

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, every other month
Next meeting is September
@ 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



"Nothing for me, thanks, I'm an Alcoholic."

Reprinted with permission from Grapevine July, 1963

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.
Grant me strength, as I go out from here, to do your bidding. Amen.

Intergroup Treasurer's Report as of August 2nd, 2009

Previous Balances:

Checking: \$1378.14

Savings: \$2533.15

Checking Deductions:

7-10 Card - Wal-Mart \$104.37

7-11 Card - Hy-Vee \$32.17

7-14 Card - American Air \$296.40

7-29 Ck1019 - Postmaster \$44.00

7-30 Net - Helpline \$247.16

\$724.10

Checking Additions:

7-30
Volleyball Tournament \$50.00

7-30 Tuesday Night Happy Hour
7-12 \$80.00

7-30 Southside - 7-14 \$100.00

7-30 Rainbow Wildbunch \$58.60

\$288.60

Savings

7-23 Interest .39

New Account Balances As Of 8-2-09

Checking: \$942.64

Savings: \$2533.51

Meeting Changes?

If your group has any changes to the current meeting schedule such as time, day, location, a new meeting, closed, open, smoking, non-smoking, etc., please contact us at:

sfsdmeetingschedule@yahoo.com

We'll get the changes made to the website schedule and the printed version found on-line as soon as possible. Changes to the printed version that is available for distribution will be made on the next printing.

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
- 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**

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.

Steps and Traditions

STEP SEVEN: Humbly asked Him to remove our shortcomings.

TRADITION SEVEN: Every A.A. group ought to be fully self-supporting, declining outside contributions.

STEP EIGHT: Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION EIGHT: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Simplicity

Thought to Ponder . . .

Humility is attentive patience.

AA-related 'Alconym' . . .
DENIAL = DON'T EVEN KNOW I AM LYING

Sayings and Slogans:

I am not the center of the universe.

You can change only yourself, not the rest of the world.

Most of the things that irritate me today won't be important enough to remember tomorrow.

PROMISES OF STEP EIGHT

Big Book page #78:

- If our manner is calm, frank, and open, we will be gratified with the result.
- Rarely do we fail to make satisfactory progress.

Twelve Steps of a Relapse

1. I decided I could handle any emotional problems if other people would just quit trying to run my life.

2. I firmly believe that there is no greater power than myself and anyone who says differently is insane.

3. I made a decision to remove my will and my life from God, who didn't understand me anyway.

4. I made a searching and thorough moral inventory of everyone I know, so they couldn't fool me and take advantage of my good nature.

5. I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.

6. I became willing to help these people get rid of their defects of character.

7. I was humble enough to ask these people to remove their shortcomings.

8. I kept a list of all the people who had harmed me, and waited patiently for a chance to get even.

9. I got even with these people whenever possible except when to do so would get me into trouble.

10. I continue to take everyone's inventory and when they are wrong, which is most of the time, I promptly make them admit it.

11. Sought through the concentration of my willpower to get God, who didn't understand me anyhow, to see that my desires were best, and He ought to give me the power to carry them out.

12. Having maintained my emotional problems with these steps, I can thoroughly recommend them to others who don't want to lose their hard-earned status, but wish to be left alone to practice neurosis in everything they do for the rest of their days.