

INTO ACTION

CONFIDENTIAL
June/July 2013

Steps

6 & 7

6. *Were entirely ready to have God remove all these defects of character.*

7. *Humbly asked Him to remove our shortcomings.*

The Big Book Comes Alive

Joe M. and Charlie P. – Excerpt of Steps 6 & 7 from a Transcript of
“Journey to Recovery”
Recorded in Laughlin, Nevada, August 1988

Big Book, p. 75, par. 3

Taking this book down from our shelf we turn to the page (59) which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?

J & C And once again we are referring to the wonderfully effective spiritual structure, the personality change we’re building.

Step 1 - Willingness was the foundation (pg. 23, par. 5)

Step 2 - Believing was the cornerstone (pg. 47, par. 2)

Step 3 - Arch that we pass through to freedom –

3 is the keystone (pg. 62, last line)

Now we’ve put two more stones in place

Big Book, p. 76, par. 1

If we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, everyone? If we still cling to something we will not let go, we ask God to help us be willing.

J & C And that’s all for Step 6. And if you notice he didn’t say a thing about defects of character did he? He did say those things that we admitted were objectionable. out into that fifth column



Column 1
I’m resentful at

Column 2
The Cause

Column 3
Affects my

Column 4
Exact Nature

Where had I been selfish, dishonest, self-seeking, frightened or inconsiderate?

(Continued on page 2)

(Continued from the front page)

Now surely, surely in Step 4 and 5 when we looked and we saw that old selfish, dishonest, self-seeking, frightened, inconsiderate character that we have become, when we saw that those were what cause us to do the things that hurt people. They in turn retaliate, we in turn resent, we're afraid, we're filled with guilt and remorse, causes us to drink then surely those things in the fifth column have now become objectionable to us. Are we ready to turn them loose, if we are we're thru with Step 6. The book recognizes though that **self cannot always overcome self** cause it says if we're not ready we ask God to help us be willing to turn these things loose.

Now you would think when we see what they do to us we'd be more than willing, but sometimes we're not. You know we human beings are funny people; sometimes we would rather sit in today's pain and suffering cause we've come to learn how to take care of that.

Sometimes we'd rather sit in today's pain and suffering than take a chance on changing in the future cause we don't know what change will bring

If I have to get rid of my selfishness and become unselfish, then how am I going to get what I want in the future?

If I'm going to have to get rid of my dishonesty and start operating honestly, then how the heck am I going to make a living? I don't know nothing about honesty when I get here.

If I'm going to have to start getting rid of my self-seeking and frightened character and start operating on courage that scares the hell out of me. I don't know nothing about that.

If I'm going to have to start considering other people and their needs and their wants, then who's going to take care of me?

Sometimes we would rather sit in today's pain than take a chance on changing in the future.

And the Book recognized that and said if you're not ready, *we ask God to help me be willing.*

J & C And with God's help we become willing with (Steps) 3 through 6. When ready we say something like this, (Step 7 Prayer)

Big Book, pg. 76, par. 2

My Creator, I am now willing you 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.

J & C We've then completed Step 7.

Are you ready to have God remove them? (defects of character). If you are you're through with (Step) 6. Have you humbly asked him to take them away? If you have you've done Step 7.

But I hope you don't make the mistake I did. I assumed that now that I'm ready, and God being all powerful, that all I've got to do is turn to God and say okay God here I am, warts and all, does that mean give me the \$29.95 special and I'll never have to worry about this stuff again. I found out it don't work that way.

God will do for me, what I can't do for myself. I simply do not have the power to remove a character defect - only God has the power.

God will not do for me, what I can do for myself. And what I can do for myself is find out the opposite of that character defect, and then with God's help and all the willpower I can muster, in every situation it comes up, try to practice the opposite.

Cause you see God can't take away my selfishness and leave another (w)hole in my head. It's going to have to be replaced with the opposite, which is unselfishness. And when I first got here my mind was a set of mental habits ingrained in 38, 39, 40 years of living. The habitual thing for me was to react selfishly.

