or drop off the payment and keep the form for your records.

Bill W. wrote of Intergroup Offices, "Though not costly, these agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill."

*"Self-Support: Where Money and Spiritually Mix" pamphlet
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