

### MID-MISSISSIPPI INTERGROUP

# **SOBRIETY GAZETTE**

VOLUME 1, ISSUE 10 Jul - Aug 2023

ALCOHOLICS ANONYMOUS

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#### (AA) Alcoholics Anonymous

The Big Book - Seventh (7th) Step
"Humbly asked Him to remove our
shortcomings." Click Here (or Scan)
to go to Step 7 - Chapter 6 - Into Action
See Pg. 76 - Paragraph 2



When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed *Step Seven*.



# (AA) Alcoholics Anonymous 12 Steps & 12 Traditions - Seventh (7th)

**Step** - "Humbly asked Him to remove

our shortcomings." Click Here (or Scan) - to go to Step 7 in the The 12 Steps and 12 Traditions Book - pp. 71-72

True, most of us thought good character was desirable, but obviously good character was something one needed to get on with the business of being self-satisfied. With a proper display of honesty and morality, we'd stand a better chance of getting what we really wanted. But whenever we had to choose between character and comfort, the character-building was lost in the dust of our chase after what we thought was happiness. Seldom did we look at character-building as something desirable in itself, something we would like to strive for whether our instinctual needs were met or not. We never thought of making honesty, tolerance, and true love of man and God the daily basis of living.

The Sobriety Gazette is a publication of Mid-Miss Intergroup. The purpose is to improve communication between local A.A. groups, inform and encourage participation in service opportunities and events that promote sobriety. Opinions expressed do not necessarily indicate endorsement by the Central Office or Alcoholics Anonymous as a whole.

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This is your Newsletter!!!

**Trusted Servants** 

Please contact us with any questions, comments, or suggestions. We welcome your participation in making the Sobriety Gazette a valuable source of information for the AA community. As always, our primary purpose is to stay sober and help other alcoholics achieve sobriety.

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(AA) Alcoholics Anonymous Big Book - Eighth (8th) Step "Made a list of all persons we had harmed and became willing to make amends to them all." Click Here (or Scan) to link to Step 8 - Chapter 6 - Into Action - See Pg. 76

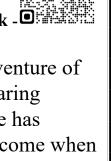


Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

Probably there are still some misgivings. As we look over the list of business acquaintances and friends we have hurt, we may feel diffident about going to some of them on a spiritual basis. Let us be reassured. To some people we need not, and probably should not emphasize the spiritual feature on our first approach.



(AA) Alcoholics Anonymous 12 Steps & 12 Traditions -Eighth (8th) Step "Made a list of all persons we had harmed and became willing to make amends to them all." Click Here (or Scan) to link to Step 8 in the 12 Steps and 12 Traditions Book pp. 77-78



Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redoubled his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, 78 STEP EIGHT then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away

# The 7th and 8th Step Prayers

# **Seventh Step Prayer**

My Creator,

I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do your bidding.

# **Eighth Step Prayer**

Higher Power,
I ask Your help in making my list of all those I have harmed.
I will take responsibility for my mistakes &
Be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.

Source: https://www.aacle.org/twelve-step-prayers/

# **Daily Reflections concerning Step 7**

### **IDENTIFYING FEAR...**

July 06

The chief activator of our defects has been self-centered fear. . . .

## TWELVE STEPS AND TWELVE TRADITIONS, p. 76

When I feel uncomfortable, irritated, or depressed, I look for fear. This "evil and corroding thread" is the root of my distress: Fear of failure; fear of others' opinions; fear of harm, and many other fears. I have found a Higher Power who does not want me to live in fear and, as a result, the experience of A.A. in my life is freedom and joy. I am no longer willing to live with the multitude of character defects that characterized my life while I was drinking. Step Seven is my vehicle to freedom from these defects. I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear. This method works for me without fail and is one of the great miracles of my life in Alcoholics Anonymous.

## **Daily Reflections concerning Step 8**

## WE BECOME WILLING ...

August 02

At the moment we are trying to put our lives in order. But this is not an end in itself.

ALCOHOLICS ANONYMOUS, p. 77

How easily I can become misdirected in approaching the Eighth Step! I wish to be free, somehow transformed by my Sixth and Seventh Step work. Now, more than ever, I am vulnerable to my own self-interest and hidden agenda. I am careful to remember that self-satisfaction, which sometimes comes through the spoken forgiveness of those I have harmed, is not my true objective. I become willing to make amends, knowing that through this process I am mended and made fit to move forward, to know and desire God's will for me.