The only way to break a habit is to work against yourself.

If I ask God to take away selfishness and I start trying to practice unselfishness, then slowly the old habit dies and a new habit takes its place.

And over a period of years I have become an unselfish human being. I am not what I was when I first got here.

If I want God to take away dishonesty, then I must do my part, which is to practice honesty

in every situation that comes up and that's hard for me to do. That is so alien to my nature that I can't practice honesty without God's help. But with God's power and all the willpower I can muster I can force myself to be honest and slowly the old idea dies and a new one takes its place. The habitual thing for me today is to react to any situation with honesty.

If I want God to take away fear then I've got to kick myself in the butt and practice courage.

If I want Him to take away inconsideration, then I must start considering other people and their needs and their wants and slowly the old idea dies and a new idea takes its place.

(Continued on page 3)

INTOACTION Editorial Policy

INTOACTION News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous. It is about, by and for the Members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine; Inc. Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

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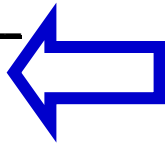
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NIA 20 **EVENTS** WEB SITE:↓

<http://www.aa-nia.org/events.html>

NEW GROUP & INFO. CHANGE FORMS↓

<http://www.aa-nia.org/forms.html>

Live Links

THE DEADLINE FOR THE NEXT ISSUE OF IA IS Saturday—July 20th , 2013. THE THEME FOR THE August/September 2013 ISSUE OF INTOACTION IS; Steps 8 & 9 or anything you wish to submit.

INTOAction: District 11's Newsletter

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(BIG BOOK Joe & Charlie Continued from page 2)

Big Book, pg. par. 1- We were reborn.

J & C I am not what I used to be. Now I'm not completely unselfish, never will be. I'm not always completely honest. Sometimes I'm afraid and other times I'm inconsiderate but the majority of the time I'm an unselfish, honest human being with courage, considering other people first. You know I think you and I are the luckiest people in the world. We have the opportunity through these two little steps right here (6 & 7) to live two lifetimes in one lifetime. Most people out there are sick; most of them are going to their grave sick not even knowing they're sick. We not only know we're sick we know what's wrong with us we found it in Steps 4 & 5. And in 6 & 7 we can do something about it and we can change it and we become entirely different human beings.

Most people don't get that opportunity. Now be careful, for God's sake be careful, cause if you really accept this as the correct thing and the right thing then that means from this day on **you are responsible for what you are**. I can't blame it on Barbara any longer, I can't blame it on Mother and Dad, I can't blame it on God and I can't blame it on society.

If I stay selfish, dishonest, self-seeking, frightened and inconsiderate it's got to be because that's the way I want to be.

I no longer have the luxury of blaming it on others cause I don't have to be that way. You know what I found out? I found out that when you become unselfish people start kinda liking you a little better than they did before. I found out when you start becoming honest well you feel better about yourself.

That's the way you build self-esteem is to do the right thing for a change

I found out when I practice with courage and I operate on courage instead of fear I do things that makes me fell better and I quit doing things that made me feel so bad.

I found out there's real pleasure in considering other people first and giving to others before you take for yourself.

I didn't know that. How in the hell could I know that, I've never been that way before. This thing really amazes me in what happens to us and the simplicity of this thing if we'll just do what the book says. Joe?

You know there's always a paradox in AA.

To give you an idea what a paradox is how many of you have ever called you're sponsor so you could listen.

We always call him so we can talk, right? That's the paradox. And the paradox here in these two steps is that they use the Doctors Opinion (p. xxiii) and the first four chapters to do Steps 1 & 2; 3.5 pages for Step 3. 8 pages for Step 4, 4 pages for Step 5, and a whole chapter devoted with "Working with Others".

(Continued on page 8)

DCM REPORT DISTRICT 11/NIA 20 JUNE 6TH, 2013

Attended the Spring Committee Meeting on May 11th at the Lord of Life Church in LaFox, IL. which was hosted by District 28 – Barrington/Lake Zurich.

