



WISDOM FROM THE LITERATURE

STEP 9

"There's no feeling in the world like having mended a long-standing wrong. It is better than the relief that comes from finally pulling a thorn from a festering finger, more like pulling a thorn from our festering soul. Soul surgery. By the grace of God, we make ourselves well, and the healing process spreads to those about us." (SA, p. 127)

STEP 10

"The highest reach of the soul is outward toward another in this motion of reconciliation. This Step is the great maker of true spiritual union. What better chance to forge true union than in the heat of misunderstanding, wrong, acknowledgment of wrong, and forgiveness? There is no greater bond than the one issuing from such atonement." (SA, p. 130)

The Safest Place on Earth

Member Share

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed.

Alcoholics Anonymous pg. 102

I can't tell you how much joy I've experienced participating in SA service work. It's one of the unexpected gifts I have received in recovery from sexaholism. As a young person I had the desire to be helpful, but as my illness progressed I lost all desire to give of myself for others. I saw myself as a person who had nothing to give. I viewed other people as threats or as objects to be lusted after. But all that changed when I surrendered to the program of Sexaholics Anonymous and really began to apply the principles of the Twelve Steps in my life.

One of the first assignments my sponsor gave me was to look for opportunities to do something nice for people and then do it without letting anyone know what I had done. It could be as simple as passing up that perfect parking place at the mall or saying thank you to the clerk at the convenience store. I understand now this kind of thing is what our White Book describes as "taking the actions of Love."

From these simple acts something began to stir inside me. I began to smile again. I began to look for ways to be helpful. I found myself beginning to believe that maybe I did have something to offer.

In our book Recovery Continues there is a line that states isolation is one of the hallmarks of sexaholism. I believe that is true for me. It's so easy for me to feel alone in a crowd and withdraw from others and even withdraw from life itself. But

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. Upcoming dates: 9/27, 10/25, 11/22, 12/20.
- **The John's School, Nashville, TN** (men only): Select Saturdays, 1-2pm. 6 months sobriety requirement. Upcoming dates: 9/13, 10/25, 11/22.
- **The Ranch, Nunnally, TN** (men only): 1st and 3rd Thursdays, 7-8pm (carpool leaves from the portable at 5:30pm). 6 months sobriety requirement. Upcoming dates: 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, 12/18.
- **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)

when I give in to self-centered isolation I am giving in to fear and the old way of thinking.

The program of recovery gives me something new - a new idea. And this new idea is that I am safest when I am "on the firing line" giving of myself to others. This is where the joy of living burns brightest, and this is where I discover the true purpose of my life and the Real Connection with others. I continue to be absolutely amazed that whenever I feel unsafe or unprotected if I just yield to this spiritual principle of giving of myself I am lifted out of the fear and moved to a place of fulfillment. I check my service work in with my sponsor to make sure I don't overdo it, but for me service work is where I find the fellowship of the Spirit and experience the joy of living. Service work is not just something "they" do. Service work is an essential part of my healing. I want to invite every member of SA Nashville to step up to the firing line of life with me and discover the gift that awaits you there.

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BE A PART OF YOUR NASHVILLE INTERGROUP!

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

October 11, 2014

December 13, 2014

November 8, 2014

January 10, 2015

CONTRIBUTE TO UNITY NEWSLETTER!

The newsletter is looking for articles on SA related topics. So if you have something to share, please submit it in about 200-400 words to saunitynewsletter@gmail.com.