## Step 7 of Alcoholics Anonymous - An outside view, looking in, from:

https://alcohol.org/ Written by:Editorial Staff Updated Jan 6, 2023

The 7th Step of Alcoholics Anonymous is about humility. Find out what it means to be truly humble to complete this important task.

If you have successfully completed the first six steps of the Twelve Steps of Alcoholics Anonymous, you are ready to move on to Step 7. In steps three through six, you made the decision to turn your will and your life over to "God as you understood Him," tackled the task of making a "searching and fearless moral inventory" of yourself, admitted your wrongs, and were "entirely ready" to let God remove your defects. In the 7th Step of Alcoholics Anonymous, you will "Humbly ask Him to remove your shortcomings." In order to complete this task successfully, you will need to understand what it means to be truly humble.

The Seventh Step Prayer - The Seventh Step Prayer is as follows:

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

### Understanding and Learning Humility

Dictionary.com lists several variances on the definition of the word humble. To get a good grasp on the concept of humility, try picturing circumstances in your life (real or imagined) where humility comes into play and determine how those emotions can influence your interaction with God as you understand Him while working through Step 7.

One definition is to be "not proud or arrogant; modest." This example of humility is a lesson learned early in life. Imagine yourself as a kindergartner who just created the most beautiful picture of a bunny any kindergartner had ever seen. (At least that's how you felt when your teacher complimented your drawing and held it up in front of the class.) Immediately, you were filled with the natural response of pride.

At that point, you would have transitioned from natural pride to either modest pride or arrogant pride. The choice was yours whether you were conscious of it or not. Modest pride would have filled you with the good feeling of accomplishing something special; arrogant pride would have filled you with that same feeling with the added sense of feeling superior to your kindergarten peers. So, to be truly humble, you would have stopped at the natural pride before allowing it to make you feel superior. Therein lies the difference between arrogance and humility.

(Source - https://www.alcohol.org/alcoholics-anonymous/step-7/)

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## Step 8 of Alcoholics Anonymous - An outside view, looking in, from:

https://alcohol.org/ - Written by: Editorial Staff - Updated Jan 6, 2023

The 12 Steps is the premier methodology of Alcoholics Anonymous (AA), an organization that had helped individuals struggling with alcohol addiction achieve and maintain recovery for nearly a century. Step 8 of Alcoholics Anonymous is one of the most proactive steps in the process, and encourages people to make "a list of all persons we had harmed, and became willing to make amends to them all." As such, Step 8 will see one begin to actively repair relationships damaged in the midst of their addiction, and to confront positive and negative behaviors and thoughts in the process.

### What Is the 8th Step in Alcoholics Anonymous?

Step 8 of AA is regarded as one of the most challenging steps by many members. This step requires you to make a list of people you have harmed and be willing to apologize and right your wrongs. This step is so challenging because it requires you to take an honest look at just how much your alcoholism has impacted the people around you. People who suffer from alcoholism often behave in ways they would never behave if they were not under the influence of alcohol. The essence of Alcoholics Anonymous Step 8 is to come to terms with the actions your alcohol addiction encouraged and take personal responsibility for any harm you have caused another human being.

As you approach the 8th Step of Alcoholics Anonymous it is important for you take a moment to recognize just how far you have come since your very first AA meeting. Completing seven Alcoholics Anonymous steps is an impressive accomplishment. Take comfort in knowing that the first seven steps of the program have prepared you for this step. If you find yourself struggling with Step 8, remember that you have the help and support of your sponsor and the AA fellowship. Your sponsor was once in the same exact position you are in now. It is likely that your sponsor felt similar to the way you feel now when he or she was approaching Alcoholics Anonymous Step 8.

(Source - https://alcohol.org/alcoholics-anonymous/step-8/)

## Thanks! From the YANA Board President

## The SH!T SHOW

The COVID pandemic shut down the YANA Club and meetings which are a staple for AA members throughout the Metro area for some time. Upon the opening of the YANA building and resumption of activities the Board of Directors though it was a good time to plan an event. Thus the idea of an open mike fund raiser was born. The funds are to be used for the bathroom renovation at the building which are in the planning stage now.

The event was billed as the <u>SH!T</u> SHOW so everyone could show off their SH!T or talent. There was a GREAT turnout with over an hour and a half of entertainment from members. Comedy from Zack and music from members such as James & Co. were placed on display for all. The place was packed with SRO in the Traditions meeting room where the talent performed. We are truly talented exceptional people and the range of talent was on full display. There were original compositions, to ukulele music and more. The food donated from our neighbors at Pig&Pint was awesome. I hope everyone had a good time and will come back as I am sure this will not be the last show.

