

UNITY

WISDOM FROM THE LITERATURE

STEP 3

"It is when we try to make our will conform with God's that we begin to use it rightly. To all of us, this was a most wonderful revelation. Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us. To make this increasingly possible is the purpose of A.A.'s Twelve Steps, and Step Three opens the door." (12 and 12, p. 40)

STEP 4

"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." (AA, p. 66)

When It's Not "Their" Fault!

Member Share



The first time I worked Step 4, it was painful and felt like I was pulling out fingernails. Thanks to an amazing sponsor I completed that arduous process and thought to myself, "Whew, that's over and I won't have to do that ever again!" Goodness, that has not been not the case because there are still people

who can cause my resentments to pop right to the surface. So, what do I do when that happens now?

When my anger and resentment come to the surface, my first inclination is to blame the other person. After all, they have "done me wrong" in some way—at least in my opinion. I take several deep breaths to connect with my Higher Power and remember that my feelings are real yet they don't have to rule me. The next step is to take out pen and paper and begin a "mini" fourth step inventory.

Writing the name of the person I'm angry with initially brings up all the old feelings; I see this as part of the healing process. Of course the next column is what the person has done to offend, anger, or cause resentment. Looking next at what part of me has been affected, it occurs to me that it's not my grown up self that's impacted. Rather it is my little kid who is feeling fear, who is not being heard, whose ego is threatened, and so many other things. Looking back at my original fourth step and subsequent "mini" fourth steps, patterns begins to emerge showing me that it's the same

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 to share. Contact Scott C. at 335-7082.
- **The John's School, Nashville, TN** (men only): Select Saturdays, 1-2pm. 6 months sobriety requirement to share. Contact Harold G. at 878-5564 or Rob W. at 513-7118.
- **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 to share. Upcoming dates: 3/19, 4/2, 4/16, 5/7, 5/21. Contact Curtis L. at 972-5746.
- **The Ranch, Nunnally, TN** (women only): 1st Saturday of the month, 6-7pm (carpool leaves from west Nashville). Upcoming dates: 3/7, 4/4, 5/2. Contact Sumer at 840-4142.
- **SA Nashville Intergroup:** Get involved in keeping our Nashville SA groups connected and informed! The following service positions are available—
 - ♦ Literature Vice-Chair (1 year sobriety and a source of income)

story/situation from the past. Finally, in writing my part I see the role I've played, and the anger begins to dissipate. Instead of being filled with negative, draining energy that drags me into a downward spiral, I am lighter and better able to move through the day with God's grace surrounding me.

Thanks to the 12 steps and traditions I'm living a calmer, more serene life one day at a time.

MEETING SPOTLIGHT:

The Thursday Women's Group is going strong with 10-15 in attendance each week. The group meets every Thursday night at West End Church of Christ from 6:30-7:30, and the meeting is held in the 1st floor conference room. The format of the meeting is a literature study for the first half of the meeting and then open discussion for the remainder of the meeting. Currently the group is studying "Recovery Continues."

"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

MOUNTAIN SPRING

2015 SA Marathon

ASHEVILLE, NC
April 25, 2015

Save the date! A great day of learning,
sharing, and renewing our recovery.

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!

April 11, 2015 June 13, 2015
May 9, 2015 July 11, 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.