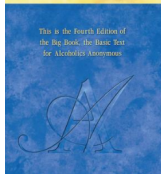




MID-MISSISSIPPI INTERGROUP SOBRIETY GAZETTE

VOLUME 1, ISSUE 8 Mar. - Apr. 2023

ALCOHOLICS ANONYMOUS



(AA) Alcoholics Anonymous
The Big Book - **Third (3rd) Step**



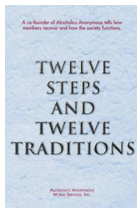
Made a decision to turn our will and our lives over to the care of God as we understood Him.

[Click Here \(or Scan\)](#)

to go to Step 3 - Chapter 5 - How It Works - See **Pg. 63**

We were now at Step Three. Many of us said to our Maker, as we understood Him: "God, I offer myself to Thee-to build with me and to 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!" We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

We found it very desirable to take this spiritual step with an understanding person, such as our wife, best friend or spiritual adviser. But it is better to meet God alone than with one who might misunderstand. The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation. This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once.



(AA) Alcoholics Anonymous - 12 Steps & 12 Traditions
Third (3rd) Step Made a decision to turn our will and our lives over to the care of God as we understood Him.



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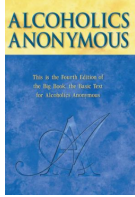
to go to Step 3 -The 12 Steps and 12 Traditions Book - **Pg. 34**

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

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.

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(AA) Alcoholics Anonymous The Big Book
Fourth (4th) Step - Made a searching and fearless moral inventory of ourselves. [Click Here \(or Scan\)](#)
 to link to Step 4 - Chapter 5 - How It Works -See **Pg. 64**



Therefore, we started upon a personal inventory. **This was Step Four.** A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

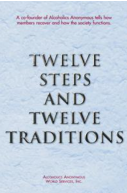
We did exactly the same thing with our lives. We took stock honestly. **First**, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."

On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?

We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully. The first thing apparent was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war, the victor only seemed to win. Our moments of triumph were short-lived.

It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.



(AA) Alcoholics Anonymous - 12 Steps & 12 Traditions
Fourth (4th) Step - Made a searching and fearless moral inventory of ourselves. [Click Here \(or Scan\)](#)
 to go to Step 4 -The 12 Steps and 12 Traditions Book - **Pg. 42**



Step Four

"Made a searching and fearless moral inventory of ourselves."

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.



Who is Saint Francis of Assisi? ...and...The Prayer of Saint Francis of Assisi



The Story of Saint Francis of Assisi is one that most of us in recovery can relate to. Saint Francis was born in Italy in 1181. He was most known for his drinking and partying and living a life of luxury and indulgence. He ended up getting into a fight and was held captive for a ransom. He came from a wealthy family and waited almost a year in jail for his father to come up with the ransom. It was this time being jailed that he began to hear the voice of Christ and develop a relationship with God.

Saint Francis started his life as most of us do in recovery, he led a life of sin. He was a troubled teenager, he was under the influence a majority of the time and was known for breaking all the rules.

In 1202 war broke between Assisi and Perugia, the men of Assisi came under attack and with little to no combat experience Saint Francis was captured by enemy soldiers and due to his father's wealth was held captive for ransom.

After he finished his time in jail he took an oath to live a life of poverty and help restore people to their faith in God. Now being in his early 20's he spent the rest of his days helping rebuild the Christian church. Saint Francis had great Charisma and drew in thousands of followers that listened to him as he preached to restore Christian Values to the Church.

Saint Francis held himself to very high spiritual values and was on a mission of Christ-like perfection. At the time of his death, October 3, 1226 he was 44 years.

He touches the lives of thousands of people and helped bring the word of God to all those struggling around him. The story of Saint Francis is nothing short of inspirational and a true testament of how the power of God can restore anyone in any situation to lead a valuable life of service. *The Saint Francis Prayer is a perfect example of a surrendered life.*

God does not call the qualified, He qualifies the Called.

