

**AREA 24 - DISTRICT 1
MONTHLY NEWSLETTER**

FEBRUARY 2018



Volume 2, Issue 1

LITERATURE CHAIR OPEN

Mitch K announced at the January District meeting that he will no longer be able to serve as the literature chairperson for the district due to increasing work demands. The district officers wish to thank Mitch for his work on making sure AA literature is distributed around town. All of the literature racks are currently full. If you would like to serve as the new literature chairperson please contact Jeff D at your earliest opportunity.



The 2017 Fall Conference

Committee would like to thank Area 24 for the opportunity to host the conference and would like to thank all who attended.

The Fall Conference was considered a success with a total of 280 AA's, 96 Al-Anons and 12 Alateens for a total of 388 attendees. 136 attendees were served lunch and 145 attendees were served dinner. The personnel running the Sioux City Convention Center did a great job catering to our needs.



Unity Dinner Feb. 3

The next Unity Dinner will be Saturday, Feb. 3 at the Faith United Presbyterian Church (formerly the Morningside Presbyterian Church), 4327 Morningside Ave. Registration and fellowship begin at 5:00 p.m. with the potluck starting at 5:30 p.m. The main dish is a chili cook-off. Please bring a hot dish, salad or dessert to share. There is a suggested \$5 free-will donation which goes to help support the Siouxland Intergroup Central Office.

It is hosted by the Steele Magnolias and the Books & Cookies Big Book Study Groups. The Al-Anon speaker is Julie B. from Sioux City; the AA speaker is "Motorcycle Mark" from Jefferson, SD. Please contact Rosie S. or Bryon W. for details.

HI THERE!

My name is Gary D. and I'm the new District 1 Newsletter Editor. You will see some changes to the newsletter starting with this issue. I invite you to read and explore. I hope you find the publication newsworthy. Please contact newsletterdistrict1@gmail.com to get me your news.

Inside:

- Page 2: January 9 District 1 meeting minutes
- Page 3: Upcoming Events
- Page 3: Recovery Term of the Month
- Page 4: Ode - Sober Fun
- Page 4 - AA Preamble

GROUP INFO NEEDED

Please send your group's anniversary month, and years of service to:

newsletterdistrict1@gmail.com

The next District 1 meeting is Feb. 13 at 6:30 p.m. at 420 Jones St.



Please direct any suggestions or correspondence to: newsletterdistrict1@gmail.com.

(your email address will not be shared or sold, and your anonymity is guaranteed). In Love, Fellowship, and Service; Gary D.

DISTRICT 1 MEETING - January 9, 2016

The meeting was called to order at 6:30PM by Jeff D. DCM, followed by the Serenity Prayer.

Introductions were given and sign in sheet was passed around. Attendees were as follows:

Jeff D. DCM, Delvin W. Alt DCM & GSR Thursday Men's Stockyard Group, Mark P. GSR Saturday morning by the book, Sandra M. Fall GSR Leeds Sunday Night Spiritual meeting, Charlene B. Grapevine Chair, Mike R. GSR Wednesday Night Westlawn, Kathy B. GSR Drunks helping Drunks, Greg N. GSR Monday Glenn Ave Meeting, Tim L. GSR Saturday 6:30AM Attitude Adjustment, Brandon GSR Friday Night YPAA, Tony Sanders alt Archives, Heather R. GSR Tuesday Night Early Bird, Olive, Beth Johnson GSR There is a solution, Chad G., Gary Dickson Newsletter

Passed the basket and collected \$17.00

Jeff D. read the minutes from the last meeting. A correction was noted in reference to the Winterfest stating that Don C was working on a location. Tim L. approved the minutes as corrected and Sandra M. seconded.

Treasurer report: Don C. was not present but a report was provided.

- Ending balance as of 12/31/17 is \$9,311.33. Deposits were made this period for a total of \$991.28 in contributions. Still needing budgets completed for Committee Chairs. It was explained that the Fall conference committee is short on the funds owed back to Area 24 due to miscalculations on travel expenses and the number of attendees.