Conference Reports were given on:

- **The 2013 Spring Conf.** was a total success held in Rockford this past March.

- **The 2013 Illinois State Conference** will be held August 23 - 25 at the

Schaumburg Hyatt Regency 1800 East Golf Road in Schaumburg, IL 60173. Rooms from \$89.00 and Registration is \$20.00 for Conference only and for the Conference and Banquet is only \$53.00.

For more information visit District 11's web site – events page :

<http://aa-nia-dist11.org/Events/events.htm>

1. 2013 NIA Spring Conference
2. 2013 State Conference
3. 2013 Annual BTG Workshop
4. 2013 Big Book Conference
5. 2014 Spring Conference

- The **23rd Annual Bridging The Gap Workshop** at the Hyatt in Schaumburg, IL September 6-8. Carol H. our Corrections Chair – who has participated with BTG for a number of years is the Chair person for the event. It is an Area event but volunteers are needed. District 11 participation would be helpful. Planning session are to be held on **June 30, August 4th**; held at 4:30 pm at the St. Hugh of Lincoln Church, Randall Road and Highland Avenue, Elgin, IL.

- **2013 Big Book Conference, October 26th**, St. Luke's Church, 3 Fernwood Rd., Montgomery, IL 60538. \$15.00 for Registration, \$20.00 with lunch.

Link Registration → http://www.aa-nia.org/pdf/events/2013_BigBookFlyerpdf.pdf

- Carol H. and I attended the **2014 Spring Conference planning** committee in Waukegan on Sunday, May 12th, to be held in March 2014. We were the only attendees from District 11.

Both Carol and I have accepted service positions with GV and PI on the committee. There are still openings and many volunteers are needed for our joint adventure with Districts of 10, 11 & 12 participating. **The next planning meeting will be this next Sunday, always the 2nd Sunday of the month, June 9th at 2:00 pm at Joy Lutheran Church; 749 S. Hunt Club Rd.; Gurnee IL 60031 - please come and join us.**

- **On June 15]The Summer Assembly / Post-GSC; Panel 62 Delegate Report; will be held at the Church of the Holy Spirit, 400 E. Westminster in Lake Forest; District 12, Hosting. Registration at 8:am meeting starts at 9:00am. This is where you GSR's vote your Groups conscience.**

Respectfully, yours in service,
David G.
DCM District 11



Monthly Meeting Minutes

District 11

May 2nd, 2013

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on May 2nd, 2013 not the date of this publication.)

Meeting time: 7:30pm

Attendance: 17

Committee members: 9

Groups represented: 8

New GSRs present: 2

Anniversaries and Birthdays for past month: Rich H. with 25 years and Pete L. with 15 months

Secretary's Report: Kelly G. Secretary, Pete L. Alt Secretary

Lynn stepped down last month and thanks everyone for all of their cooperation and help while she held the position as secretary. District 11 positions have been updated and sent to the registrar. This update will also be sent to Dave G.

Please send written committee reports to secretary to be submitted into minutes.

Email: secretary@aa-nia-dist11.org

DCM Report: David G. DCM, Jen A. Alt DCM

The pre-GSC (General Service Conference) Workshop was held in Galesburg, IL on April 13 where our Delegate, Rich H., received recommendations in regards to the 55-58 agenda items which were discussed at the GSC held in New York from April 21 to April 27.

Rich H. is our guest May 2, at our District 11 meeting and will discuss what happened during the General Service Conference. He will spend about 30 minutes giving an abridged version. He will cover the information in more detail during the June 15, 2013 at the Summer Assembly/Post-GSC Panel 62 Delegate Report.

The Spring Assembly will be held at the Church of the Holy Spirit, in Lake Forest, on June 15th. District 12 is hosting the event.

The following three agenda items that will be voted on at the Spring Assembly on June 15th will be discussed at the Spring Committee meeting held on May 11th at Lord of Life Church in LaFox. 1.>The Area alternate Archives chair is vacant, 2.>there is a motion by the Service Structure VII Committee to amend the procedure for planning the Spring Conference and 3.> District 10 has a motion to form a conference advisory committee.