Prayer of Saint Francis of Assisi

Lord, make me an instrument of thy peace!
 That where there is hatred, I may bring love.
 That where there is wrong, I may bring the spirit of forgiveness.
 That where there is discord, I may bring harmony.
 That where there is error, I may bring truth.
 That where there is doubt, I may bring faith.
 That where there is despair, I may bring hope.
 That where there are shadows, I may bring light.
 That where there is sadness, I may bring joy.
 Lord, grant that I may seek rather to comfort than to be comforted.
 To understand, than to be understood.
 To love, than to be loved.
 For it is by self-forgetting that one finds.
 It is by forgiving that one is forgiven.
 It is by dying that one awakens to Eternal Life.
 —Saint Francis of Assisi—

(other) Prayers attributed to St Francis of Assisi - [https://www.faithandworship.com/prayers_%20St Francis.htm#gsc.tab=0](https://www.faithandworship.com/prayers_%20St%20Francis.htm#gsc.tab=0)



The 3rd Step Prayer

(with thoughts on the prayer...)

God, I offer myself to Thee — to build with me and to 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!

When people start their recovery process in a 12-step fellowship program, they find a sponsor and work through the 12 steps. When they get to the third step, they are to decide to allow God to direct their life. The Third Step reads as follows:

Step 3: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

The Third Step is a big step for a lot of people, but once complete, you are well on the road to recovery. At the commencement of the Third Step, you are to recite a prayer. That is the Third Step Prayer. You often do this the first time with a sponsor. The third Step prayer is something that you will often recite through the course of recovery, and some even recite it every morning. Recovery prayers are essential because it gets the struggling addict used to talking and relying on God. As we look over the third Step Prayer, we can see a lot of valuable information in it.

God, I offer myself to Thee –

The first part of the Third Step prayer is a declaration that you are giving God control. This declaration reminds us that we are no longer running the show. It says in the big book of Alcoholics Anonymous, page 84 “And we have ceased fighting anything or anyone – even alcohol,” We have to be reminded that we have offered our self to God, and he is now in the driver’s seat.

To build with me and to do with me as Thou Wilt.

The second line in the Third Step Prayer is the realization that our life is no longer our business. We are allowing God to build our life in his vision, and we are merely spectators. We are allowing God to do his will in our lives, and we are acknowledging that he knows best.

Relieve me of the bondage of self, that I may better do Thy will.

When we get into the next line of the prayer, we are acknowledging that we have been in bondage to ourselves. Our life has been plagued with self will run riot. We often made decisions only thinking about our self and not thinking of others. We are now going to stop this way of thinking and release the bondage of self that has run our lives. The definition of bondage is the state of being bound by or subjected to some external power or control. We will not release that power and control to God. We are beginning to transition from our will to God’s 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.

The final line in the prayer is of the utmost importance. We now know that only God can relieve our difficulties, and we are giving Him the power to do so. We know that as God removes our difficulties, we will see that he is in charge. In recovery, any struggle that we go through and overcome will be one more way that we can help others. These tribulations in our life will no longer be in vain. We will use them to reach the next struggling addict. We will do everything with a guiding force of God’s Love and God’s Power in God’s will.

This prayer can have special meaning for every person that recites it, and to gain maximum understanding of the Third Step Prayer finding our personal meaning to it is unparalleled. You may want to write out your definition of the prayer to gain insight into what it means in your life. There are other recovery prayers that people learn, but none seems to have the same depth and weight that the Third Step Prayer has for those going through the 12 Steps of Recovery. SOURCE - <https://www.jcrecoverycenter.com/blog/third-step-prayer/>

The 4th Step Prayer

Dear God,

It is I who has made my life a mess.

I have done it, but I cannot undo it.

My mistakes are mine &

**I will begin a searching & fearless
moral inventory.**

I will write down my wrongs

**But I will also include that which is
good. I pray for the strength to
complete the task.**

Made a searching and fearless moral inventory of ourselves.

Other AA-related Web Sites / Information:

Internet Links/QR Codes to Common AA-related Resources:

- <https://midmissintergroup.org/>
- <https://www.aa.org/contact-gso>
- <http://aa-mississippi.org>

- Mid-Mississippi Intergroup of A.A.
- Contact the A.A. General Service Office
- Alcoholics Anonymous – Area 37 - State AA Website

- Alcoholics Anonymous – Main Web Page

sub-pages contained on this site...