Tim L. made a motion to approve and Sandra M. seconded the motion. The motion passed.

Committee Report

Archives – Tony S. is going to Marshalltown to meet with the Area 24 Archivists Sarah looking for any history items that were lost in the fire in 1998. Also looking for Group history reports. Looking for any old pictures that anyone has. They will have a display at the next Unity Dinner. At the last Intergroup meeting it was discussed that the next Founders Day will focus more on the new comers.

PI/CPC-Rose A. not presented but did provide a report that stated that she is still delivering schedules

Corrections- Joe B. stated that he is updating the schedule and has added a few more members to the list.

Treatment- Veronica not present – No report

Siouxland Intergroup- Mike H. not present no report

Literature – Mitch K. stated he is resigning due to work. Racks are filled.

Grapevine – Charlene B has not received her new Grapevine this month yet. The Sponsorship workshop went very good with great attendance. Urging subscriptions it's a meeting in print. Made a packet for GSRs of what's included in Grapevine to bring back to groups. Suggests to have a grapevine rep at meetings. Newest book Voices of Women in AA.

Newsletter – n/a – Gary D. has volunteered his services to be the new Newsletter editor.

Unfinished/Ongoing Business

PA system guidelines none set up yet.

Winterfest still needing a location to host

The Tri-State Workshop is looking for group contributions. We weren't sure what the cost associated with this would be so we tabled the discussion of a contribution to assist with costs.

New Business

Gary D was voted and accepted as the Newsletter Chair Person.

Announcements

Tuesday Night Early Bird meeting is looking for a new home as the St Boniface Church is not available.

Tri-State Workshop will be held Jan. 27 in South Sioux City

Feb. 3 Unity Dinner, Motorcycle Mark will be the speaker

Area 24 Business meeting is Jan 20 and 21 in Marshalltown. Open to GSR's and DCM's

Ft. Dodge has a Winter Rally on Jan. 20

West Central Regional Meeting in Des Moines March 2-4

Next Area 24 Spring conference is in Mason City and the Fall Conference is in Davenport.

Joe B. motion to close seconded by Greg N.

Meeting was closed at 7:15 PM followed by the Lord's Prayer.



Feb. 3 - Winter Unity Dinner, 5 p.m. for registration and fellowship; 5:30 p.m. for potluck. Speakers: Julie B, Sioux City, Al-Anon; Motorcycle Mark, Jefferson, AA. \$5 free-will suggested admission. Faith United Presbyterian Church, 4327 Morningside Ave.

→ **Feb. 9** - Southern Draw Potluck Fundraiser, Fellowship Club, 1403 Summit St., 4:30—7:00 p.m. Gumbo & rice, red beans & rice, baked cheese grits, corn bread, sweet potato pie, keylime pie. New Freedom Group meeting will follow at 7:00 p.m.

→ **Feb. 16, 17, & 18** - 24th Annual Cedar River Roundup, Marriott Hotel, Cedar Rapids, IA. Pre-registration deadline is Feb. 9. Pre-registration is \$23; pre-registration with banquet is \$48; registration at the door is \$25; pre-registration banquet only is \$25. Cash and check only if registering at the door. Register online at their website at

www.cedarriverroundup.org

→ **March 2, 3, & 4** - West Central Region Alcoholics Anonymous Service Conference, West Des Moines Marriott, 1250 Jordan Creek Pkwy, West Des Moines, IA. Registration fee is \$15. Pre-registration deadline is Feb. 19. Register online at <https://wcraasc.cheddarup.com>. For information call Wanda P. at (515) 554-6866 or Dan G. at (641) 485-6731.

→ **March 9, 10, 11** - Sioux Empire Round-up, Best Western Ramkota Inn, 3200 Maple, Sioux Falls, SD. Pre-registration deadline is Feb. 20. Pre-registration is \$18; \$20 at the door. Alateen is \$3. Register online at www.siouxempireroundup.org

→ **March 23, 24, 25** - Aim For Ames Roundup, Quality Inn & Suites, East 13th St. & I-35, Ames, IA. Pre-registration deadline is March 12. Pre-registration is \$20. Register online at www.aimforames.org

Term of the Month

A regular look at various terms or phrases found in the Big Book of Alcoholics Anonymous, other AA publications, jargon, and related addiction treatment literature.

