



MID-MISSISSIPPI INTERGROUP

SOBRIETY GAZETTE

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Jul — Aug 2022

Step Seven

Humbly ask Him to remove your shortcomings.

The Seventh Step Prayer

When ready, we say something like this: "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." We have then completed Step Seven.

(Source - AA Big Book - Pg. 76)

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STEP SEVEN

As we approach the actual taking of Step Seven, it might be well if we A.A.'s inquire once more just what our deeper objectives are. Each of us would like to live at peace with himself and with his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves. We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

(Source - AA Twelve Steps and Twelve Traditions Book - Step 7 - Pg. 76)

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The Sobriety Gazette is a publication of Mid-Miss Intergroup. The purpose is to improve communication between local A.A. groups, inform and encourage participation in service opportunities and events that promote sobriety. Opinions expressed do not necessarily indicate endorsement by the Central Office or Alcoholics Anonymous as a whole.

Step Eight

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

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to an-

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other human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt. Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed.

(Source - AA Twelve Steps and Twelve Traditions Book - Step 8 - Ppgs. 78-79)

Other AA-related Web Sites:

<https://www.aagrapevine.org/>

AA Grapevine – The International Journal of Alcoholics Anonymous



NOTE --- You must subscribe to read any of this material on-line, but please consider subscribing, as it has a lot of great AA stories and information.

ALSO from the AA Grapevine...

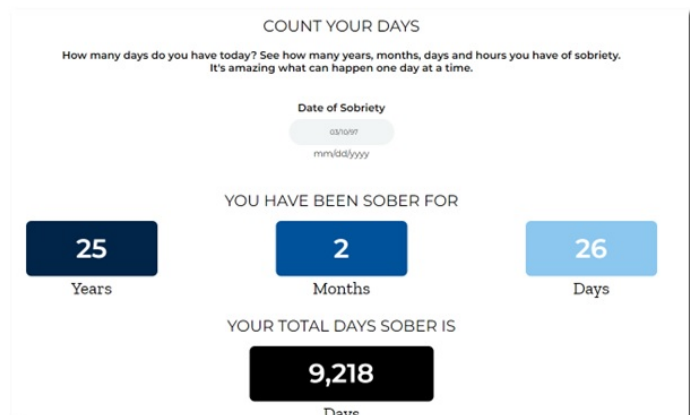
(Free) Online SOBRIETY CALCULATOR -

<https://www.aagrapevine.org/sobriety-calculator>

COUNT YOUR DAYS

How many days do you have today? See how many years, months, days and hours you have

of sobriety. It's amazing what can happen one day at a time.



Screenshot of EXAMPLE:

A-B-C's of Meeting Topics

Category - Blog Posted on July 6, 2020 Author - Faith B

Over the years, many of us have attended or chaired hundreds of AA discussion meetings. Good sponsors teach us that, if we are to be a Chairperson, we should prepare a topic for the meeting. Thoughtful preparation of a topic shows respect for the meeting attendees, and also shows that the Chairperson has thought very carefully about how the topic relates to his or her recovery. In the words of a wise AA, “you can’t give something away you ain’t got”.

A - Acceptance, Amends, Anonymity, Anger
B - Behavior, Belonging, Blackouts
C - Conscience, Complacency, Complex
D - Desire, Decisions, Depression
E - Easy-Does-It, Emotions, Ego
F - Faith, Fear, Fellowship, Fatigue
G - Gratitude, God, Gossip
H - Humility, Hope, Honesty, Happiness
I - Illness, Inferiority, Immaturity
J - Jealousy, Joy, Judging
M - Meetings, Morals, Meditation
N - New Life, Non-active, Newcomers
O - One Day At A Time, Obligations
P - Prayer, Principles, Personalities
Q - Quiet Time, Quality vs Quantity
R - Resentments, Recovery, Remorse
S - Surrender, Serenity, Spirituality
T - Temper, Tolerance, Truth, Today
U - Usefulness, Unity, Understanding
V - Vanity, Values, Virtues, Vulgarity
W - Worry, Way of Life, Willingness
X-Y-Z - Yesterday, Youth, Zeal

These topics were taken from two main sources—the official website of the AA General Service office in New York, and from miscellaneous sources on the Web. Of course, this isn’t a comprehensive list. Certainly, there are other topic suggestions that can be added.

Enjoy!

