



Step 6. I am *entirely* ready to have God remove all my defects of character. I am ready. I'm waiting. Please remove my defects. Please. I'm soooo ready...

The 12 & 12 tells me "in no case does He render us white as snow and keep us that way without our cooperation" (pg 65) and that the best I can do is try to maintain my readiness.

Maintaining my readiness seems easy, until something does not go my way. Last week, as I was pulling up to a gas pump, another car sped in and took my place. The driver stared me down, defiant, daring me to confront her. I felt my old defect, righteous anger rise up as I drove to the other side of the station to find an open pump. I prayed for my Higher Power to remove my defect and to have me be compassionate. I thought about what makes a person aggressive and defiant, my experience says pain and oppression. I thought about what it feels like to carry that, to feel aggressive and defensive about something as small as a position at a gas pump. Then it happened – the anger dissolved. I felt compassion for her, forgiveness, it is such relief to not have to carry that anger.

My defects are often reactivity to perceived threats - my ego has been threatened and I want to act out in retaliation. I have learned that only wounded people wound people. When I react with harshness, I am inflicting more wounds on an already bruised soul. Whenever I feel the urge to retaliate, forgiveness is what is required of me. This does not mean allowing myself to be abused, I protect myself first and then find my way to forgiveness. I have found that it is my only path back to serenity, I have ceased fighting anyone or anything.

Some of my defects have been removed and some seem to be here to stay. With my tools, I can contain my defects before I act on them. In the best case, before I hurt others, in the worst case – I get to make amends. Either way, I can right the wrongs caused by my defects, continue to ask for their removal, and remain ready...

Member Share

Wisdom from the Literature

STEP 5

"Clinging to that which is killing us is clinging to the curse. When we admit the exact nature of our wrongs to another, we are finally admitting the truth to ourselves and to God. Without this principle active in our lives, we have no hope for lasting sobriety, serenity, and freedom."

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Sexaholics Anonymous

STEP 6

"Many will ask 'How can we accept the entire implication of Step Six? Why—that is perfection!' This sounds like a hard question, but practically speaking, it isn't. Only Step One, where we made the 100 percent admission we were powerless can be practiced with absolute perfection. The remaining eleven Steps state perfect ideals. They are goals toward which we look, and the measuring sticks by which we estimate our progress. Seen in this light, Step Six is still difficult, but not at all impossible. The only urgent thing is that we make a beginning, and keep trying."

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Twelve Steps and Twelve Traditions

Service Opportunities

- **You DO have something to offer!**

Ever wonder how “old-timers” stay sober? It’s amazing how sharing your story, your experience, strength and hope, no matter how limited you think it may be, has a positive impact on you and your program, as well as helping another.

- **The John School – Nashville, TN**

Occurs on select Saturdays from 1-2pm. Located at Nashville Cares, 633 Thompson Lane, Nashville, TN. Remaining 2017 dates are 3/4, 4/22, 5/20, 7/8, 8/19, 9/16, 11/18, and 12/16. For questions or more information, contact Rob W.

- **The Bridge – Bowling Green, KY**

Occurs on select Saturdays from 9:30am to 10:30am, with the carpool leaving from the Portable at Belmont Church at 7:30am. Contact Brad M. for more information.

- **The Ranch (Men only) – Nunnally, TN**

Occurs on the 1st and 3rd Thursdays of each month, with the carpool leaving from the Portable at Belmont Church at 5:30pm. Contact Jeff H. for more information.

- **The Ranch (Women only) – Nunnally, TN**

Occurs on the 1st Saturday of each month, with the carpool leaving O’Charley’s in West Nashville at 5:00pm. Contact Sumer Y. for more information.

- **S.A.S.E.R.A Delegates Needed**

SASERA stands for the Southeastern Region of S.A., and they have a number of delegate positions available. General Assembly Delegate is a special opportunity to represent the Region and vote on important decisions serving the worldwide fellowship of S.A. For more information and sobriety requirements, contact Marsha D.

- **Get Your Voice Heard at Intergroup**

Nashville Intergroup is a group of individuals that have been elected to serve as representatives of the region that provide communication among local groups, maintain points of contact for newcomers, discuss issues with the community on a larger level, and sponsor conventions, marathons, and workshops to continue the message of recovery and hope. Anyone is welcome to attend these meetings at 10:15am on the 2nd Saturday of the month at West End Church of Christ to have your voice heard and join in service to the S.A. community.

Announcements

- **Scholarships Available**

Are you interested in traveling to a convention or a marathon meeting but concerned about funds? Scholarships are available from S.A. Nashville for these purposes. See www.sanashville.org for details and an application.

Upcoming Events

- **Women’s International Conference – Ashburn, Virginia**

May 5-7th

Theme: Together and Never Alone Again!

For more information, see the website at:

<http://www.neveraloneagain2017.com>

- **S.A./S-Anon Marathon Weekend– Nashville, Tennessee**

June 2-3rd

Theme: S.O.S. Souls of Serenity

For more information, email:

info@sanashville.org

or contact Brad M.

- **S.A. International Convention – Newark, New Jersey**

July 14-16th

Theme: Jersey Strong – Experience, Strength and Hope

For more information, see the website at:

www.JerseyStrong2017.com

- **S.A. Geek Camp 2017 – World Wide**

August 23-24th

Theme: Carrying the S.A. Message Worldwide Using Information Technology

A part physical, part virtual camp where, for a whole day, S.A. members from all over the world connect and collaborate via the Internet to carry the message to the still suffering sexaholic.

For more information, see the website at:

<http://geekcamp.sexaholicsanonymous.eu>