

Just For Today- April 18

"I understand."



"We humbly asked Him to remove our shortcomings."

Step Seven



Once we are entirely ready to have our character defects removed, many of us are entirely ready! Ironically, that's when the trouble really starts. The more we struggle to rid ourselves of a particular defect, the stronger that shortcoming seems to become. It is truly humbling to realize that not only are we powerless over our addiction, but even over our defects of character.

Finally, it clicks. The Seventh Step doesn't suggest that we rid ourselves of our shortcomings, but that we ask our Higher Power to rid us of them. The focus of our daily prayers begins to shift. Admitting our inability to perfect ourselves, we plead with our Higher Power to do for us what we cannot do for ourselves.

And we wait.

For many days, our program may stay on Step Seven. We may experience no sudden, total relief from defects-but we do experience a subtle shift in our perceptions of ourselves and others. Through the eyes of the Seventh Step, we begin to see those around us in a less critical way. We know that, just like us, many of them are struggling with shortcomings they would dearly love to be rid of. We know that, just like us, they are powerless over their own defects. We wonder if they, too, humbly pray to have their defects removed.

We begin evaluating others as we have learned to evaluate ourselves, with an empathy born of humility. As we watch others, and as we keep watch on ourselves, we can finally say, "I understand."



Just for today: God, help me see through the eyes of Step Seven. Help me understand.

May 28- As We Understand

"We examined our lives and discovered who we really are. To be truly humble is to accept and honestly try to be ourselves."

Basic Text, p. 36

Just for Today:

By working the steps I can experience the freedom to be myself, the person my Higher Power intended me to be.

Becoming Entirely Ready



"We... get a good look at what these defects are doing to our lives. We begin to long for freedom from these defects."

Basic Text, p. 34

Just for Today:

I will increase my state of readiness by becoming more aware of my shortcomings.

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August 14- Surrendering Shortcomings

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"In the Seventh Step, we take our surrender to a deeper level. What began in Step One with an acknowledgment of our addiction now includes an acknowledgment of the shortcomings that go along with our addiction."

NA Step Working Guides, Step Seven, "Spiritual Principles"



The Steps are in order for a reason; each one prepares us for the next. We acknowledge that our way hasn't worked when we surrender to Step One. Some members boil it down to a single acknowledgment: I need something different. This admission opens the door for us to recognize our need for restoration in Step Two and to make a decision in Step Three. With each of these first three Steps, we surrender a little more. In exchange, we gain hope and enjoy glimpses of freedom.

Surrender takes on new meaning when we get to Steps Six and Seven. Sure, we were sick of some shortcomings, but others were still useful. We were rather fond of one or two that we believed defined us. Still other defects kept us safe; we may even credit some of them with our survival out there. To become entirely ready to release the whole list, we ask ourselves, "Are they still serving us in our new way of life? What would life be like without them?" The answer is always "a little freer."

With humility, we surrender our shortcomings to a Higher Power and ask for them to be removed. More than one sponsor has pointed out that "the Seventh Step doesn't go on to say 'and we lived happily ever after without them,' does it?" Instead, this Step Seven surrender opens us to guidance and requires us to do some more work. Many of us find that we're more receptive to the suggestions of our sponsors, trusted friends, and our own insights. When we start to feel ourselves reach for a defective reaction, we make an effort to choose a principled response instead. We surrender, again and again, deepening our commitment to living by spiritual principles and inviting them to counter our worst instincts.



Each time one of my shortcomings seems appealing, that's when I can practice surrender.

The gifts of surrender are available to me each day.

SECRETARY NEEDED FOR H&I SUB-COMMITTEE. The main duties of this position are to take the monthly minutes of our H&I meeting and distribute them to the H&I members. Please pray about you or one of your Sponsee's being of service and taking on this position. If you are interested:

Please contact Mark Larson 949-278-2789, David Rock or Bev Taylor 949-697-1253



H&I carries a message of Recovery and Hope to Hospitals, Treatment Centers and Jails to addicts who cannot access outside meetings. If you're thinking about getting a service commitment, we invite you to join us at our next H&I meeting.

We meet the last Sunday of the month at 5:00 p.m. via zoom.

Our next meeting will be on Sunday, July 27th at 5:00p.m.



The Zoom ID is
865 550 0289



The Password is
050749



- Would you like to be featured in our upcoming Clean Sheets? Please share your NA-related stories, poems, memes, cartoons, your individual experiences-working steps, how NA has helped you, Being of Service...
- Are you having an aNAversary soon- Please share your Clean Date so we can celebrate your Recovery!

Contact Michelle-415-464-7884 Email: CleanSheets.SCANA@gmail.com