Area 20 is hosting the 23rd **Annual Bridging the Gap Workshop** at the Hyatt in Schaumburg, IL September 6-8. Carol H. our Corrections Chair, who has participated with BTG for a number of years, is the Chair person for the event. It is an Area event but volunteers are needed. District 11 participation would be helpful. Planning sessions are to be held on **May 19, June 30, and August 4th** at St. Hugh of Lincoln Church, 36W957 Highland Avenue, Elgin, IL 60123.

The **2014 Spring Conference/Spring Assembly** to be held in March 2014 is another Area 20 event that is being presented by Districts 10, 11 and 12. The last planning meeting

was held on April 14th at the Waukegan Alano Club and District 11 was not present. The next planning meeting is held May 12th at the same location.

Perhaps I'm thinking too much....March of 2014 is three months into the first year of tenure for District 11's DCM and Alternate DCM which should be involved in the planning of the Spring Conference. Our alternate Jen A. is finishing out this year as alternate but will not be able to stand for DCM 2014/2015. So, we are in need of both a DCM and Alternate for 2014. I am asking the District if you have any ideas as to prevent "Service Shock" to our newly elected 2014/2015 DCM & alternate DCM & other Committee members.

We need to get volunteers involved with the 2014 Spring Conf. planning committee in the near future. I DON'T KNOW. Help us figure out how to get volunteers involved now to make the transition into 2014. I suggest that District 11 Officers for 2014 may want get involved.

Treasurer Report: David C. Treasurer, Bill M. Alt Treasurer \$576.15 was collected from the mailbox on May 3rd. The full amount has been deposited and thank you letters will be out soon. \$1,011.57 of the income is from money being returned that was used for the Old Timers Brunch and for the national convention.

March Account Summary

Starting balance: \$5,579.39
Total Income: \$2,437.34
Total Expenses: \$323.59
Ending balance: \$7,693.14



Public Information Report: Isidro B. Chair, Brandon W. Alt

We have been sending information to a few high schools and outpatient centers. I let them know who we are and that our primary purpose is to help the still suffering alcoholic. We told them that if they need anything from us that we can help. Also, we are scheduling times to meet with some of these contacts to talk about how we can provide them with information about AA.

Corrections Report: Carol H. Chair, Jim R. Alt Chair

The McHenry County Jail was on lock down for about a week and a half so we were unable to bring meetings in during that time but it looks like business as usual again. We did lose one male and one female volunteer and hope to replace them in the next month or two.

Our quarterly Corrections Committee meeting will be held on Monday May 20th at the Crystal Lake ALANO Club from 7:00 – 8:00 in the upstairs room. Anyone who is currently involved in bringing meetings into the jail or anyone interest in doing so should plan to attend.

Our next BTGWW planning meeting is scheduled for Sunday May 19th at 4:30 – 5:30 p.m. at St. Hugh of Lincoln Church, 36W957 Highland Avenue, Elgin, IL 60123.



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Committee Chairs are looking for volunteers to help with the registration table, we need groups/districts to supply the hospitality room and volunteers to pick up out of town guests from O'Hare Airport.

If you would like to be a part of this event please contact Carol H. or visit the aa-nia.org website for more details.

The Inaugural Adult Drug Court commencement Ceremony for the McHenry County Drug Court will be held on Tuesday May 14th at the McHenry County Government Center. I do plan on attending as we have invited the judge to participate in the BTGWW Corrections panel and do our best to cooperate and assist with any needs Drug court has had.

Anyone interested in being a Correction volunteers or have any questions please contact Carol Hubner, (815) 715-8514 or send an email to corrections@aa-nia-dist11.org

Hospital & Treatment Report: Kevin K. Chair, OPEN Alt

On Tuesday May 14th at 6pm a DUI graduation is being held at the courthouse in Woodstock. This is the first graduating class and many are AA members. If you plan on attending to support these individuals please enter the courthouse from the East side of the building.



