

JULY 2016



The Triangle

DISTRICT 9 NEWSLETTER

7TH Step: Humbly asked Him to remove our shortcomings.

7TH Tradition: Every AA group ought to be fully self-supporting, declining outside contributions.

7TH Step Prayer: 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

7TH Concept: The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the AA purse for its final effectiveness.



Perspectives on Step 7

By Dominica A.

When I think about Step 7, I think about humility, as it tends to be the central theme of this step.

Humility to me means viewing myself with an honest and realistic perspective. It's NOT thinking I'm bigger than my addictions or other people. When I thought I was "all that" and had control over my life, I was living in an alternate reality, because my life—and more specifically my emotional life—was a hot mess.

Then, once I entered recovery and lay down my addictions, I still had to contend with some things I wasn't crazy about, such as:

Anxiety. Irritability. Anger. Depression. Shame. Regret. Judgment. Envy...And more.

All of the previous steps led me to the importance of Step 7 and surrendering my will and life over to my Higher Power, asking for help once again.

It's pretty humbling to ask a Higher Power to remove shortcomings. It's saying:

You know, I really can't do this on my own. Like, this guilt that plagues my mind. It's slowly killing me and I can't let go on my own. Will you help me?

Honestly, I was ready to live a life of humility. I'd had enough of trying to do it on my own, because on my own I usually ended up in a mess.

For this step, I did ask my Higher Power to remove my shortcomings. Were they all removed at once?

No.

What I did notice, though, was that as I consciously invited my Higher Power to remove my shortcomings each day, they were less and less evident.

For example, one of my shortcomings was anger when things didn't go my way. I would react with anger or pout like a little girl when I didn't get my way. This was not attractive to say the least.

So, when I began working Step 7, I asked for my Higher Power to remove this anger and help me stay calm, cool, and collected when the universe didn't cater to my every desire.

The result?

I eventually learned how to observe things through a different lens. A lens that was not filtering my life through the perspective of a lonely, disheartened, scared little girl, but rather from a mature, healed, lovable adult.

It's not some magic trick that our Higher Power does to remove our shortcomings (though some are removed miraculously quickly). We gradually learn how to let go, overcome, manage, control, and so on when it comes to shortcomings. It's a journey of self-love and insights on life!

Partner with your Higher Power in Step 7, with the intent to give your "stuff" to whatever that power is. You do the legwork and trust your Higher Power for the rest.

I think you'll see that over time, you'll notice less of your shortcomings (harsh reactions, fear, pride, shame, jealousy, anger, envy, greed, etc.) popping up and more positive things popping up instead, such as love, acceptance, humility, patience, kindness, gentleness, self-control, etc.



What do you mean your crystal ball only sees one day at a time?

ANNOUNCEMENTS



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- **New Time: Clayville meeting needs our support. Open meeting at 2265 Oneida St., Clayville, Thursdays at 7pm.**
 - **Central Group / 700 Club Summer Picnic at Sherrillbrook Park in New Hartford from 11am to 8pm. AA meeting at 5pm. Please bring a dish to pass.**
 - **District Meeting at Our Savior Lutheran, 1640 Genesee St., upstairs at 6:30pm on July 27th.**
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New York State Informational Workshop

JULY 29th -31st 2016

"SECURING OUR FUTURE THROUGH SERVICE"

Join Areas 47, 48, 49 & 50 for a wonderful weekend of Food, Fellowship and Sharing on the importance of service to AA's survival for the sick and suffering who are not yet born.

The New York State Informational Workshop is an educational sharing forum for the purpose of carrying the A.A. message through our General Services Committees. We meet annually with the four General Service Areas in New York State, to share our experiences with the most effective ways to do our 12th Step Work. This Workshop is an excellent opportunity for all members of AA to learn about service at the Area Committee level. Panels with representatives from all of NY's Areas will be presenting throughout the weekend.

To Register Visit **nysiw.org**