- <https://www.aa.org/self-assessment>
- <https://www.aa.org/daily-reflections>
- <https://www.aa.org/the-big-book>
- <https://www.aa.org/twelve-steps-twelve-traditions>
- <https://www.aa.org/aa-grapevine-la-vina>

- Alcoholics Anonymous – Self-Assessment
- Alcoholics Anonymous – Daily Reflections
- Alcoholics Anonymous – Explore the Big Book
- Alcoholics Anonymous – Explore the Twelve Steps
- Alcoholics Anonymous – AA Grapevine (*La Viña - Spanish*)

Use a QR Code Reader from your phone to read this code, as it will take your cell phone directly to the **aa.org** website...

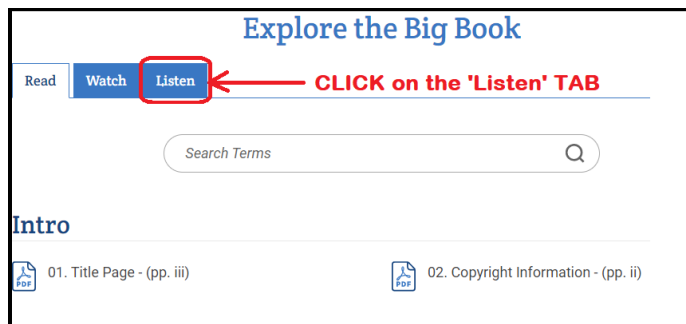


Listen to the Big Book - Audio Links for you to listen !

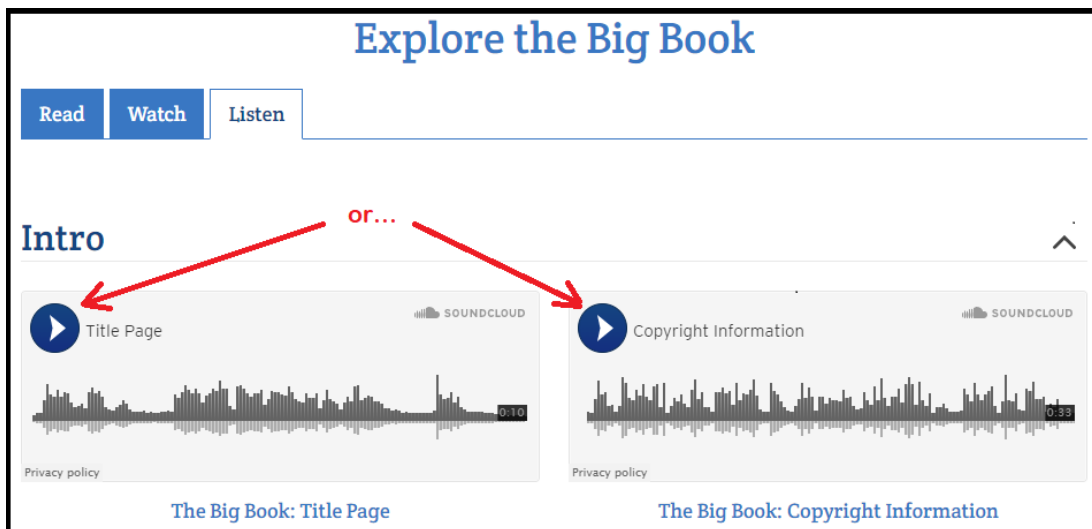
<https://www.aa.org/the-big-book>

CLICK on the *aa.org* link (above), (or...scan the QR Code (just above this line here ▲))

...then be sure to CLICK on the TAB that says "**Listen**"...(shown below)...



Then, simply CLICK on the *desired Chapter* to listen to (shown below)...



Mid-Mississippi Intergroup of A.A. (FAQ) Frequently Asked Questions

What is Intergroup?

Intergroup is a service office dedicated to supporting its members in helping newcomers who are seeking Alcoholics Anonymous.

How is it operated?

A small staff of "special workers" - "which includes Office Manager, and one Assistant Manager that manage daily office activities. There is a 7-member elected board. Each person is a member of Alcoholics Anonymous. (*Tradition Eight)

Who pays for it?

AA Group and member personal contributions, the sale of publications from AA World Services, Inc., and publications from the A.A. Grapevine, sobriety 'chips', and various other assorted recovery-related materials (i.e., books and pamphlets).

Does my group have a voice in its affairs?

Yes, each A.A. Group should have an 'Intergroup Representative'. In addition to participating in the affairs of Intergroup, those representatives job is to inform their home group about Intergroup and the local service opportunities available.

