

Newsletter

Visit our website for blog articles, meeting schedules, and an events calendar!

www.siouxfallsaa.org

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

Please print and distribute for your AA group.



What is Intergroup?

The Sioux Falls Area Intergroup exists to serve groups in the greater Sioux Falls area and aid them in their common purpose of carrying the A.A. message to the still suffering alcoholic.

Please attend our next Intergroup meeting, and help "the hand of A.A." to be available for the still suffering alcoholic!

UPCOMING MEETINGS:

First Sunday of each month

- Intergroup meetings (5:00 pm)
- District 5 Meetings (6:00 pm)

Westside Alano Club
1509 W. 1st St.
Sioux Falls, SD

Contact your intergroup or district representative for more information or come to a meeting and get involved.

Web Committee Meeting

Last Saturday of each month
@ 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

Intergroup would like your input about the newsletter. What kind of information would you like to see? Please forward any ideas to bradw.oneday@yahoo.com



"He took 'one for the road' back in Brooklyn and turned it into a world tour."

Reprinted with permission from Grapevine April, 1968

Step Four! Oh what an order!

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions."

We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure.

We want to learn the exact nature of our "character defects" and what

causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact.

This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might

be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

FINANCIALS

Checking:

Deductions:

4/4 Helpline 2/28
\$190.80
4/4 Deposit to
Savings \$870.34

Additions:

4/4 Eastside AA 2/28
\$30.00
4/4 New Beginnings
3/22
\$100.00
4/4 Southside 3/10
\$100.00

4/4 Rainbow Wildbunch
3/17 \$74.35

4/4 Ck#1009 to Adam never
cashed called and said he
didn't have it and isn't going
to cash it
\$12.00

Savings:

3/24 Interest
\$2.50

4/4 Deposit from
Checking
\$870.34

**New Checking Account
Balance As of April 5th,
2009 \$1500.00**

**New Savings Account
Balance As of April 5th,
2009 \$6072.18**

UPCOMING
EVENTS:

SIoux FALLS AREA AA
INTERGROUP PRESENTS

**1ST ANNUAL
SPRING FLING
"Spring Into Action"**

MAY 2-3 COVELL
LAKE/TERRACE PARK,
Sioux Falls, SD

*Come out and enjoy a
weekend of fishing, food,
friends and family.*

See our flyer for more
information, contact Doug at
370-3557
or Brenden at 929-7198 for
volunteer opportunities.

More about Sioux Falls Area Intergroup

The Sioux Falls Area Intergroup exists to aid the groups in the greater Sioux Falls area in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

We do this by:

- Providing regular meeting schedules for AA meetings that meet in Southeastern South Dakota.
- Financing a Help Line for anyone needing information about Alcoholics Anonymous, and contacting members to fulfill 12th step calls.

- Hosting dances and events throughout the year
- Communicating with all AA groups through this website.
- Publishing a monthly Intergroup bulletin.

You may reach us at:
Sioux Falls Area Intergroup
PO Box 182
Sioux Falls, SD 57101-0182

**24 Hour Telephone
Help Line:
605-334-5419**

There were **40 calls**
from 2-1 thru 2-28

**2010 INTERNATIONAL
CONVENTION OF
ALCOHOLICS
ANONYMOUS**

The **2010 International Convention of Alcoholics Anonymous** will be held **July 1-4** in San Antonio, Texas with the theme "A Vision for You." Convention registration and housing reservations will be available September of 2009. See aa.org for more information and updates.

April Steps and Traditions

STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR:

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Simplicity

Thought to Ponder . . .

"In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own fault, so feuds of years standing melt away in an hour. Rarely do we fail to make satisfactory progress. Our former enemies sometimes praise what we are doing and wish us well. Occasionally, they will offer assistance. It should not matter, however, if someone does throw us out of his office. We have made our demonstration, done our part. It's water over the dam." Alcoholics Anonymous, pg. 78

**AA-related 'Alconym' . . .
FEAR = Face Everything
And Recover**

Sayings and Slogans:

I'm harder on myself than anybody else.

You've got to be willing to be willing.

Big Book...

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem,

our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."

Big Book, page 64 & 65.

Twelve and Twelve...

How instincts can exceed their proper function. Step four is an effort to discover our liabilities. Basic problem of extremes in instinctive drives. Misguided moral inventory can result in guilt, grandiosity, or blaming others. Assets can be noted with liabilities. Self-justification is dangerous. Willingness to take inventory brings light and new confidence. Step four is beginning of lifetime practice. Common symptoms of emotional insecurity are worry, anger, self-pity, and depression. Inventory reviews relationships. Importance of thoroughness.

Twelve and Twelve, Contents - Step Four, pg. 6