

Intergroup 5

## The Message

Sept. - Oct. 2018

### Practicing Steps 6 and 7: A Humbling Experience

**I must admit** that Step 5 was a personally grueling experience for me and felt far more intense than the Catholic tradition of confession when I was growing up. At least then, we were hidden behind a screen instead of face to face. So, after completing this step, I actually looked forward to Steps 6 and 7, as an easy remedy, similar to the priests absolving us of our sins completely and giving us permission to “go in peace and sin no more”. Approaching Steps 6 and 7, I did feel “entirely ready to have God remove these defects of character”. However, I was more than a little disappointed when my Seventh Step Prayer didn't seem to “work”. Of course, being a creature of old habits, I was still looking for the quick fix, the magic wand, and the instant relief that I was hoping for would come if I just had enough faith.

God,  
 I offer myself to Thee - To build with me and do with me as Thou wilt.  
 Relieve me of the bondage of self,  
 that I may better do Thy will. Take  
 away my difficulties, that victory  
 over them may bear witness to those  
 I would help of Thy Power, Thy Love,  
 and Thy Way of Life. May I do Thy  
 Will always.

#### ***Humility = Gratitude ... And, to emotional and spiritual recovery***

So, it was the beginning of a truly humbling experience when a trusted AA friend pointed out that I might try “practicing” these steps, instead of “working” them like a job. This helped me look at these steps differently, with much more patience and humility. Instead of praying for a specific outcome, I began to ask my Higher Power for spiritual guidance. I slowly realized that every single one of my character defects originated from an ultimately selfish or self-centered perspective. And, it finally dawned on me that the goal of having my character defects removed wasn't “all about me”. By being willing to change my fundamentally flawed perspective from self to others, I could become more helpful, useful, and loving to those around me.

Of course, I am sure most experienced members of AA have already learned this, but for me, that simple realization gave me the spiritual motivation I needed to continue to ask for and accept God's help. It was also one of the first times, I think, I ever experienced a thought that was truly “divorced from self-seeking motives”. I still don't have the magic wand or quick fix I thought I wanted. However, I now realize that practicing Steps 6 and 7 is a lifelong process. If I can accept my Higher Power's help, I can become free of my most serious character defect, self-centeredness. I am granted the ability to change and grow - by asking, one day at a time.

Amy B.

**“Let Go and Let God”** - For as long as I have been in the rooms, I've heard this slogan or some variation of it. “I can't. He can. I think I'll let Him.” Initially, it worked with my alcoholism. Upon finally reaching my emotional bottom, I finally heard that I could stop digging. Little by little, I surrendered more and more to God. That understanding continues to grow as I put conscious effort into my spiritual maintenance. That was my first miracle. ~ I have to “Let Go and Let God” in all areas of my life. If not, my ego subtly takes over and I find myself in a self-imposed crisis. The program works, it really does, when I take action. One tangible example is my “God box”. There is something about actually writing a problem that I have down and physically giving it over to the care of my Higher Power. Each time I “take it back” and begin to fret over my perceived problem, I am reminded: “Oh, I entrusted God with that and He is much more capable of handling it than I am.” ~ “Let Go and Let God” emphasizes that I am no longer running the show. What a perfect peace washes over me when I realize and accept that!

Trinity C.

**“Easy Does It”** - When I came into the AA program ten months ago, with a one-year old son, I had a full-time job; part-time daycare; a demanding volunteer position; and a rigorous athletic training schedule. I was failing miserably at trying to “have it all” and I sought escape from my packed life via the bottle. I quickly realized that I could find no serenity when every moment of my time was double-booked. I put recovery first (“First Things First” - my second favorite slogan!) and have been pairing away the chaos and go-go-go attitude I had grown so used to. I've been granted what I jokingly refer to as a demotion at work (fewer hours, less pay); asked for help at the non-profit where I volunteer; cut back on training; and changed my son's daycare schedule. Instead of grabbing my phone and checking my email first (Continued/Other Side)



(Continued) thing in the morning, I now get up an hour before my family to read the "Daily Reflection", pray, and then I go on a short run or walk. My favorite time and most cherished blessing of recovery is the weekday that I get to take off work and stay home with my son. I sit quietly and rock him while he naps, and I thank my Higher Power for my sobriety and the blessings he has given me through the AA program.

Katie S.

