Intergroup Bulletin

The monthly online bulletin of the Sioux Falls Area Intergroup of Alcoholics Anonymous

Visit our website for blog articles, meeting schedules, and an events calendar! **www.siouxfallsaa.org**

October, 2008 *Please print and distribute for your AA group!*

Halloween Dance

October 24th

6:00 p.m.

Lakota Events Hall in Tea.

Watch for the flyer for more details.

Volunteers Needed!

Please contact your intergroup representative for more details!

Emotional Sobriety

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand.

Let us, with God's help, continually surrender these hobbling demands.

Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety. . .

Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression.

I have been given a quiet place in bright sunshine.

- Bill W., January 1958
© 1998 The AA Grapevine, *The Language of the Heart,* p. 238

Other Upcoming Events:

Web Committee Meeting
Last Saturday of every month
October 25th @ 5:30 p.m.
Caribou Coffee
1924 South Minnesota Ave.
Please join us! We welcome your fresh ideas for YOUR Intergroup Website!
Any questions? E-mail us:
info@siouxfallsaa.org