“State-Dependent Learning”

We’ve all heard that our emotional maturity level gets stuck at about the age we begin to drink or use drugs, or at the age we cross that invisible line into alcoholism or addiction. The term *state-dependent learning* is the term that describes this maturational stuckness. It explains how drug use (alcohol *is* a drug) affects the ability to grow emotionally.

A number of years ago, researchers were able to demonstrate state-dependent learning using rats. They taught two



groups of rats how to run a complex maze. Before training, however, one group of rats was injected with alcohol. The other group remained sober.

Both learned to run the maze in approximately the same time. Researchers observed rats in both groups had similar learning curves. But the next day the differences became quite clear when the researchers again put the rats in the maze to see how much they retained.

The rats that learned the maze while sober did just fine. They had no difficulty finding the reward — a chunk of cheese — at the end of the maze. But the rats who first learned to run the maze while injected with alcohol were different. Even though they were sober now, they could not run the maze successfully. What they learned did not transfer to their sober condition.

So why are we alcoholics and addicts stuck at early levels of emotional maturity? It’s due to state-dependent learning. Or lack of it. We had not learned from our experiences. Learning from life experiences is necessary for emotional maturity, or what may be called emotional sobriety. Lack of emotional sobriety is a major impediment to a healthy recovery.

“Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our

AREA 24 - DISTRICT 1

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

Located at 614 Cook St., Sioux City, IA

Phone: 712-252-1333
Email: newsletterdistrict1@gmail.com

*"I came to A.A. in order to stop drinking;
what I received in return was my life." -
Alcoholics Anonymous, 4th Ed.*

On the web at
www.aasiouxcity.org

A.A. PREAMBLE©

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Copyright © The AA Grapevine, Inc.

SOBER FUN AT ODE STORYTELLING SERIES

Being in recovery from alcohol and other drugs means not being around using friends. It means staying away from old playgrounds and playthings. One of the first issues the newly recovering person faces in their new life is how to have fun, how to involve themselves with other activities and friends that don't involve using alcohol. Pretty soon, though, if we are willing to take some good orderly direction and try some new, or even reintroduce ourselves to forgotten, healthy activities, we quickly discover that recovery is fun. Life doesn't need to involve substances in order to be interesting.

Fun and interesting is the program called Ode. Ode is the storytelling series where Siouxland community members tell true stories on stage to promote positive impact through empathy.

Sounds a little like listening to someone tell his or her story at an AA meeting doesn't it?

Only these stories seldom involve using alcohol or other drugs. They involve people telling stories about everything from experiences with food, loss, moving to the U.S., disease, music, breastfeeding, joy, Jewishness, child birth, and . . . Well, a whole lot of stuff. There has even been at least one member of our fellowship sharing his experience, strength and hope on stage at Ode.

The series takes place six times a year on the first Friday night of the month. It has been held at a variety of locations, from the Peirce Mansion, to the Sioux City Art Center, outdoors at a coffee shop in South Sioux City, in a yoga studio and in the ISU Design Center West in downtown Sioux City. The next ver-

sion of Ode will be Friday, Feb. 2, starting at 7 p.m. in the ISU Design Center West building. Admission is \$10 per person in advance, \$15 the day of the show. The stories this time will be about "Risk". The show starts with live music by Shawn Blomberg. Dress is casual. Call (712) 470-3953 to order tickets.

Ode is produced by KWIT-KOJI: Siouxland Public Media. It is the brainchild of Ally Karsyn. Each story is about eight minutes long and anyone can tell a story. According to Ode's Facebook page, you don't have to be a professional writer, performer or public speaker to participate. Karsyn, who is an award-winning journalist, acts as editor, storytelling coach and occasional ghostwriter "to help ordinary people put words on a page that are read on a stage."