We have our own meeting place. Why do we need Intergroup's help?

Intergroup phone volunteers help newcomers find your meeting location. Your Intergroup phone lines are the permanent link to connect members to A.A. Groups in our (Zone 4), in addition to all of Mississippi.

How can my group be of service?

You can start by seeing that your group has a voice (representative) at the monthly Intergroup Reps meeting. Additionally, your group members can contribute their time for 12th Step opportunities ensuring that the A.A. message reaches the still-suffering alcoholic.

What services does your AA Intergroup Office provide?

Intergroup provides the following "Vital Services" to all A.A. Groups, and their members.

- | | |
|--|--------------------------------------|
| ** Answer phones 24 hours/day | ** Make 12-Step Calls |
| ** Information & Meeting Location Calls | ** Special Events |
| ** AA Literature – English and Spanish | ** Meeting Directories |
| ** AA Grapevine Publications | ** Cooperation with Outside Agencies |
| ** Public information | |
| ** Financial responsibilities of running the Intergroup (and providing AA Members that information, via the website – see below) | |
| ** Main (<i>Intergroup</i>) Website Updates / Announcements (i.e., https://midmissintergroup.org/) | |
| o Zoom Online Meeting Codes and Re-opened Groups | |
| o Events | |
| o Sobriety Gazette | |
| o Intergroup (Financial) Reports | |

Contact Us

Mid-Mississippi Intergroup of A.A. Central Office
4526 Office Park Dr. Ste. 3, Jackson, MS 39206 ([directions](#))
(601) 982-0081 (Answered 24/7)

Office is open Tuesday and Friday, 12:00 pm to 6:00 pm

Email: midmissintergroup@gmail.com

NOTE : We are NO LONGER require Curbside Pickup !!!

Come on in ! *If door is locked, PLEASE knock or ring doorbell...We will let you in...*

Living Sober

Interesting readings from...
...the A.A. Book
"Living Sober"

"... Treatment primarily involves
not taking a drink"

American Medical Association

Alcoholics Anonymous World Services, Inc., New York

Living Sober - "Going to AA Meetings"

29 Going to A.A. meetings

Long before this booklet was even thought of, every single idea in it and many more suggestions for living sober were learned and *proved successful* by hundreds of thousands of alcoholics. We did this not just by reading, but also by talking to each other. At first, we mostly listened. You can easily do the same thing, free, and you don't have to "join" anything.

What we did was simply go to meetings of Alcoholics Anonymous. There are over five million each year, in approximately 170 countries around the globe. And remember, you do not have to become an A.A. member in order to visit some A.A. meetings. If all you want to do is sort of "try out" A.A., you are entirely welcome to attend A.A. meetings as an observer and just listen quietly, without saying a word. You don't need to give your name, or you can give a phony one if you want to. A.A. understands. It doesn't record names of either members or visitors attending its meetings, anyhow. You won't have to sign anything, or answer any questions.

Feel free to ask some, if you wish. But many people prefer just to listen the first few times.

Like practically everyone else who has gone to an A.A. meeting, you'll probably be very surprised the first time. The people you see around you look mostly normal, healthy, reasonably happy, and successful. They do not look like old-fashioned cartoons of drunkards, bums, or fanatic, dried-up teetotalers.

What's more, you'll usually find us quite a friendly bunch, doing a lot of laughing—at ourselves. That is why, if you are hung-over, an A.A. gathering provides a cheerful environment for getting past the hang-

You can be very sure that every A.A. member in that room deeply understands exactly how you feel, because we remember vividly our own hangover miseries, and how it felt the first time we ever went to an A.A. meeting.

If you are shy, kind of a loner—just like many of us—you'll find the A.A. members willing to let you pretty much alone if that is really what you want and it makes you more comfortable.

However, most of us found it much more beneficial to hang around for a bite and a chat after the meeting. Feel free to participate in the socializing, or "eyeball-to-eyeball sharing," just as much, or as little, as you wish.

Living Sober "Reading the A.A. message"

28 Reading the A.A. message

Human beings, we are told, learn many things best by seeing and touching as well as hearing them; and reading about them reinforces the strength of such learning even further.