The event raised funds for the bathroom renovations and donations are still being accepted on line as well as in person just see me or any other board member. Renovations are not cheap. We also expect to have another talent night probably near the end of the summer. The event was also the launch of the T-shirt and swag for YANA Club. The shirt of the building and 555 seem to be very popular and still may be had at the club website yanaclubms.com

On behalf of the YANA Board we want to thank all who participated and are sincerely grateful for the funds raised. We look forward to seeing you at the next show.

RustyW.

YANA Bd Pres.

Month	Day	Mid-Mississippi AA Events - Summer, 2023  ***July 14, 2023 (please discard all previous calendar versions)***					
	21st - 23rd	Area 37 State Convention	"Happy Joyous and Free in 2023" Speakers, Hospitality Room and more	July 21 through 23, 2023	Thad Cochran Center - USM Campus, Hattiesburg, MS https://aa- mississippi.org/events/2023- area- 37-mississippi-state- convention.		
July	22nd	Georgetown Family & Friends Picnic. Sponsored by Georgetown & Forrest Group	Celebrate the "Road of Happy Destiny. Swimming, Waterslide. Please bring your favorite dish to share	Saturday, July 22, 2023, Noon until \$2 per person, \$6 swimming age 12 and older, \$11 water slide	Roosevelt State Park 2149 MS-13, Morton, MS Contact George H. for more information. (601) 212-0478		
	30th	District 44 <sup>††</sup> Monthly Meeting	GSR's & AGSR's are encouraged to attend & ALL ARE WELCOME	Sunday, July 30, 2023 (meets last Sunday of every month 6:00 pm	Temple Beth Israel 5315 Old Canton Rd., Jackson, MS (where the Shalom Group meets)		
	က	Mid-Mississippi Intergroup	ALL ARE WELCOME ***WE NEED YOUR GROUP TO SEND REPS.***	Thursday, August 3, 2023, (meets the first Thursday of every month) 6:30 pm	650 E. South St. Downtown Jackson (where Central Group meets).		
August	13	2023 Old Timers Roundup <u>Planning</u> <u>Meeting</u>	ALL ARE WELCOME (Roundup will be August 25 - 27, 2023) One need not be an Old Timer to participate.	Sunday, August 13, 2023, 2023, 3:15 PM. Second Sunday of every month until the Roundup.	650 E. South St. downtown Jackson (where Central Group meets).		
	25 - 27	Keep On Trudgin' 37th Annual Mississippi Old- Timers Roundup	Raffles, Bingo, and Great Speakers All Weekend One need not be an Old Timer to participate	Friday - Sunday, August 25 - 27, 2023 Register online: www.eventzilla.net/user/ol dtimers	Clyde Muse Center, 315 Country Place Pkwy, Pearl, MS \$20 pre- reg., \$25 at the door. For more info: msoldtimers@gmail.com or call Bob K. (601) 832-856.		

District 43 includes: Central, Traditions, Northeast, 4801, Georgetown, Coffee Lover's, AA Unlimited †† District 44 includes: Shalom, Serenity of Purpose, Big 12, and Way Out groups

Thanks to Bruce M., Randy B., and Steve J. for the Calendar spreadsheet...and to Randy B. for Distribution.

Please send all EVENT NOTICES to Randy B. at: midmissintergroup@gmail.com

## Miscellaneous AA-related Websites:

Silkworth.net - https://silkworth.net/

A great site to search for, and read thousands of documents concerning Alcoholics Anonymous (A.A.)

### Including...The PDF Project (1000+ PDF's)

https://silkworth.net/aa/the-pdf-project/?

\_ga=2.245052231.319716439.1682868723-1977825562.1682868723



### Search for PDF articles concerning the following:

The Big Book(179 Articles)Bill W.(172 Articles)Dr. Bob(24 Articles)General Service Conference(157 Articles)Grapevine(51 Articles)History(437 Articles)

*NOTE* - All files on the website are protected pdf files and are Copyright © The A.A. Grapevine, Inc. Saving of files is permitted. Altering of files is not permitted. Visually impaired accessibility is enabled.

