

Michigan City Daily Reprieve

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Somehow, being alone with God doesn't seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. TWELVE STEPS AND TWELVE TRADITIONS, p. 60

It wasn't unusual for me to talk to God, and myself, about my character defects. But to sit down face to face, and openly discuss these intimacies with another person was much more difficult. I recognized in the experience, however, a similar relief to the one I had experienced when I first admitted I was an alcoholic. I began to appreciate the spiritual significance of the program and that this Step was just an introduction to what was yet to come in the remaining seven Steps.

DAILY REFLECTIONS p 132

A Thing We Cannot Change

We are saddened by the loss of our dear friend Chevy C. who left this world on April 28, 2011. We can only pray that he has found peace.

Tradition V

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers." Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

A Great Paradox

These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'S all around the globe.

TWELVE STEPS AND TWELVE TRADITIONS, P. 151

The great paradox of A.A. is that I know I cannot keep the precious gift of sobriety unless I give it away.

My primary purpose is to stay sober. In A.A. I have no other goal, and the importance of this is a matter of life or death for me. If I veer from this purpose I lose. But A.A. is not only for me; it is for the alcoholic who still suffers. The legions of recovering alcoholics stay



sober by sharing with fellow alcoholics. The way to my recovery is to show others in A.A. that when I share with them, we both grow in the grace of the Higher Power, and both of us are on the road to a happy destiny. DAILY REFLECTIONS P 129

Concept V

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

MAY BIRTHDAYS



Carolyn M	5/7/1992	19 years
Calvin J	5/10/2002	9 years
Kevin S	5/22/2002	9 years
Jane S	5/23/1993	18 years

Happy Birthday to All!

To publish announcements of AA Birthdays celebrated by members each month, send name and number of years to: District 21, P.O. Box 58, Michigan City, IN 46360 or email to district21mc@comcast.net

ALATEEN MEETING
Thursday evenings @ 7:00 P.M.
Barker Hall @ Trinity Church
600 Franklin Square
Michigan City, IN

The Area District 21 Business Meeting and the Public Information Meeting - 7 PM on the 2nd Thursday of every month at the Michigan City Christian Church at 11232 W. Earl Rd.
Next meeting: May 12, 2011

The Traditions Checklist

Tradition Five

Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of A.A. help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any A.A. Member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that A.A. Old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

AA Grapevine January 2011 issue

11th Step Meeting
Spiritual Kintergarden
Monday Evenings @ 7:00 P.M.
St. Paul Church Office
Ninth & Franklin
Michigan City, IN

Dunes House Breakfast
Pancakes, Sausage & Gravy

Saturday - May 14th

10:30 A.M.
Donation \$5.00

Step Five

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

I heard it said once that “ I could admit anything to myself and to my God but if I had to air out my dirty laundry in front of another human being-if I had any ego left after that- I didn’t do it right.” The first paragraph of Step 5 in our Twelve and Twelve states “All of AA's twelve steps ask us to go contrary to our natural desires... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five.” Now why is it that ego deflation is so important, and what exactly is meant by this?

Our program teaches that our natural instincts are a gift from God and therefore good. In order for society to exist we need the desires for sexual relations, material and emotional security and for companionship. It is the misuse of these natural instincts that get us into trouble. When these instincts are taken too far, farther than naturally intended they begin to control us and fill in voids in our lives that ultimately should be filled by God. I have always had a belief in God but in many ways I played Gods role in my life. When I did this I needed relief. Playing God is hard work and I needed relief and my favorite form of relief came in the form of alcohol. Alcoholics do not have a monopoly on the perversion of instincts; they are just easier to see. There are work-aholics, sex-aholics, video game-aholics- find something people enjoy and it most certainly will be abused.

My son is in the sixth grade. He is a student and an athlete. He works hard in the classroom and on the athletic field and as a parent I enjoy watching his hard work be rewarded with success, and this is right and good. In my own life, I also had my share of success and failure. I judged myself by what I had become or not become. My worth as a person was what my net worth was at the bank. I had two speeds, foot or the floor or foot off the gas. When I lived this way, I had to drink; it was the only time in my day, besides sleep, that I was comfortable.

“We had to quit playing God, it didn’t work...” I had to unlearn the lessons of my life and relearn them with a proper perspective. My Grandmother passed away ten years ago; I did not attend the funeral. I felt I was too important, too valuable to miss one day of work even for an event as important as my Grandmother’s funeral. With the terribly unfortunate, recent passing of one of our beloved brothers in the program I most certainly will be in attendance with my AA family.

The deflation of the ego which is such a big part of Step Five is important and necessary. We must unlearn our mistakes from the past. The relearning process helps us to get on and stay on the right track.

A Letter of Love To A Family

Dear Family,

I know you love me, and I love you. That is what makes me try to get better, that which brings me to the reality of my pain, and I know you only want the best for me. I think about you often, and cannot seem to get to a place of reasonableness. *"I want to stop the madness. I really hate that I am hurting you. I think to myself that one day I need to get it together. I need to make amends for the wrongs I am doing, but it is too overwhelming to think about today, so I will do it tomorrow"*. I remember back to the days of my youth. I remember Birthdays and Christmas. I remember when you would console me when I was hurt. I remember laughing, and wish I could laugh again. You always protected me, I depended on that to get me through my learning experiences as a child; I know that today. I sit here and look around the environment I am in, and can't figure out how I came to be in this place. It seems I just was with you in the safety of our home, and look around again and know I am so far from that time. I want things to be better. I want you to feel better, so I accept your help time after time, and I do it because I love you, I do it for you, thinking maybe it will work, but deep down know it won't, but I do it to ease your pain.

Feeling the feelings within me is painful. The thing of it is that I am in so much pain that numbing the pain with that that is causing the pain is easier than stopping and fixing what I know or Don't know. I feel so good for a period after you have helped me, as things appear to be good, and I think I am better. It (not the alcohol, but that pain within me that I know or don't know) starts calling me, and I answer the call with more alcohol, only to find myself back in hell. I wish I could love myself the way you love me, but I don't know that that is the problem, and to Love (to overcome the demon within) me I must surrender, and surrendering is humbling which brings understanding which is followed by love of self. This process I have never experienced, so I don't know it as a solution. If it is brought to my attention, I don't believe, because to believe would require hope , and that left me a long ago. Intellectually, I don't know why I do what I do. I don't know when I crossed the line to complete dependence. My drinking is a symptom of what ails me. I am running from something, and I cannot sit still long enough to investigate the cause. I know, and at the same time I don't know what it is, but I don't want to talk, but if I do I choose the words you want to hear. I don't want to acknowledge, but if I do I minimize to ease your anxiety because I hate what I am doing to you and care none for what I am doing to me. It is easier to run and I have been doing that for so long that I don't know how to stop. I lack a "heart understanding" of what is involved in my destruction. My knowledge is not based on experience, for experience is formed in my everyday. I push the limits of self medication as I become more tolerant to its affect. It is very precise and I never know what will be too much; and at the moment I don't care, I just want the pain to go away. I believe this in my heart as I dream of being with you again, but for now I adjust and up my medication, and wait for that euphoria to follow, which is to be followed by more misery which I always forget and when the misery comes.....*the thought soon follows....."I want to stop the madness. I really hate that I am hurting you. I think to myself that one day I need to get it together. I need to make amends for the wrongs I am doing, but it is too overwhelming to think about today, so I will do it tomorrow.....and I mean every word at the time I say it to myself.....again."*

I love you and am sorry for the pain I cause you.