Answering Service Report: Mitch P. Chair, Pat C. Alt Chair

Total Calls 66 (17% decrease in calls as compared to March, 2012)

Call Details

- Meeting Information - 33
- Open Meeting Info - 1
- Speak To AA Member - 13
- NA - 0
- 12th Step Calls - 0
- Questions About AA - 3
- Out of District Calls - 2
- Al-Anon - 1
- Treatment Information - 1
- Bridge the Gap - 0
- Needs Ride - 1
- Polish Speaking - 1
- Call Response Times**
- 0-10 Minutes - 37
- 11-20 Minutes - 14
- 21-30 Minutes - 3
- Over 30 Minutes - 2

Calls per Day

- Monday - 8 Day, 1 Night
- Tuesday - 11 Day, 1 Night
- Wednesday - 8 Day, 1 Night
- Thursday - 6 Day, 1 Night
- Friday - 6 Day, 0 Night
- Saturday - 5 Day, 0 Night
- Sunday - 5 Day, 1 Night
- Day is 7am to 7pm, Night is 7pm to 7am
- Hang Ups - 3
- Refused Call Back Number 10

CPC Report: Frank S. Chair, OPEN Alt

Not present

Archives Report: Clarence J. Chair

Not present

Grapevine Report: Tim B. Chair, OPEN Alt

Not present

Special Needs Report: Bill B. Chair, OPEN Alt -Not present

LCM Report: Ryan R. Chair, OPEN Alt -Not present

Schedules Report: Ryan R. Chair, OPEN Alt

If changes are made within your group please contact Ryan in order to keep information up to date so corrections can be made.

Newsletter Report: David G. Chair, Matt G. Alt Chair

The deadline for submissions to the Aug/Sept issue is July 20. The theme for the Aug/Sept issue is "Steps - 8 & 9".

Submissions on other topics are always welcome.

Webmaster: Doug W. Chair, & Alt. Chair Laura M.

There were 2649 visits to the district website in the last month. The majority of the visits were accessing the meeting schedule.

Workshop Report: OPEN Chair, OPEN Alt-No report

Open Mic:

- ▲ **May 11th** - Open speaker meeting, 7pm, Woodstock Alano Club
- ▲ **May 18th** - Winners and Beginners Anniversary Party, 5pm, Messiah Lutheran Church 25225 W Ivanhoe Rd, Wauconda, Adult event, free of charge, speaker: Ron G.
- ▲ **June 15th** - NIA Summer Assembly/Post GSC Report hosted by District 12,

Old Business:

Positions to be filled

- Alternate CPC
- Alternate Special Needs
- Alternate LCM/Schedule
- Workshop Chairperson
- Alternate Hospital/Treatment
- Alternate Grapevine

Pete L. filled the Alternate Secretary posit



New Business:

Bob P. 2014 NIA Spring Conference Chair made report:

Next planning meeting is May 12th, 2013 at 2:00pm at the Waukegan Alano Club. Committee will meet on second Sunday of the month. The agenda will include: voting on open committee positions, selection of conference theme, and selection of central meeting location for committee.

The 2014 Spring Conference will be held in March. The hotels which are under consideration are the Holiday Inn in Gurnee and the Hyatt Woodfield in Schaumburg.

The committees to serve on are Program, Registration, Alcahon, Archives, Printing, Coffee, Public Information, Decorations, Entertainment, Hospitality, Banquet, Grapevine, Greeters, Literature, and Special Needs. Committee chair positions are still open for Public Information (chair and alt.), Printing (alt.), and Grapevine (chair). Much help will be needed on all the committees and work needs to start on flyers and registration forms. The goal is to have flyers ready for the East Central Regional Conference in Appleton, WI on the weekend of July 19th. Another goal is to have a registration table at the Area 20 assemblies.

Comments

Dave G. is hoping to have whoever is going to fill the DCM and Alt. DCM positions for next year involved in the planning committee so that he or she gets involved as soon as possible.