## **Literature Listing**

https://www.aa.org/resources/literature?terms=Corrections&format=All&items\_per\_page=24&sort\_bef\_combine=title\_ASC\_Literature published by A.A. World Services, Inc., is a resource for recovering alcoholics and other individuals. In our materials, you can find out more about Alcoholics Anonymous, its history, and how it works. We publish items in English, Spanish and French. We also publish and license translations in international languages for recovering alcoholics around the world. Many of our translated materials are in



## Mid-Mississippi Intergroup of A.A.

(FAQ) Frequently Asked Questions

#### What is Intergroup?

Intergroup is a service office dedicated to supporting its members in helping newcomers who are seeking Alcoholics Anonymous.

#### How is it operated?

A small staff of "special workers" - "which includes Office Manager, and one Assistant Manager that manage daily office activities. There is a 7-member elected board. Each person is a member of Alcoholics Anonymous. (\*Tradition Eight)

### Who pays for it?

AA Group and member personal contributions, the sale of publications from AA World Services, Inc., and publications from the A.A. Grapevine, sobriety 'chips', and various other assorted recovery-related materials (i.e., books and pamphlets).

#### Does my group have a voice in its affairs?

Yes, each A.A. Group should have an 'Intergroup Representative'. In addition to participating in the affairs of Intergroup, those representatives job is to inform their home group about Intergroup and the local service opportunities available.

#### We have our own meeting place. Why do we need Intergroup's help?

Intergroup phone volunteers help newcomers find your meeting location. Your Intergroup phone lines are the permanent link to connect members to A.A. Groups in our (Zone 4), in addition to all of Mississippi.

#### How can my group be of service?

You can start by seeing that your group has a voice (representative) at the monthly Intergroup Reps meeting. Additionally, your group members can contribute their time for 12th Step opportunities ensuring that the A.A. message reaches the still-suffering alcoholic.

What services does your AA Intergroup Office provide?

Intergroup provides the following "Vital Services" to all A.A. Groups, and their members.

- \*\* Answer phones 24 hours/day
- \*\* Information & Meeting Location Calls
- \*\* AA Literature English and Spanish
- \*\* AA Grapevine Publications
- \*\* Public information

- \*\* Make 12-Step Calls
- \*\* Special Events
- \*\* Meeting Directories
- \*\* Cooperation with Outside Agencies
- \*\* Financial responsibilities of running the Intergroup (and providing AA Members that information, via the website see below)
- \*\* Main (Intergroup) Website Updates / Announcements (i.e., https://midmissintergroup.org/)
  - Zoom Online Meeting Codes and Re-opened Groups
  - Events
  - Sobriety Gazette
  - Intergroup (Financial) Reports

### **Contact Us**

Mid-Mississippi Intergroup of A.A. Central Office

4526 Office Park Dr. Ste. 3, Jackson, MS 39206 (directions)

(601) 982-0081 (Answered 24/7)

Office is open Tuesday and Friday, 12:00 pm to 6:00 pm Email: midmissintergroup@gmail.com

## **NOTE:** We are **NO LONGER** require Curbside Pickup!!!

Come on in! If door is locked, PLEASE knock or ring doorbell... We will let you in...

## **BECOME A FAITHFUL FIVER**

"Every AA wants to make sure of nis survival from alconolism and his own spiritual well-being afterward. This is just as it should be. He also wants to do what he can for the survival and well-being of his fellow alcoholics. Therefore he is bound to have a vital interest in the permanence and well-being of AA itself." Bill W. Language of the Heart, p 190

Faithful fivers are AA members who pledge at least five dollars each month to support their local Central Office. This idea is catching on around the country. The plan came about when we remembered that many of us had spent far more than \$5.00 a month on alcohol during our drinking days. As a Faithful Fiver, you support the efforts of Mid-Mississippi Intergroup to carry the AA message of hope to still-suffering alcoholics.

To become a faithful fiver, please send your \$5 monthly donation to:



Mid-Mississippi Intergroup PO Box 16228 Jackson, MS 39236



## **NOTE**

The Central Office is eternally grateful to all of its' supporters, and feel that it's important to THANK all of those who have been consistent, faithful 5'er contributors over the past three years...

### They are all listed below - Thanks to one and all!!!

Al H.	Kurt J.	John H.	Jason M.	Robert G.
Donna H.	Bruce M.	Keith F.	Linda O.	Patti H.
Karen M.	Richard M.	Nick C.	Brad B.	John W.
Will W.	JoBeth B.	Jason S.	James W.	Lisa A.
Benjamin P.	Pat Y.	Bee W.	Chris G.	Myra D.
Nicki R.	Bonnie H.	Hugh B.	Lorenzo D.	Dick K.
	_			

Sam C. Duan J. Preston P.