There are many good publications on alcoholism, and some not so good. Many of us have also profited by reading in other fields. But A.A. neither endorses nor opposes anybody else's publications. We simply offer our own.

Even drinkers who have never before been much for reading spend hours poring over A.A. material. It is undoubtedly the best way to grasp a broad, firsthand consensus of all A.A. wisdom, instead of just the hearsay of one time and place.

There are eight A.A. books and three booklets in a format similar to this one.

Alcoholics Anonymous

This is the basic textbook of A.A. experience.

A.A. as we know it is the outgrowth of this book, which was originally prepared by a hundred or so alcoholics who had learned to stay sober by helping each other. After a few years of sobriety, they recorded what they had done and gave the account this title. Our Fellowship then began to be called by the name *Alcoholics Anonymous*.

In this volume, the original A.A. experience is spelled out by those who did it first, then wrote about it. It is the primary source book of all basic A.A. thought for all of us—whether we read and reread it often or seldom. Most members get a copy as soon after coming to A.A. as they can, so they may take the fundamental A.A. ideas directly from the source, not hear of them second- or third-hand.

Members often refer to *Alcoholics Anonymous* as the "Big Book," but not to compare it with any sacred text. Its first printing (in 1939) was on very thick paper, so it came out surprisingly fat and was laughingly dubbed the Big Book.

The first 11, basic chapters were written by Bill W., co-founder of A.A. It also contains many A.A. members' own stories, as written by themselves, and several appendixes of additional matter.

Simply reading the book was enough to sober up some people in A.A.'s early days, when there were only a few A.A. groups in the world.

**Excerpt from the
Twelve Steps and Twelve Traditions Book**

Step Four "Inventory" *Character Defects* - Representing Instincts gone astray.

STEP FOUR

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So when A.A. suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Both his pride and his fear beat him back every time he tries to look within himself. Pride says, "You need not pass this way," and Fear says, "You dare not look!" But the testimony of A.A.'s who have really tried a moral inventory is that pride and fear of this sort turn out to be bogeymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to

50

STEP FOUR

do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable. These are the first fruits of Step Four.

By now the newcomer has probably arrived at the following conclusions: that his character defects, representing instincts gone astray, have been the primary cause of his drinking and his failure at life; that unless he is now willing to work hard at the elimination of the worst of these defects, both sobriety and peace of mind will still elude him; that all the faulty foundation of his life will have to be torn out and built anew on bedrock. Now willing to commence the search for his own defects, he will ask, "Just how do I go about this? *How* do I take inventory of myself?"

Since Step Four is but the beginning of a lifetime practice, it can be suggested that he first have a look at those personal flaws which are acutely troublesome and fairly obvious. Using his best judgment of what has been right and what has been wrong, he might make a rough survey of his conduct with respect to his primary instincts for sex, security, and society.

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.

Upcoming Events Calendar - (as of Mar 3, 2023)

Mid-Mississippi AA Events - Spring, 2023 March 3, 2023 (please discard all previous calendar versions)				
Month	Event	Details	Day/Date/Time	Location
March	District 43 [†] <u>Monthly Meeting</u>	<u>GSR's & AGSR's are encouraged to attend & ALL ARE WELCOME</u>	Monday, March 13, 2023 (meets the Second Monday of EVERY MONTH) 5:00 pm	4801 Group MEETS AT: 4801 <u>Northview Dr.</u> , Jackson, MS Contact Chris G. at (601) 955-8402 for more info.
	17th Annual Fellowship of the Spirit South	<u>Speakers and Workshops</u>	March 31 through April 2, 2023	Home2Suites by Hilton Lafayette, LA Contact Liz L. for more information Chair@fotssouth.com
April	Back to Basics Workshop -- 1 Day In-Depth 12 Step Workshop	<u>"Take the Steps" with Carver B.</u>	Saturday, April 1, 2023 9:30 am - 3:30 pm	St. James Episcopal Church 3921 Oakridge Dr., Jackson MS Fowler Hall (Teen Wing)
	Mid-Mississippi Intergroup	<u>ALL ARE WELCOME ***WE NEED YOUR GROUP TO SEND REPS.***</u>	Thursday, April 6, 2023 (meets the First Thursday of EVERY MONTH) 6:30 pm	650 E. South St., Corner South and Commerce Streets, Downtown Jackson (where Central Group regularly meets)
	Area 37 Assembly Second Quarter Meeting	Some light breakfast items and <u>lunch</u> will be provided.	Saturday, April 8, 2023. Doors open at 7:30 am, meeting at 8:00 am until conclusion of business.	Pearl Community Center, 2420 Old Brandon Rd., Pearl, MS
	Annual Delta Roundup "Indeed Miraculous"	<u>Speakers, Fellowship, Food, and more</u>	May 5 through 7, 2023	Rebos Bldg., 400 N. Sharpe St., Cleveland MS. Call Linda K. for more information. (662) 588-5811 \$25 pre-registration
Extra Note:	District 44 [†] (Monthly) Meeting	(Monthly) Meeting	LAST Sunday of each Month	5315 Old Canton Rd. Jackson, MS (where Shalom Group meets, <u>at the Beth Israel Congregation</u>)

