



NEWSLETTER

Step Seven

Humbly asked God to remove our shortcomings.

Step Seven is the pivotal transition from the previous six steps. It is the process of actually getting rid of the character defects we have discovered through steps 4, 5 & 6, by asking our Higher Power to help us continue to recognize them and remove them from our daily lives. Most importantly we continue to ask on daily basis - this is not a step in which we achieve immediate perfection.

While Step 7 is humbling as we ask for help – this however, does not mean we are weak, but have the strength to know we cannot do it alone. We have completed our moral inventory and admitted to our wrongdoings to ourselves, our higher power and to another human being. It's now time to ask for help to remove those defects from our everyday lives. We need help on a daily basis to remove our shortcomings so we don't continue to act in our addiction and out dated coping mechanisms (defects).

Why is Humility the cornerstone for Step Seven?

“We need humility for three reasons:

1. So that we can recognize the severity of our character defects. One aspect of our




- 1. ct'd addictions is that we tend to deny and minimize the pain they inflict. Therefore as we try to assess our character defects, we may, unless we take a very humble approach, underestimate their severity.
- 2. So that we can acknowledge the limits of human power in addressing these character defects. We cannot do it on our own. We cannot do it by sheer willpower. We cannot do it by our own intellect and reasoning.
- 3. So that we can appreciate the enormity of God's power to transform lives.

... Step 7 embodies the miracle of transformation as we turn over to God our broken, defective personalities in order that He might mold them into healthy, effective instruments of His will. “
- Serenity, A Companion for Twelve Step Recovery, p. 54-55

Tradition Seven
Every SAA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help SAA (my group, Intergroup, ISO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet?
2. If ISO runs short of funds some year, wouldn't it be okay to let the government subsidize SAA groups in hospitals and prisons?
3. Is it more important to get a big SAA collection from a few people, or a smaller collection in which more members participate?
4. Is a group treasurer's report unimportant SAA business? How does the treasurer feel about it?
5. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

Ask yourself these questions honestly.



WOMEN'S RETREAT - GRACE ON THE SOUND

4th Annual SAA Women's Retreat - September 18 - 20, 2015 www.pugetsoundsaa.org/retreat.com

Enjoy a nurturing, peaceful weekend in the beautiful Pacific Northwest: writing, eating delicious food, hiking through old growth forest and walking on a driftwood-filled sandy beach along Puget Sound, near majestic Mount Rainier. Women are invited to attend workshops and meet face-to-face with other women dedicated to recovery. For info: GraceOnTheSound@gmail.com or call Linda @ 206-486-2670





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

TWELVE SPIRITUAL STEPS TO LIVE BY

1. Acceptance
2. Live Your Truth
3. Remain Grateful
4. Have Faith in your Relationships
5. Be of Service
6. Laugh at Yourself
7. Live in the Moment
8. Practice Restraint of Pen & Tongue
9. Learn to Forgive

10. Remain Teachable
11. Everything you came here looking for,
you came here looking with
12. Be Courageous in Life



SEVENTH STEP WORD SEARCH

H R E S P E C T C M S E L Q V
 H U H T I A F N H R T C M X T
 W A M T R Z V F A O R N I G X
 T I D I C Y L F R F E A R R Q
 P C L M L E W O A S N I A A K
 T O E L I I L Q C N G L C C X
 O S W F I S T L T A T E L E A
 R P O E E N S Y E R H R E T V
 I R F H R D G I R T U C T X S
 E Z I M I N I M O Z N R T U R
 P E R F E C T I O N I I C A E
 R E W O P L L I W B W C E S D
 T R O F M O C V U X E F J E I
 S E C R E T X T D S O S E A R
 H A P P I N E S S V U N R I P

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| ADMISSION | PERFECTION |
| ATTRIBUTE | POWER |
| CHARACTER | PRIDE |
| COMFORT | REJECT |
| DEFECT | RELIANCE |
| FAITH | RESPECT |
| FEAR | SECRET |
| GRACE | STRENGTH |
| HAPPINESS | SUCCESS |
| HUMILITY | TRANSFORM |
| INTELLECT | WILLING |
| MINIMIZE | WILLPOWER |
| MIRACLE | |



What's Your Story?

SHARE YOUR STORY WITH US!

If you've had success in the fellowship of SAA why not share your story of living in recovery? Stories can be any length but, like sharing in meetings, the focus should be on sharing the message of recovery. We would ask you to please limit specifics details that may trigger yourself or others. Stories will be posted with only the writer's initials in the interests of anonymity. Visit the website www.saavancouver.org for more information.