(...plus numerous ANONYMOUS donors also...)

THANKS also, to the Memorial and Individual donations!



Please email me your sobriety birthdate, so that I can put it in the future editions of the Sobriety Gazette...

## Office / Area Announcements (continued)

# 37th Annual Mississippi

## **OLD-TIMERS ROUNDUP**

AUGUST 25 -27, 2023

# Keep On Trudgin'



RAFFLES, BINGO AND GREAT SPEAKERS ALL WEEKEND!

#### **CLYDE MUSE CENTER**

515 Country Place Parkway Pearl, MS 39208

#### **SCHEDULE**

#### **FRIDAY**

#### SATURDAY

Speaker: (AA) Monica H. - Sacramento, CA Speaker: (AA) Larry S. – Atlanta, GA Speaker: (Alanon) Donna M. – Columbia, SC Speaker: (Alateen) Stacy O. – Madison, MS

#### SUNDAY

Speaker: (AA) Glen C. - Jackson, MS

Raffles (Friday & Saturday) 50/50 Raffle (Friday & Saturday Night) Hospitality Room open between speakers.

(All speaker times and times of other activities will be included on detail schedule to be handed out during registration and check in. Name tags will also be provided.)

RESERVE a \$79.00 room at Sleep Inn & Suites,

333 Airport Road South, Pearl, MS, 39208 (601) 896-9638 with code: Old-Timers Roundup



Pre-Registration (Dinner Included) by August 11, 2023: \$20.00

MAIL CHECKS TO (Form below): Old-Timers Roundup, P. 0. Box 2122, Jackson, MS 39225

OR REGISTER ONLINE@ www.eventzilla.net/user/oldtimers service will APPLY

Register at the DOOR (No Dinner) Cash or Check only: \$25.00 - Alateens are FREE For more info contact *msoldtimers@gmail.com* or Bob K., at 601-832-8561



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Clip here & mail with check or M.O. - Payable to: Old-Timers Roundup, P. 0. Box 2122, Jackson, MS 39225

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Address	_City	_State	CHECK HERE Zip	To sponsor the registration fee for someone in financial need Name	
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Phone					

TOTAL ENCLOSED

\$			
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## Office / Area Announcements (continued)

## PAYPAL FOR MID MISSISSIPPI INTERGROUP

For your convience we now have the ability to accept PayPal. This is for Individuals, Groups or FaithFul Fivers.

Use midmissintergroup@gmail.com to find us.





Website: https://www.aa-missisippi.org

...or....scan

## **AREA 37 - GROUP AND DISTRICT DONATIONS**

Area 37

c/o Frank P.

413 Pelahatchie Shore Dr.

Brandon, MS 39047



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## Office Hours, etc... Trusted Servants



#### Contact us at

Telephone 601-982-0081

4526 Office Park Drive Jackson,

MS 39206

#### **Mail Donations to:**

PO Box 16228

Jackson, MS 39236

Web Site

www.midmissintergroup.org

Email us at

midmissintergroup@gmail.com

**Office Hours** 12:00 pm - 6:00 pm

Tuesday and Friday

Need something special, call the office for arrangements.

#### YOUR TRUSTED SERVANTS

Chair: Steve S.

Karen M. Treasurer:

Secretary: Bruce M.

**Corrections:** (Pending...)

**Treatment Centers** Sandy S.

**Office Manager:** Paxton P

**Asst. Office Manager:** Randy B.

Kurt J. **Intergroup Liaison:** 

Michael R. IT/Web:

**Newsletter Editor:** Steve J.

### **NOTE**

All embedded web links contained in this PDF, including the Gmail (email) link to the Intergroup...(above) should be functional while viewing this PDF on a computer...except any links contained in the Upcoming Events (pg. 8)...AND the Mid-Mississippi Intergroup of A.A., simply because the two things are only a 'screenshot' of the actual file...

### NEW (again) in this version of the Gazette...

This May-Jun 2023 Sobriety Gazette contains some QR Code 'icons' that can be scanned by a simple **QR** Code Reader App (iPhone or Android) and will take you to the document (full Chapter) if you *cannot* get the (web) LINK to work, at least you can scan the QR Code and go to the Chapter to read on your cell phone.