

# Newsletter

Visit our website for blog articles, meeting schedules, and an events calendar!  
[www.siouxfallsaa.org](http://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 EVENTS:

#### First Sunday of each month

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

Contact your intergroup or district representative for more information or come to a meeting and get involved.  
**Intergroup meetings are non-smoking**

#### Web Committee

We welcome your fresh ideas for YOUR Intergroup Website!

Any questions? E-mail us:  
[info@siouxfallsaa.org](mailto: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](mailto:bradw.oneday@yahoo.com)



**"Actually, I would like a drink, but I have to be somewhere by July."**

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## Treasurer's Report Holiday Dance Fundraiser December 19th, 2009

### Expenses:

12-6-09 Card Last Stop CD Shop - for IPOD .....	137.79
12-18-09 Card Party America - table covers .....	31.78
12-18-09 Card Sunshine – Tape .....	1.67
12-18-09 1022 Cash for Dance - Cash .....	300.00
12-19-09 1023 Cash for Dance - Cash .....	100.00
12-19-09 1024 M.E. Entertainment - DJ for dance .....	312.00
12-30-09 NET Lakota Events – Hall rent/ less June deposit .....	175.00
Total .....	1058.24

### Income:

12-23-06 Deposit from Dance .....	2776.26
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**Total Profit made for the 2009 Holiday Dance Fundraiser: .....\$1718.02**

### Misc:

**Auction** \$646 men, \$815 women, TOTAL raised from Sword \$1461. Total Raised from Auction ..... **\$1606.00**  
**Door** = \$673 total -\$140 start money = **\$533 profit - about 89 paid**

**Pop/Water/Coffee** - 38 Cans of Diet Coke 24 Cans of Coke 20 cans of Pepsi - 18 Cans of Dr. Pepper 58 Cans of Dew 48 Cans of Diet Dew 50 tickets = approximately 100 cups of coffee (2 cans of Butternut Coffee) Aprox 2 cases of pop left over and ¼ pot of coffee left over Coffee cups, 4-12packs of pop and Creamer were donated.

**Special Thanks to Al-Anon for providing the food for the event, and District 5 for contributing to the Santa Gift Fund.**

**Intergroup Treasurer's Report**

<b>Previous Balances</b>	
<b>As of 12-6-09:</b>	
Savings: .....	\$1446.25
Checking: .....	\$1439.68
<b>Checking Deductions:</b>	
12-4 Net – Helpline.....	240.80
12-6-09 Card - Last Stop CD Shop - for IPOD .....	137.79
12-18-09 Card - Party America table covers .....	31.7812
18-09 Card- Sunshine - Tape .....	1.67
12-18-09 1022 - Cash for Dance - Cash .....	300.00
12-19-09 1023 - Cash for Dance - Cash .....	100.00
12-19-09 1024 - M.E. Entertainment - DJ for dance.....	312.00
12-30-09 NET - Lakota Events – Hall rent/ less June deposit .....	175.00
12-30-09 NET - Deposit to savings .....	1674.90
<b>Total .....</b>	<b>2973.94</b>
<b>Checking Additions:</b>	
12-23-06 Deposit from Dance .....	2776.26
12-30-09 Blacksheep - 12-12 .	50.00
12-30-09 Dell Rapids - 12-3..	100.00
12-30-09 Maria B. - 12-27.....	20.00
12-30-09 Rainbow Wildbunch 12-17 .....	40.00
12-30-09 Kyle (books for Southside) .....	48.00
<b>Total: .....</b>	<b>\$3034.26</b>
<b>Savings 12-30-09 - Deposit from checking.....</b>	<b>1674.90</b>
<b>New Balances as Of January 3, 2010</b>	
<b>Checking: .....</b>	<b>\$1500.00</b>
<b>Savings: .....</b>	<b>\$3121.15</b>

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.

January  
Steps and  
Traditions

**STEP ONE:**

We admitted we were powerless over alcohol - that our lives had become unmanageable.

**TRADITION ONE:**

Our common welfare should come first, personal recovery depends upon A.A. unity.

Simplicity

**Step One Instructions**

The instructions for taking Step 1 are found in the chapter *More about Alcoholism*, Page 30, Sentences 7-9: "We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we were like other people, or presently may be, has to be smashed."

**Bill W.'s First Step**

In *Bill's Story*, Page 8, Sentences 7-11, Bill W. describes the seemingly hopeless state of mind and body in which he found

himself bringing him to admit his powerlessness over alcohol: *No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master.*

**The Physical Component of Alcoholism**

In *The Doctor's Opinion*, Page xxviii, Sentences 1-2, Doctor William Silkworth describes the physical reaction of alcoholics to alcohol. This description is included to help people

determine if they are, in fact, alcoholic. *We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.*