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Rich H. (Area Delegate Visit -) & made PGSC report:

As Area 20's delegate, Rich attended the General Service Conference in New York. This was his second time reporting to the GSC and his last. At the district meeting, Rich discussed specific Advisory Actions, Additional Committee Considerations, Recommendations which did not result in Advisory Actions, and Floor Actions which did not result in Advisory Actions that he found to be of interest.

The following Advisory Actions were voted on as such:

1. A commemorative 75th Anniversary Edition of the first edition, first printing of *Alcoholics Anonymous* be published in April 2014. This action was passed with a majority vote.
2. The draft pamphlet "A.A.—Spiritual not Religious" be recommitted to the trustees' Literature Committee for additional discussion and brought back to the 2014 Conference Committee on Literature. A change of title was discussed as well as the adding to the thirteen stories.
3. A.A. World Services be permitted to utilize digital channels and current (commissionable) support and distribution technologies, such as, but not limited to, smart phones, tablets, e-readers, applications and commissioned online stores for the sale and distribution of digital A.A. literature. The committee requested that the board ensure that all contracts protect our Traditions, with the option to discontinue any and all contracts at any time. The committee requested that a status and financial report be submitted to the appropriate 2014 Conference Committee. No one contributed to the discussion of the topic and it passed by almost 100% votes.
4. Bill F. from Ohio was voted in as the East Central Regional Trustee.

The following Additional Committee Considerations were brought up:

1. The committee requested that the GV board submit a proposal to the 2014 Conference Committee on the Grapevine that would significantly reduce the La Viña deficit.
2. The committee reviewed the results of the 2012 assessment of La Viña as a bimonthly, perfect bound, black and white, 68-page magazine and concluded:
 - a. The committee recognized that funding La Viña as a service, through the General Fund, is an issue affecting the overall Fellowship.
 - b. The committee acknowledged the increase in circulation by 8.6% from January 2011 to December 2012 may be tied to the changes in format and additional content.
 - c. The committee acknowledged that the 2012 increase in La Viña deficit results in large part

from allocation of pension funding expense.

- d. The committee expressed concern that funding La Viña through the General Fund of the General Service Board, while AA Grapevine Inc. has responsibility for the production of La Viña, may suggest an imbalance between responsibility and authority.
3. The committee considered discontinuing the requirement for the current format of the La Viña print magazine (i.e., 68 pages, perfect bound) and took no action. The committee needed more background regarding La Viña's financial history and information regarding what a new format would be.
4. The committee discussed a suggestion to add an index to *Alcoholics Anonymous* and took no action, noting that our Big Book is spiritual in nature rather than academic and that an index might discourage a full reading of the material.

The following Recommendations which did not result in advisory actions were discussed:

1. The committee recommended that the second paragraph on the inside front flap of the dust jacket be changed by adding some of the wording that was previously in the third edition.
2. The committee recommended that "Non-alcoholics may attend open meetings as observers" be added to the open meeting side of the Primary Purpose (Blue) Card (F-17) in all three languages when the inventory of the English version is depleted.

The following Floor Actions were discussed:

1. The General Service Board's proposed plan of an interlocking directorate serving the A.A.W.S. and Grapevine, shall be continued in scope and procedure as proposed to the General Service Conference. **(Conference voted not to consider)**
2. The commemorative 75th Anniversary Edition of the First Edition, first printing of *Alcoholics Anonymous* is published in April 2014 in English, Spanish and French. **(Not approved)** The arguments against having the commemorative edition published in Spanish and French centered around the financial costs of printing translations which cost more than merely photocopying English. The argument also centered around the idea of where to stop on translations, for if we allow Spanish and French to be published then why not other languages. Lastly there was an argument based on historical accuracy due to the printing of *Alcoholics Anonymous* in Spanish and French happening less than seventy-five years ago.

Rich explained that the best decisions that could have been made this year were made and that he finds himself fortunate to have been involved as the Area 20 delegate for the past two years. He requests that no one shies away from being a delegate because if he feels if he can do it, anyone can.

