

UNITY

WISDOM FROM THE LITERATURE

STEP 1

"Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness...But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admission of personal powerlessness finally turns out to be firm bedrock upon which happy and purposeful lives may be built." (12 and 12, p. 21)

STEP 2

"Being restored to sanity meant giving up our rationalizations that our lies and sexual acting out hurt no one. We began to accept the stark truth that sex or romance could not fill the hole in our souls. We recognized that the 'next one' would yield the same results as the last one, or the last one hundred. We acknowledged that we were not all-knowing, all-powerful, all anything...Step Two was the point in our work where we saw that we needed help to relinquish our insane behaviors.." (SIA 1-3, p. 61)

Acceptance vs. Resignation

Member Share



Recently I found myself in spiritual crisis. Even after years in the program and much experience with God's love and kindness, life's circumstances changed and left me grieving my losses, full of despair and hopelessness. I felt powerless over my despairing and obsessive thoughts, powerless over the pain, powerless over the questions in my head. My sponsor and others gently guided me toward acceptance, but I continued to struggle. Instead of acceptance I found myself in resignation, and I've come to see that the two are total opposites.

Resignation is the rejection of step two. It is looking at my circumstances and letting them dictate what I believe about God's character. Acceptance, on the other hand, is looking first at the God of my understanding and viewing my circumstances through the lens of God's character.

Acceptance builds trust, but resignation fosters bitterness. Before recovery, I felt resigned to my life and saw life's ups and downs as indicators of God's pleasure or displeasure with me. Recovery is teaching me something new, but slipping into that old thinking began to harden my heart and make me a bitter person. Beginning to choose the path of acceptance based on God's love and goodness toward me is rebuilding trust in my higher power.

Although acceptance is about letting go, I've also come to believe that acceptance is an active step, not passive. Resignation is passive. Resignation turns me into a victim of a God who doesn't care. Choosing to accept and trust often requires great action on my part. Sometimes it is mental action – choosing to release lies and negative thoughts, and choosing to hold on to truth about God and myself. Choosing to believe what is true and release negative lies cultivates hope. Sometimes acceptance requires physical

SERVICE OPPORTUNITIES

"Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (AA, p. 77)

- **The Bridge, Bowling Green, KY** (men and women): Select Saturdays 9:30-10:30am (caravan leaves at 7:30 from the portable). 6 months sobriety requirement. Contact Scott C. at 335-7082.
- **The John's School, Nashville, TN** (men only): Select Saturdays, 1-2pm. 6 months sobriety requirement. Contact Harold G. at 878-5564.
- **The Ranch, Nunnally, TN** (men only): 1st and 3rd Thursdays, 7:15-8:15pm (carpool leaves from the portable at 5:30pm). 6 months sobriety requirement. Upcoming dates: 1/15, 2/5, 2/19, 3/5, 3/19.
- **The Ranch, Nunnally, TN** (women only): 1st Saturday of the month, 6-7pm (carpool leaves from west Nashville). Upcoming dates: 2/7, 3/7.
- **SA Nashville Intergroup:** Get involved in keeping our Nashville SA groups connected and informed! The following service positions are available—
 - ✦ Hospitals and Institutions Chair (1 year sobriety)
 - ✦ Treasurer (1 year sobriety and source of income)
 - ✦ Intergroup Representative (1 year sobriety)

action. Some days I have to ask myself, "What would I do in this moment if I truly believed that God is for me?" It might be leaving my house, making a phone call, getting to a meeting, reading the literature, reaching out to a sponsee, or being of service.

Acceptance reminds me that I am not a victim; sobriety and recovery have restored my power of choice. And most importantly, it reminds me that I am loved by my Higher Power who is with me through all of life's painful circumstances, who has a good plan for my life, and who can be trusted.

MEETING SPOTLIGHT:

The "There is a Solution" Group meets Saturdays at 7:45am and 9:00am at West End Church of Christ. The 7:45 meeting is a closed meeting averaging 10-12 members, and the 9:00 meeting is the largest in the area. The first Saturday of the month at 10:15 there is a business meeting open to any sexaholic who wishes to participate. You may keep up to date with "There is a Solution" news by sending an email to 9amsaturdaygroup-subscribe@yahoo.com.

"HAPPY, JOYOUS, AND FREE"

4th Annual Conference

Saturday April 11, 2015, 9am-4pm

Belmont Church Fellowship Hall

Brought to you by the Nashville SA Lunch Bunch

ATLANTA SA / S-ANON MARATHON

Saturday, February 28 9:00am-4:30pm

More info can be found at sanashville.org

BE A PART OF YOUR NASHVILLE INTERGROUP!

SA Nashville Intergroup meetings are open to everyone in SA! Meetings are held on the second Saturday of every month from 10:15-11:15 at West End Church of Christ. Come join us!

February 14, 2015 April 11, 2015
 March 14, 2015 May 9, 2015

"CROSSROADS OF RECOVERY"

International Convention

CHICAGO, IL

JULY 24, 25, & 26, 2015

More information can be found at crossroadsofrecovery.com

Anyone interested in a Springfield, TN meeting, please email springfieldmeeting@yahoo.com. An interest meeting will be held soon!

CONTRIBUTE TO UNITY NEWSLETTER!

The newsletter is looking for articles on SA related topics. So if you have experience, strength, and hope to share, please submit it in 300-400 words to sanunitynewsletter@gmail.com.