A Declaration of Unity

This we owe to A.A.'s future; to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

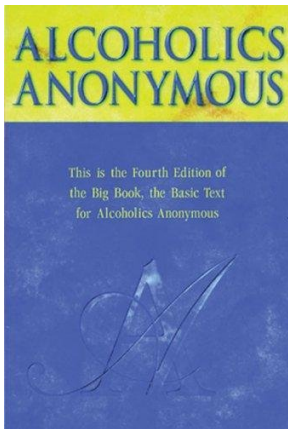
I Am Responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible

A.A.'s Legacy of Service by Bill W.

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service. Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

BIG BOOK EXCEPRTS



Chapter 6 - Into Action - (pp. 76)

When ready, we say something like this: “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.” We have then completed *Step Seven*.

Now we need more action, without which we find that “Faith without works is dead.” Let’s look at *Steps Eight and Nine*. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol*.

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.

UPCOMING EVENTS

Mississippi (AA) Events - Summer 2022 (Updates)				
Month	Event Name	Original Notes (more details)	Day/Date/Event Time(s)	Location (Name) and Address
June	State Convention	State Convention 9475 Hwy 49 Gulfport MS	Fri, June 24, 2020 thru Sun, June 26, 2020	State Convention 9475 Hwy 49 (Gulfport, MS)
July	Intergroup	Thursday, July 7, 2022 Intergroup - 6:30pm at 533 Commerce St,	Thu, July 7, 2022 6:30 pm	533 Commerce St, Jackson, MS
				NOTE: The meeting entrance is (and always has been) at the corner of the building on Commerce
Aug	(MSCYPAA) 2022 - Out of Oblivion !	MSCYPAA 2022 Out of Oblivion ! (Tickets - \$20) Link to tickets here: https://www.eventbrite.com/e/mscypaa-2022-out-of-oblivion-tickets-313576193837	Fri, Aug 19, 2022, 12:00 pm thru Sun, Aug 21, 2022, 3:00 pm	Hilton Jackson 1001 East County Line Road Jackson, MS 39211
	Old Timers Roundup (Young AND Old are	Details to be announced...	Fri, Aug 26, 2022, thru Sun, Aug 28, 2022	Details to be announced...

BECOME A FAITHFUL FIVER

“Every AA wants to make sure of his survival from alcoholism, and his well-being afterwards. This is just as it should be. He also wants to do what he can for the survival and well – being of his fellow alcoholics. Therefore he is bound to have a vital interest in the parlance and well-being of AA itself.” Bill W. Language of the Heart, p 166

Faithful fivers are AA members who pledge at least five dollars each month to support their local Central Office. This idea is catching on around the country. The plan came about when we remembered that many of us had spent far more than \$5.00 a month on alcohol during our drinking days. As a Faithful Fiver, you support the efforts of Mid-Mississippi Intergroup to carry the AA message of hope to still-suffering alcoholics. To become a faithful fiver, please send your \$5 monthly donation to the

Mid-Mississippi Intergroup

PO Box 16228
Jackson, MS 39236



CELEBRATING SOBRIETY BIRTHDAYS THIS MONTH !!!



Please email me your sobriety birthdate, so that I can put it in the future editions of the Sobriety Gazette/

Office / Area Announcements

PAYPAL FOR MID MISSISSIPPI INTERGROUP

For your convenience we now have the ability to accept PayPal. This is for Individuals, Groups or Faithful Fivers.

Use midmissintergroup@gmail.com to find us.

AREA 37 GROUP AND DISTRICT DONATIONS

Please Mail Area 37 Group and District Donations to

Area 37

c/o Frank P.

413 Pelahatchie Shore Dr.

Brandon, MS 39047



Office Hours, etc... Trusted Servants



Contact us at

Telephone **601-982-0081**
4526 Office Park Drive Jackson,
MS 39206

Mail Donations to:

PO Box 16228
Jackson, MS 39236

Web Site

www.midmissintergroup.org

Email us at

midmissintergroup@gmail.com

Office Hours 12:00 pm - 5:30 pm

Tuesday and Friday Curbside only

Need something special, call the
office for arrangements.

YOUR TRUSTED SERVANTS

Chair: Steve S.

Treasurer: Karen M.

Secretary: Bruce M.

Corrections: Teresa R.

Treatment

Centers Sandy S.

Office Manager: Paxton P

Asst. Office Manager: Randy B.

Intergroup Liaison: Kurt J.

IT/Web: Michael R.

Newsletter: Steve J.

NOTE

All embedded web links contained in this PDF,
including the Gmail (email) link to the Intergroup
(above) should be functional **while viewing this PDF**
on a computer...*except* any links contained in the
Upcoming Events (pg. 7)...simply because the
calendar is a .jpg/picture...)