### Words On the Wall Become Words

**to Live By!** We asked you to tell us what your favorite slogan is....YOU DID! As you see, we included two "slogan" articles in this issue. Watch for more in future issues of the newsletter: **Please submit your article to:** [message@intergroup5.org](mailto:message@intergroup5.org)

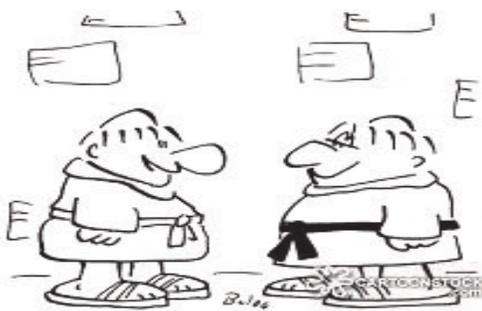
**So I Did And I Do ...** On the other end of the land line, David S. (sitting in the Intergroup 5 Office) cheerfully informed me, "This is your lucky day! We have a Monday night beginners' meeting at 6:15 pm on Wednesday Street. I'll meet you there." He gave me the address.



After hanging up, my crazed desperation turned to anger. How could someone be so happy that I called and seem so concerned about a total stranger? This had to be a joke! I had never called a hotline or reached out for help in any way. I thought, "Is this place for real?" I mean the number was in the phone book after all!

I checked it out, went to a meeting, and you told me to keep coming back. So, I did. And, I do. Today, a joyful and productive life is mine because someone answered the AA Hotline on a evening in April. Thank you, Intergroup 5 for the Hotline "Lifeline".

Donna W.



"No kidding? — a black belt in humility?"

- For an up-to-date "**Calendar of Events**" go to: [intergroup5.org](http://intergroup5.org)
- We will be continuing to highlight an AA group in every issue of this newsletter. **Please submit an article on YOUR home group to:** [message@intergroup5.org](mailto:message@intergroup5.org)

## Serenity Sisters

The Serenity Sisters Women's Meeting was founded as the "Powder-No-Puff" Women's Meeting in 1987 at the Twelve Oaks Recovery Center, which is now closed. The name of the Group was changed to Serenity Sisters in 2015. The meeting moved several times and is now held at Grace Lutheran Church at 2919 Miccosukee Road where we have a very nice meeting room and many comfortable couches. (Speaking of comfort, many years ago when the space served as an Adult Daycare Center, big, cushy recliners lined the room. We loved those chairs and more than a few members took "a quick nap" in them). We have two meetings: Monday night - Open Discussion and Thursday night - "Big Book" and "Twelve & Twelve" Study. Both meetings start at 6pm.

We recognize monthly milestones in recovery with colorful tokens. Yearly anniversaries are recognized on the last Monday of the month with celebrants telling their stories and receiving medallions. After the meeting, we have a delicious covered dish dinner, and, of course, cake! Many of the women in the group are "long timers" (not old timers!). All are welcome - especially newcomers. Make our meeting one of your favorites! We would be happy to have a chance to get to know you. Please join us as we "share our experience, strength, and hope" and work the steps to the best of our ability with God's help. One of the promises of the program is especially dear to us: "We will comprehend the word "serenity" and we will know peace".

Becky C. & Marsha T.

### "Questions and Answers on Sponsorship" - AA Pamphlet

When Bill W. was stricken with a burning desire to drink, he turned to Dr. Bob, a fellow Alcoholic. From this common need to discuss the disease of alcoholism, the concept of sponsorship arose in our fellowship. The process of sponsorship is this: an alcoholic who has worked the steps shares "how they did it" with another alcoholic who is trying to maintain sobriety through AA. For the person seeking a sponsor, this pamphlet describes how to select a sponsor, the responsibilities of the sponsee, how to change sponsors if necessary, and many other issues. For the person wanting to be a sponsor, areas of interest include: when is a member ready to take on sponsorship, what does a sponsor do and not do, how to work with the alcoholic's family, advice on "more than one sponsee at the same time, and tricky subjects like loaning the sponsee money or interceding in employment matters.

Dr. Bob said, "I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons: 1. Sense of duty, 2. It is a pleasure, 3. I'm paying my debt to the man who took time to pass it one to me, and 4. Every time I do it I take out a little more insurance for myself against a possible slip." This is the essence of why we sponsor those who are reaching out for help.

This is a great pamphlet for any group to have on hand! Order from the [intergroup5.org](http://intergroup5.org) Literature Store. All pamphlets are free to AA groups in Tallahassee and surrounding area. Mick E.

A Sponsor is one that  
knows you as you are  
understands where  
you have been accepts  
what you have become  
and still gently allows  
you to grow.