

Sheets of Sobriety - July 2015

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FALSE PRIDE

Many of us who had thought ourselves religious awoke to the limitations of this attitude. Refusing to place God first, we had deprived ourselves of His help. - **TWELVE STEPS AND TWELVE TRADITIONS P. 75**

Many false notions operate in false pride. The need for direction to live a decent life is satisfied by the hope experienced in the A.A. Fellowship. Those who have walked the way for years--a day at a time--say that a God-centered life has limitless possibilities for personal growth. This being so, much hope is transmitted by the elder AA's.

I thank my Higher Power for letting me know that He works through other people, and I thank Him for our trusted servants in the Fellowship who aid new members to reject their false ideals and to adopt those which lead to a life of compassion and trust. The elders in A.A. challenge the newcomers to "Come To"--so that they can "Come to Believe." I ask my Higher Power to help my unbelief. - **From the book Daily Reflections © Copyright 1990 by Alcoholics Anonymous World Services, Inc.**



The Voice

I read something interesting only recently, after hearing a woman speak at one of the meetings I attend. She talked about the “voice” of the disease talking to her. That metaphor made a lot of sense to me and I tried to find it in the big book where it refers to the disease as having a “voice”. So far I haven’t found that, but in looking for the reference online, I found an article that helped me. The author is unknown. He/she referred to the big book stating that the disease is: “cunning, baffling and powerful.” It then went on to offer these dictionary definitions:

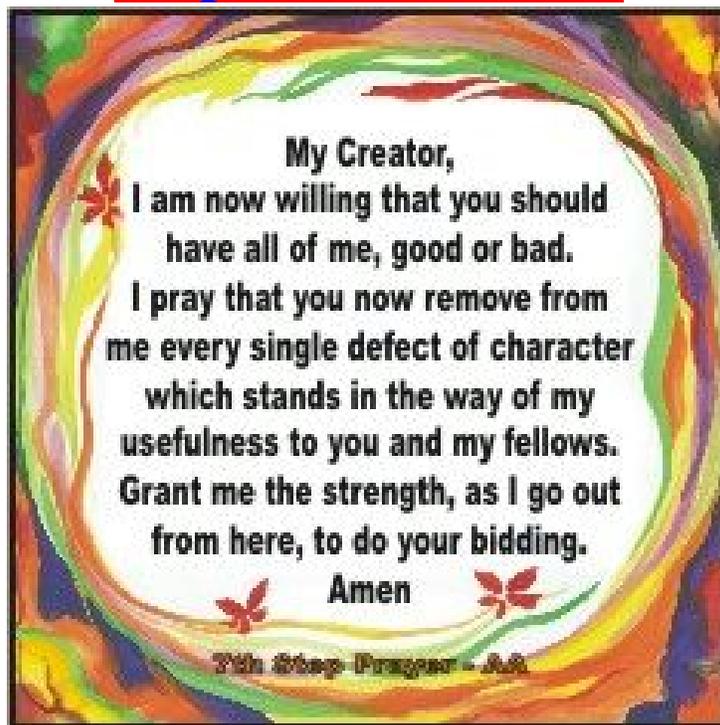
Cunning: shrewd deceptive, exhibiting ingenuity, marked by inventive skill, bright, nimble, ingenious, delicately pleasing, cute, skill in deception, guile...
“I especially like “delicately pleasing”

Baffling: to frustrate, stymie, to block or hinder, to stump, retard or obstruct the progress of, a barrier designed to check or regulate the flow...

Powerful: the ability or specific capacity to perform or act effectively; powers of concentration, strength or force, might, capacity to exercise control, authority, having influence or control over...

If the “voice” of the disease is my own voice, which is what I decided, no wonder it’s mighty hard to resist since nobody knows exactly how I think better than me... except God. So I remember to pray a lot. - **Anonymous**

Step of the Month:



Step 7

“Humbly asked Him to remove our shortcomings.”

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we ought to be willing to try humility in seeking the removal of our shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have. -

Twelve Steps and Twelve Traditions, p. 76

Tradition of the Month:



Tradition 7: Responsibility

“Every AA group ought to be fully self-supporting, declining outside contributions.”

There are so many benefits to this tradition for the alcoholic and for the group and for all AA as a whole. When we first come into AA we were at a bottom -- nothing was working for us. Many did not have a job or a place to stay, but most could still find the money for the next drink. We surrendered to the fact that we could no longer drink, because of the price it required of us, and that wasn't money.

So slowly we put in a basket what little we had and began to acquire a life worth living. It made us responsible for the first time (for many of us) to become a part of taking care of ourselves.

Many times we look at AAers who have been around awhile who feel they have paid enough dues, and leave the burden of being financially responsible to newcomers who believe in the 7th tradition. Our co-founders understood they protected this program from outside help, so we would not have to lean on others, otherwise we would not be able to show how an alcoholic who was socially irresponsible came to be responsible.

As in most of our other traditions this one also keeps outsiders out of our fellowship that will continue to want to take control, offer new and "improved," or unrealistic changes to a program. If that were to happen, we would rarely find someone who receives this gift of sobriety. - Alethea



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