

UNITY

WISDOM FROM THE LITERATURE

STEP 5

"It takes a moment of courage. Whenever we're ready to give up the wrongs revealed in our Fourth Step, we take the leap and give it away to another. 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." (Sexaholics Anonymous, p. 111)

STEP 6

"As we glimpse the true nature of our spiritual and moral bankruptcy, we can only wonder what kind of God this is who can not only stand to see and know it all, but who patiently and mercifully works in us and with us toward turning these dreadful liabilities into song. God is surely for the sexaholic." (Sexaholics Anonymous, p. 119)

Shame in Light of Steps 5 and 6

Member Share



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Fear and shame—two of my greatest character defects. I have shame in how frequently I put off things that challenge me (character defect). I believe it is fear of failure (character defect). The good news in my recovery today is that when these character defects pop up, most of the time I can see them for what they are, share them with those who can relate, and shine light on them. There

are also those times, though, when I get stuck and have a hard time letting shame and fear go. I am stuck right now in this season of my life. The shame tapes that play in my head are very loud, and the louder the volume, the smaller I feel, and the more isolated I tend to become. My shame and isolation often show up in meetings, and when they do, it feels like a double whammy! The more I try to hide, the more shame I feel, and then the more I try to hide...

I have been sober for over 4 years, but I still struggle with toxic shame and social anxiety (character defects). When I am asked to read out loud in meetings, sometimes I freeze and can hardly see the words on the paper. I stutter and stammer as if I am paralyzed. At times I have trouble formulating my thoughts when I share. I constantly compare myself to others in the room and how eloquent their shares are, how they never appear anxious or seem to struggle (comparing – another character defect).

Steps 5: Admitted to God, ourselves and another human being the exact nature of our wrongs. WOW! For me rigorous honesty with God and myself is where it starts. I cannot be honest with others if I am not honest with myself. It's as important to tell myself the truth about my assets as well as my defects. If I don't pull out the affirmation cards frequently, I forget I have assets, too.

Step 6: We were entirely ready to have God remove these defects of character. I have learned that just because I am ready doesn't mean God is. I have also learned that God requires my participation and action. Today, for me, action is showing up and being vulnerable,

SERVICE OPPORTUNITIES

- **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, Nunnely, 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: 5/21, 6/4, 6/18, 7/2, 7/16. Contact Curtis L. at 972-5746.
- **The Ranch, Nunnely, TN** (women only): 1st Saturday of the month, 6-7pm (carpool leaves from west Nashville). Upcoming dates: 6/6, 7/4, 8/1. Contact Sumer at 840-4142.
- **SA Nashville Intergroup Call for Nominations!** Elections for Intergroup will be held June 13th. Terms begin in July, and the term is one year.
 - ✦ Chairperson (2 years sober)
 - ✦ Vice-Chairperson (1 year sober)
 - ✦ Secretary (90 days sober)
 - ✦ Communications Chair (90 days)
 - ✦ Internet Chair (1 year sober)
 - ✦ Literature Committee Chair (1 yr sober and source of income)
 - ✦ Literature Vice-Chair (1 year sober and source of income)
 - ✦ Fellowship Chair (90 days)
 - ✦ Hospitals and Institutions Chair (1 year)

telling the truth and shining light on my shame because I do not believe shame can grow in the light.

I am slowly learning that all of this is part of life's journey. If I did not struggle or have character defects, why would I need God? Acceptance, trust, faith, doing the next right thing, taking the action of love towards myself, loving all of me (including my defects), accepting my humanity and flaws, fighting against the negative voices, allowing the light in, and being honest and vulnerable in my weakness. I am learning that in admitting my weaknesses, I continue to find strength.

SERVICE OPPORTUNITY!

The *There is a Solution* group (Saturday mornings 7:45 and 9:00) is in need of a group Secretary. Duties include meetings agendas and minutes, chairing a monthly home group business meeting the first Saturday of every month at 10:15 am, and recruiting volunteers to lead the main meeting and breakouts. Contact Marsha D or email 9amsaturdaygroup@yahoo.com.

"GETTING THE POWERBACK"

A workshop on the 11th Step, tools and practice

Presented by Bill S. and Harvey A.

Saturday, May 16th,
10:15AM-12:00PM

West End Church of Christ, back entrance, 2nd floor.

"CROSSROADS OF RECOVERY"

International Convention

CHICAGO, IL

JULY 24, 25, & 26, 2015

More information can be found at crossroadsofrecovery.com

BRIDGES TO RECOVERY

SA/S-Anon Marathon

CHATTANOOGA, TN

May 23, 2015

9:00AM-4:30PM

Save the date! A great day of learning, fellowship, and recovery. \$20 after May 9th.

Flyer available 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!

June 13, 2015

July 11, 2015

Scholarships are available for the SA International Convention in July. Please see your home group GSR or an Intergroup Representative with questions!

CONTRIBUTE TO UNITY NEWSLETTER!

If you have experience, strength, and hope to share, please submit it in 300-400 words to saunitynewsletter@gmail.com.