



How it was for me!!

My experience with steps 6 and 7 began with a big dictionary and a few hours set aside with my sponsor.

Having experienced the promises in step 5, doing the things as requested in the last paragraph and asking myself the questions at the end of step 5 to "our satisfaction".

I am given three questions in the Big Book to answer in step 6 and a prayer.

At this stage we opened the dictionary to find the definitions of "ready", "remove", "admitted" "objectionable" and "cling".

I discussed with my sponsor, the above words in relation to my step 4 and 5. As an example, how one very apparent defect that I was continually "unmasking" were the many ways I was the "actor" wishing to arrange the "lighting, the ballet, the scenery". Which was nothing but manipulation of "others" regardless of motives, to achieve the outcome I thought I needed, what was "best" for me.

This was something I could still "cling" to, knowingly or not. Yet I did find it "objectionable".

The answer? "we ask god to help us be willing"

We moved onto the Step 7 prayer. We discussed its meaning, its intent. As my sponsor pointed out to me "there are no secrets, no underlying subtlety's, no hidden agendas or meanings in AA's twelve steps.

They are, as they are read.

The prayer is a statement of commitment, of surrender. "I am now willing that YOU should have ALL of me, good and bad". NOT MUCH LEFT OF me AFTER THAT!!

I surrendered in step one to survive from my alcoholism, I surrendered in step 3, because there had to be a better way, but in steps 4 and five I get the real information on exactly "what I need to surrender" EVERYTHING!!!

GOD does this for me - how good is that.



"are we now ready to let GOD remove from us all the things we find objectionable" Step 6

"I pray that you **now** REMOVE from me **every** single defect of character" Step 7, notice how it does not say WHEN.

The "HUMBLY" part is: "which stands in the way of my usefulness to you (GOD) and my fellows"

There is no greater act of humility than putting GOD and others before myself – "selfish, self-centeredness" "that we think is the root of our troubles" bb pge62

At taking steps 6 and 7 I receive no "halo", I do not become a "martyr to the cause", I fail repeatedly.

However, I now understand humility to be something to desire, to work for.

But wait, there is more!!!

The following steps of 8,9,10,11 and 12 are the practical applications of Step 6 and 7. If I am then growing spiritually daily, then GOD will remove these things that I find objectionable.

Thank GOD for Alcoholics Anonymous, The Big Book and great Sponsorship.

(This was provided by a Grateful member of AA who wished to remain anonymous.)



District Committee

Mick G (District Committee Member)

Pat M (Treasurer)

Vacant (Secretary)

Sam H (Office Co-Ordinator)

John S (Registrar)

Mick G (Webmaster)

Caroline B (Literature Officer)

Denis P (Office Maintenance Officer)

Dan T (Public Information Co-Ordinator)

Deb H (Treatment Facilities Co-Ordinator)

Vacant (Correctional Facilities Co-Ordinator)

Vacant (Roundup Co-Ordinator)

Susan B (Editor)

Please note the vacancies, highlighted in **RED**

There will be some more coming up soon, do not be shy we need you, plenty of help from the committee if needed all you need to do is ask them. Can you help?

Next Meeting

The next meeting will be a monthly Office Committee Meeting 7pm Wednesday 8th July 2020, via Zoom.

The next Quarterly meeting for committee members and GSRs will be 7pm Wednesday 2nd September 2020 at this stage via Zoom conference call.

This will be the final meeting for 2019/2020

And several committee members will be rotating off, including Secretary, Registrar, Treasurer and Office Co-Ordinator, so please encourage group

members to take up the vacancies and keep the Office running.

Editor

I have printed a lot of requests for help in this newsletter and now here comes another one.

I am asking all group Secretary's to let members of their groups know about this free newsletter and if anyone not on mailing list wants to be included please forward to me at samsarh51@hotmail.com

I am also asking for AA news items.

Your stories, how it was for You, many members would love you to share.

The Editor cannot guarantee all articles will be published. No poems or prayers please.

Closing time for all articles will be 5pm Thursday 25th July 2020.

Please email to samsarh51@hotmail.com

"As this is my first newsletter and for all future editions, I am always open to any constructive criticism" Regards the editor.

Out of the dark

Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative sides of our natures. With it comes the development of the kind of humility that makes it possible for us to receive God's help. Yes, it is only a step. We will want to go further.

We will want the good that is in us all, even in the worst of us, to flower and to grow. But first, we shall want sunlight; nothing much can grow in the dark. Meditation is our step into the sun.

"A clear light seems to fall upon us all-when we open our eyes. Since our blindness is caused by our own defects, we must deeply realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth."

(Reprinted from AS Bill Sees it Page 10)

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