



# Intergroup Bulletin

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

September 9<sup>th</sup>, 2007

Please print and distribute for your AA Group!

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## Faith without works is dead.

*“And how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank he would surely die. Then faith would be dead indeed. With us it is just like that.”* pages 14-15 Alcoholics Anonymous

When I first started attending meetings I had a hope of staying sober and living. I went when I felt comfortable and not too inconvenienced. (because I had so much going on in my life) I came when the meeting started, left when it was over. The only people I talked to were girls who I thought were attractive. I learned in treatment that I had to go to meetings if I wanted any chance of staying sober, so I went. My life wasn't really changing, in fact the nightmares started to haunt me and I had no way of quieting them. The hope I had from treatment was fading and I was getting crazy again. I knew I should get a sponsor. The AA speakers that came to my treatment center said it worked for them. But I couldn't find the right guy, and I didn't have the guts to ask anyone less than perfect.

Not knowing what else I could do, I continued to attend meetings, sitting quietly as not to be seen. As it happened, a man introduced himself and asked if I had a sponsor? I told him no, I was still looking for one, as to seem like I was attempting this AA thing. He jumped on an opportunity and quickly led me aside to talk. An important question was asked, “Are you willing to go to any lengths for sobriety?” Uncertain of what exactly he meant, I said I was, so as not to seem a poser. God forbid anyone knew that I didn't have any recovery. He gave me an eerie smile and informed me that he had a sponsor for me. I just had to show up.

So I showed up and met my new sponsor, he explained that sponsorship was contingent on me doing a few simple things, things that made no sense, but were reasonable. I was to call him daily, even if I had nothing to talk about, which was usually the case. I was to pray every morning and every evening, and attend a home group meeting every week. I was to follow through on all my commitments, show up when and where I said I would. I knew I should be doing some of these things but never seemed able to.

Thus I became a member of Alcoholics Anonymous. Not by attending meetings or saying I was, but by doing the things suggested. Then I felt like I was on a path, going somewhere. I got involved, worked through the AA book, visited institutions, did service work, and then my surroundings became gradually more pleasant. I was increasingly at peace with myself. A simple formula. Most of the time I didn't want to do any of it. I was too full of myself, fear, pride, and other mixed feelings. I kept one thing and continue to keep it in mind, if I don't do this I'm on the wrong path, things aren't going to get better, and if I stay on the wrong path too long, I'll go back to where I started, wishing I were dead.

When I was in treatment, people came in and told me about the solution and what worked for them. If they hadn't I wouldn't have received the message. Often I feel grateful for having a new life, of being able to live life, if I don't give what was freely given to me how grateful am I? I can say a lot of things, I can say I forgive someone and hold a grudge, if I don't take the action of forgiving, or being grateful, my words are empty. Not only is action essential to my recovery, taking actions, such as carrying the message to institutions or doing service work, give me a reprieve that makes life worthwhile. A simple formula.

- Brent A.

*Care to share your experience, strength, and hope with others in our monthly online blog. Send your submissions to [blog@siouxfallsaa.org](mailto:blog@siouxfallsaa.org) or attend a monthly web committee meeting for more information.*

## Upcoming Events

**September 15<sup>th</sup> Foxhall AA Group 3rd Anniversary**  
6-7PM Potluck, 8PM Speaker: Perry G from Rapid City  
Cathedral School 5th St. & Duluth Ave, Sioux Falls

**September 16<sup>th</sup> Web Committee Meeting**  
6:00 PM, Caribou Coffee 1924 S. Minnesota Ave  
Contact Brad S. 605-310-6459

**September 22<sup>nd</sup> Westside AA Founders Day**  
1-9pm 5pm meal 8pm: Old Timers AA Speaker Meeting  
Westside Alano Club 1509 W 1st St Sioux Falls

**September 22<sup>nd</sup> Young Guns AA Group G.S.O. Party**  
6pm Potluck and Fellowship 7:30pm – Speaker: Eliot G.

At *The Horse Barn Arts Center* – 2<sup>nd</sup> Floor 309 E Falls Park Dr.

**September 24<sup>th</sup> Helpline Committee Meeting**

Caille Branch Library 8pm – Call Scott – 605-376-6185

**September 30<sup>th</sup> Halloween Dance Planning Meeting**

Westside AA 5:00pm 1509 W 1st St Sioux Falls – All Welcome!

**October 5<sup>th</sup>-7<sup>th</sup> Area 63 Fall Conference** Spearfish, SD

**October 27<sup>th</sup> S.F. Intergroup Halloween Dance**

Lakota Events Hall in Tea South Dakota

**Sioux Falls Area Intergroup meets 5:00pm on Sunday, October 14th, 2007**

**At Westside Alano, 1509 W. 1<sup>st</sup>, Street, Sioux Falls, SD. Come and Serve.**