

# UNITY

## WISDOM FROM THE LITERATURE

### STEP 11

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own Creator." (Twelve and Twelve, p. 98)

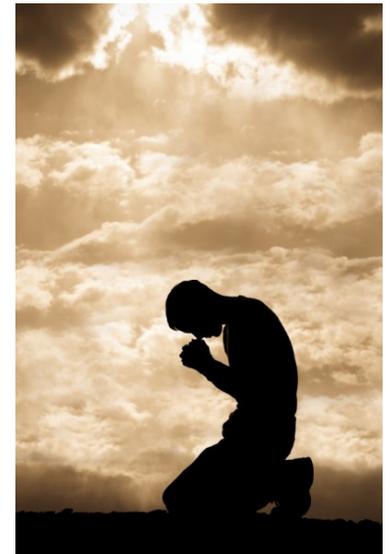
### STEP 12

The end of Step Twelve, "and practiced these principles in all our affairs," is not the end but the beginning for us. By its very nature, our recovery must go beyond the mere cessation of our acting out. Lust and dependency are more than sick externals; they strike at the very soul of our connection with God and others and have corroded the very heart of our humanity. That heart is what must be renewed." (SA p. 145)

## Reflections on the 11th Step

Member Share

Prayer and meditation have been an essential part of my recovery, so when I was asked to write a short piece on my experience with the 11<sup>th</sup> Step I thought it would be easy. Instead I found myself struggling. I was having a hard time distinguishing between the prayer and meditation I relied on in early recovery and the "prayer and meditation to improve our conscious contact with God" in Step 11 which I did not take for another 2 years. Is there a difference? Did I need to wait to pray and meditate until I had completed the first 10 Steps? Yes and no.



The first thing I heard in my first meeting was "please join me in a moment of silence followed by the Serenity Prayer". That is prayer and meditation. All the moments of silence since then, my morning 3<sup>rd</sup> Step Prayer, and all the other prayers I was introduced to in working the Steps have been, and continue to be, essential to my program of recovery. But there is something different about the 11<sup>th</sup> Step compared to what I began to experience in my own prayer and meditation practice when I completed steps 1 through 10. That difference is described in the Twelve and Twelve as "a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices bring much relief and

## 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: 11/22, 12/20.
- **The John's School, Nashville, TN** (men only): Select Saturdays, 1-2pm. 6 months sobriety requirement. Upcoming dates: 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: 11/20, 12/4, 12/18, 1/1, 1/15.
- **The Ranch, Nunnally, TN** (women only): 1st Saturday of the month, 6-7pm (carpool leaves from west Nashville). Upcoming dates: 12/6, 1/3.
- **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)

benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life." (p. 98). When I precede my morning meditation with the 7<sup>th</sup> Step Prayer and a review of my most glaring character defects, I find clarity about how to handle a difficult situation that awaits me in my day. When I complete my 10<sup>th</sup> Step review and prayer prior to my evening meditation, I see clearly how to right a wrong from earlier in the day. When I practice the 11<sup>th</sup> Step on a daily basis, I experience life with acceptance and love and am better able to see others with my heart rather than my head.

I've heard it said that prayer is how we talk to God and meditation is how we listen to God. When I combine those with self-examination, I create intimacy in my conversations with God. Taken together, they have created an unshakable foundation for my life.

### "AWAKENING THE SPIRIT"

International Convention

PORTLAND, OR

JANUARY 23, 24, & 25, 2015

<http://www.awakeningthespirit2015.com>  
for more information.



### SA Holiday Celebration

Tentatively scheduled for Saturday, Dec. 6th—more details coming soon!

### November Fellowship

Join us again for bowling at AMF Pla Mor Lanes on Sunday, Nov. 16th, from 6-8pm!



### 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 on the following Saturdays:

December 13, 2014    February 14, 2015

January 10, 2015    March 14, 2015

Anyone interested in a Springfield, TN meeting, please email [springfieldmeeting@yahoo.com](mailto: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 [saunitynewsletter@gmail.com](mailto:saunitynewsletter@gmail.com).