*District 43 includes: Central, Traditions, Northeast, 4801. Georgetown, Coffee, Lover's. AA Unlimited, and Jxn Young People's Groups...

Thanks to all that contributed to keeping the Calendar of Events updated !!!

Please send all EVENT NOTICES to Randy B. at midmissintergroup@gmail.com

(Simply [click on](#) the email address above, to initiate the 'send an email' process on your cell phone or computer...)

The Daily Reflections: Concerning Step Three (3)

OVERCOMING SELF-WILL

March 03

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!
ALCOHOLICS ANONYMOUS, p. 62

For so many years my life revolved solely around myself. I was consumed with self in all forms—self-centeredness, self-pity, self-seeking, all of which stemmed from pride. Today I have been given the gift, through the Fellowship of Alcoholics Anonymous, of practicing the Steps and Traditions in my daily life, of my group and sponsor, and the capacity—if I so choose—to put my pride aside in all situations which arise in my life. Until I could honestly look at myself and see that I was the problem in many situations and react appropriately inside and out; until I could discard my expectations and understand that my serenity was directly proportional to them, I could not experience serenity and sound sobriety.

WEEDING THE GARDEN

March 04

The essence of all growth is a willingness to make a change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.
AS BILL SEES IT, p. 115

By the time I had reached Step Three I had been freed of my dependence on alcohol, but bitter experience has shown me that continuous sobriety requires continuous effort. Every now and then I pause to take a good look at my progress. More and more of my garden is weeded each time I look, but each time I also find new weeds sprouting where I thought I had made my final pass with the blade. As I head back to get the newly sprouted weed (it's easier when they are young), I take a moment to admire how lush the growing vegetables and flowers are, and my labors are rewarded. My sobriety grows and bears fruit.

The Daily Reflections: Concerning Step Four (4)

ACCEPTING OUR HUMANNESS

April 03

We finally saw that the inventory should be ours, not the other man's. So we admitted our wrongs honestly and became willing to set these matters straight. -

April 03 - AS BILL SEES IT, p. 222

Why is it that the alcoholic is so unwilling to accept responsibility? I used to drink because of the things that other people did to me. Once I came to A.A. I was told to look at where I had been wrong. What did I have to do with all these different matters? When I simply accepted that I had a part in them, I was able to put it on paper and see it for what it was-humanness. I am not expected to be perfect! I have made errors before and I will make them again. To be honest about them allows me to accept them-and myself-and those with whom I had the differences; from there, recovery is just a short distance ahead.

LOOKING WITHIN

April 01

Made a searching and fearless moral inventory of ourselves.

TWELVE STEPS AND TWELVE TRADITIONS, p. 42

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent.

Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to re-solve them, they become fewer and fewer.

AA Promises and The Road to Happy Destiny

The AA Promises

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

The Road of Happy Destiny

p. 164

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you -- until then.

BECOME A FAITHFUL FIVER

“Every AA wants to make sure of his survival from alcoholism and his own spiritual well-being afterward. 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 permanence and well-being of AA itself.” Bill W. Language of the Heart, p 190

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:



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NOTE

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NEW (again in this version of the Gazette...

This **Mar-Apr 2023 Sobriety Gazette** contains some **QR Code 'icons'**  that can be scanned by a simple **QR Code Reader App** (iPhone or Android) and will take you to the document (full Chapter) if you cannot get the (web) LINK to work, at least you can scan the QR Code and go to the Chapter to read on your cell phone.