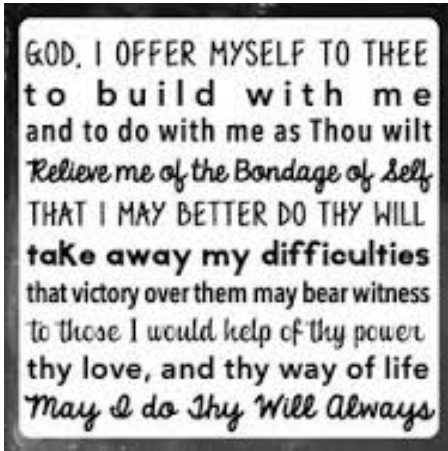


# UNITY

SA Middle Tennessee  
Intergroup Newsletter  
March / April 2016

## Firing God

Member Share



Step 2: Came to believe that a Power greater than ourselves could restore us to sanity .

Being raised in a religious home, believing in a Power greater than me wasn't a difficult step to take. Step 2 seemed easy for me. The Power greater than me created the universe, He **could** do anything. Where I ran into trouble with step 2 was believing that he **would** restore me to sanity. This is what made step 3 a challenge for me.

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

My concept of God was formed in childhood; first by the relationship with my father. My father only

showed me praise and approval when I made him look good in front of others. Most of the time, I was publicly shamed and often beat out of anger if I did not live up to his demands. Secondly; I was raised in an organized religion that taught that God was a kind, loving and merciful God, IF you jumped through the right hoops. If you believed the right doctrines and worked hard to find and do His perfect will. My God was the divine vending machine...do the right things and God will drop some "blessings" down the chute for you to reach in a grab.

This was NOT a God I was going to turn my will and life over to. From childhood, I had learned from my father, the church, and God that I was not worthy of love and belonging. I was never good enough no matter how hard I tried. This mindset played a major role in my alcoholism and addictions. I had to do something to cope with the shame of never being enough.

My belief system began to change as I began my road to recovery through SA and counseling. Sitting in meetings and hearing people share their story, no matter how shameful, and being accepted and shown empathy was huge for me. I always had to hide my true self in church but in SA, I could be real...and still loved. Secondly, I learned that my father was not a ruthless dictator but really just another broken, hurting person trying to cope with his shame and finding love and belonging like the rest of us. Thirdly, I had to fire the God I had been taught to believe in. After all, He really was a false god, I was brought up to believe I had to be perfect to be loved and accepted by God. If I did good things I was blessed, if I did bad things, I was punished. I had to hire a new God.

I began a process of understanding the true nature of my Higher Power. I had read that he was a God of love, and intellectually I accepted that, but my heart and soul were far away from believing that God loved me simply *because*, not *if*. I would look up and read passages that talked about my Higher Power's love for me; I would wake up every morning and simply ask my Higher Power to reveal Himself to me. This was a difficult process since I prefer the steps where I have to do the work. If I am in control of the process, I can effect the result. But having to surrender and wait for someone else to make something happen, even if it is God, is difficult for me to do.

Well, sometime later I woke up and felt different. The doubt that I lived in most of my life wasn't there. I instinctually knew that I was loved. I went the whole day before telling anyone as I wasn't sure if it would last. At the end of the day, I called my sponsor and told him "I believe...I believe God really does love me, simply because I AM me, not because of what I do or don't do."

God did for me what I couldn't do for myself. He revealed His true love for me.

## Wisdom from the Literature

### STEP 2

"At first, all I believed in was my sickness and lack of faith. Soon, however, I was telling myself, 'hope it's all true.' Then, I began acting as if it were, and faith in the program itself was established. As I became more honest and open to the truth in others, I came to believe that others had faith. Finally, genuine faith in a higher Power came ever so slowly as a God of my very own and a faith that worked for me."

Page 90 - Sexaholics  
Anonymous

### STEP 3

The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good.

Page 60 - Alcoholics  
Anonymous

## Service Opportunities

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- **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**  
(Men Only) : 6 months sobriety required to share.  
Select Saturdays, 1-2pm  
Note: New Location: Nashville Cares, 633 Thompson Lane, Nashville  
Jan 9, Feb 20, Apr 2, May 14, Jun 18,  
Jul 30, Sep 10, Oct 22, Dec 3,  
Questions?: info@sanashville.org
- **The Bridge - Bowling Green, KY**  
(Men & Women) 6 months sobriety required to share. Select Saturdays 9:30-10:30am. Dates to be announced.  
Questions/Info: info@sanashville.org
- **The Ranch - Nunnely, TN (Men)**  
1st & 3rd Thursday 7:15-8:15pm (carpool leaves from the portable at 5:30pm). 6 months sobriety requirement to share.  
Contact: info@sanashville.org
- **The Ranch - Nunnely, TN (Women)**  
1st Sat of each month 7:15-8:15pm (carpool leaves from west Nashville).  
Contact: info@sanashville.org
- **Open Positions**  
The Saturday West End 9:00 am meeting is in immediate need of a GSR and alternate GSR and will need a treasurer in January. Anyone who attends the Saturday meetings is welcome to attend the business meeting and serve even if this is not your home group.
- **SA Nashville Intergroup Open Positions**
  1. Vice Chair
  2. Regional Intergroup RepresentativeContact: info@sanashville.org for more information

## Announcements

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- **NEW SUNDAY WOMEN'S MEETING**  
Time: 2:00pm  
Location: Community Church of Hendersonville  
Contact: info@sanashville.org for more information
- **FELLOWSHIP PAPER GOODS AVAILABLE**  
If you're group is hosting a fellowship event, Intergroup is happy to supply plastic ware, cups, napkins & plates as needed. Please contact our Hospitality Chairperson at yogatiti@gmail.com

## Upcoming Events

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- **SA Speaker Meeting**  
March 12, 2016  
Location: Indialantic, Florida USA  
Theme: Gratitude  
For More Information:  
Email: saofpalmbay@gmail.com  
Remarks: Speakers 1:00 - 3:30 PM. Bring a snack to share.
- **Northwest Regional Spring Retreat**  
April 1 - 3, 2016  
Location: Wilkenson WA (Seattle area) USA  
Theme: Humility, Grace, and Hope  
For More Information:  
Web: www.pugetsoundsa.org  
Remarks: Flyer available from saico@sa.org
- **SA/S-Anon International Convention**  
July 8 - 10, 2016  
Location: Denver, Colorado USA  
Theme: Happy, Joyous and Free  
For More Information:  
Web: www.happyjoyousfree2016.org  
Email: info@happyjoyosusfree2016.org
- **Women's International Convention**  
April 28-30th 2017  
Location: Westfields Marriott, Chantilly, VA  
Contact: sawomensconvention@gmail.com