The next district meeting is Thursday July 4th/11th ?? - 2013 at 7:30pm

(BIG BOOK Joe & Charlie Continued from page 3)

The paradox is that two of the biggest steps in all of Alcoholics Anonymous is on two little paragraphs, (Steps) 6 & 7. These are the tools of change. These are the tools of acceptance.

A lot of people talk about just running around accepting things - I accept this, I accept that. Well I can't do that.

Acceptance comes after some actions of Steps 6 & 7

You know there's a story in that other book (Bible) about this guy named Judas.

Judas could not accept what he had done. (Betrayal) So what did he do? He killed himself. That's the importance of acceptance. You can't accept anything unless you take some action. He didn't do Steps 6 & 7 - didn't have them

And the other story is, there's a story in this other book about this guy, his name was Saul. Saul was riding his ass on the way to Damascus. A big bolt of lightening came down and knocked him off his ass, on his ass. That's the way I read it. He gets up and he dusted himself off and this big voice came out of the sky and said, "Saul, can we talk?"

"Yeah, we can talk, what you want to talk about?"

Had to get his attention didn't he. Maybe alcoholism has to get our attention.

"Saul you've been a very selfish individual and you've harmed a lot of people and you're very resentful and angry. And you've harmed a lot of people by those attitudes and I want you to quit doing that?"

And he said, "How do you quit doing that?" He said, "Do these things and if you'll do that then you'll make a change, and when you change then we'll call you Paul. Well he did those things and became Paul.

Now we know that Paul was one of the greatest writers the world's ever known.

And the Corinthians, the town of Corinthians, they asked Paul one day, "Paul, what is this secret to living?"

And he said, "The secret to living is daily dying." The old Saul had to die so the new Paul came alive.

(Steps) 6 & 7. By the time I got to 6 & 7 I could see what I had become as a result of the previous steps and I didn't like what I had become and a little doubt crept in my mind. Can God really change me from what I had become to what he intends for me be? And then I had to reaffirm and rethink about this idea on page 53. It said,

Big Book, pg. 53, par 3

God either is, or He isn't?

J & C He either can or he can't

Big Book, pg. 53, par 3.

What was our choice to be?

J & C And I chose to believe that he could. The tools of change.

To change from what I had become to what God had intended me to be. Steps 6 & 7 - Two of the biggest Steps in all of Alcoholics Anonymous.

Just before the break I want Joe to tell you one little story about buying some salad to show you practicing this thing. A few years ago I went into a grocery store to buy some salad and some stuff to fix for a salad - that night was having steak. I went in there and bought this stuff and came back up to the register and I was going to pay up and I gave this lady ten dollars and she took the ten dollars and stood right there and counted me out change for a twenty, and I watched her do it. And I picked up that money and I put it in my pocket and I got out to my car and I sat there and I said well you big dummy you sold out for ten bucks. I thought it was worth more than that, I'm glad it wasn't less than that.

So I took the money back in there and I told the lady I said you know I'm a member of a fellowship that **requires me to be honest** and you gave me too much money and I want to give you this ten dollars back. And she said, you know I never heard of a fellowship like that and I said, "well I hadn't either till a few years ago, so here's your ten bucks back." The whole point of this story, when I walked out with that ten dollars, and believe I don't need ten dollars; I mean I do not need ten dollars. And I'm walking out I felt about that big, sneaking out the door. You see then I went back in there and gave her that ten bucks back and I walked out and I feel good again. I did the right thing. If you practice that enough times the next time she gives change for a twenty you do it right there you don't even go out the door with it.

That's what we're talking about when we change and only we can do it.

Only we can slay ourselves with God's help and become different human beings

So if you stay dishonest, self-seeking, frightened and inconsiderate it must be because you want to

J & C We've completed our first seven steps knowing full well we're going to be working on (Steps) 6 & 7 for the rest of our lives really, trying to change as the opportunity comes up.

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