



Where Are You At?

"We humbly asked Him to remove our shortcomings"

Through following directions and being guided and doing the writing assignments taken from the Basic Text my sponsor gave me, I arrived at **Step Seven**.

After writing and answering the questions with a NA sponsor I had to go out and live each step to the best of my ability.

During that process I had internalized some spiritual principles, unbeknownst, happening without my knowledge.

I had acquired the ability to get honest with myself be open-minded with others and surrender by my willingness to go to any length to stay clean and recover.

I developed some belief and experienced that a Power greater than myself could restore me to sanity if I asked for help and was introduced to a Higher Power. With that hope I was compelled to make a decision to turn my will, my thinking and my life, my actions over to the care of God as I understood Him and developed some faith.

This gave me the courage to improve my relationship with God of my understanding by going onto the Fourth Step in spite of the fears I had heard shared at meetings about doing a Fourth Step.

Then sharing with God the exact nature of my wrongs in Step Five made me entirely ready to have God remove all these defects of character enhanced my relationship with God to the point I could humbly ask Him to remove my shortcomings.

It was years before I understood what took place. The steps had altered my inner motivations and changed my life. Although I was entirely ready to have God remove all my defects and was open to humbly ask Him to remove my shortcomings I proceeded to actively remove my shortcomings with my intellect and will power. I failed miserably.

After repeatedly acting out on my shortcomings again and again (making the same mistakes and expecting different results, insanity, I got humble, because I knew in my heart that I could not remove my shortcomings and developed some patience and fell to my knees and through this process waited for God to remove my shortcomings.

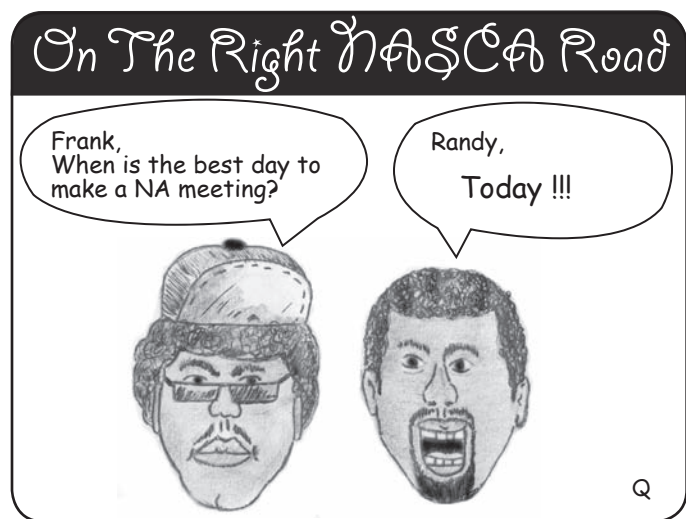
Letting Go, Joseph C.

Courtesy of Detroit West Area Newsletter

Word Search - Step 7

Find each of the following words.

SURRENDER REVELATION RELATIONSHIPS PATIENCE	REMOVE TRUST ATTITUDES CHARACTER DEFECTS	PRAYER FAITH SPIRITUAL PATH GOD	SHORTCOMINGS HUMBLY SENSE OF SERENITY HUMILIATION																							
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Literature Sub-Committee

- Terri B. Mr. King Donna W.
- Eugene S. Quentin W.

For more Information contact the Literature Chairperson
 Terri B. - 773-425-1760 or email scaliterature@yahoo.com
**Information cut off date is the 3rd Sunday of the month.
 All Articles sent in, are subject to approval and revision.



Some Basic Suggestions

- Don't Use No Matter What
- A Meeting a Day for 90 Days
- Get a Sponsor
- Work The Steps
- Ask For Help

If you need help call (708) 848-4884
 Llámennos al (708) 848-5194 para la línea de ayuda en español

Question Of The Month STEP 7

WHICH SHORTCOMINGS HAVE BEEN REMOVED FROM MY LIFE OR DIMINISHED IN THEIR POWER OVER ME?

1. None have been removed but by practicing principles my defects won't become shortcomings. (TONY B.)
2. Being irresponsible has not been removed but I've gotten better in that area by being in recovery. (MILTON D.)
3. My people pleasing is being removed. (JAMES T.)
4. Having a bad attitude and not loving myself are shortcomings that have been removed. (MARGARET H.)
5. I've stopped lying so much. (DONALD J.)
6. I've been working on replacing negative thoughts with positive ones, so I dont get caught up. (JO P.)
7. The reason I can't say I've got one totally removed is: I never totally accepted that I was powerless over those defects that I still have. Surrender in the key. In degrees: fear has been reduced by 90%, tolerance and empathy by 70%, sexual conduct by 50%, patience by 40% and anger by 25%. (RANOULE' 'FLASH' T.)
8. Resentments, selfishness and distrust of myself and others have been diminished in their power over me. (WAYNE W.)
9. Ego has been removed and other shortcomings in my life are being diminished slowly over a period of time. (SLYVIA M.)
10. Fear has been removed but lack of acceptance can produce feelings that resemble fear. Lack of patience can cause lack of faith in the program & even in GOD! (JESSE B.)
11. Self-reliance, anger & distrust of others have been removed just 4 2day. (JOANNA D.)
12. Low self-esteem has been diminished from my life. I believe in me 2 day. I stand for something instead of falling for anything. (KATHY G.)
13. Fear has been removed, the fear to us drugs and people have been diminished. GOD has diminished people because I was allowing them to hender me. (JANET M.)

We will be happy to place your clean date in the NASCA newsletter. Supply us with your name, clean date or birthday, two months in advance. Please call 773-425-1760 or email us at scaliterature@yahoo.com

NA Anniversaries and Birthdays

JUNE CLEAN DATES

DONNELL N.	6/21/02	6 YRS
MELVIN W.	6/14/91	17 YRS
KELLY H.	6/24/93	15 YRS
MICHAEL T.	6/04/94	14 YRS
PAMELA H.	6/06/90	18 YRS
DONNA T.	6/26/98	10 YRS
ALLEN L.	6/28/08	8 MTHS
ANTON S.	6/20/08	10 MTHS
ANNETTE H.	6/28/05	3 YRS
STEPHEN R.	6/04/07	1 YR
FELICIA D.	6/21/05	3 YRS
LOUIS B.	6/05/98	10 YRS
NICOL C.	6/08/07	1 YR
ALMA J.	6/29/01	7YRS

JULY CLEAN DATES

PHYLLIS E.	7/03/07	1 YR
SHIRLEY S.	7/14/86	22 YRS
YVETTE S.	7/18/03	5 YRS
AENETTA M.C.	7/12/03	5 YRS
REGGIE M.	7/20/03	5 YRS
JACKIE M.	7/13/08	6 MTHS
DERENDA B.	7/17/98	10 YRS
DON	7/5/89	19 YRS
KEITH S.	7/4/86	22 YRS
BARBARA J.	7/5/89	19 YRS
MARTIN C.	7/6/97	5 YRS
KEVIN C.	7/6/97	11 YRS
CLAIRE	7/2/94	14 YRS
STEPHANIE C.	7/5/91	17 YRS
LORIA J.	7/4	6 YRS
MYRTIS	7/28	13 YRS
ROBERT P.	7/18	9 YRS
WALONZA	7/3	23 YRS
EDIE T.	7/26	11 YRS
LISA C.	7/23	5 YRS
HELEN R. P.	7/19	5 YRS
LINDA T.	7/29	16 YRS
ROY D.	7/10	20 YRS
RASHID C.	7/29	4 YRS

HAPPY BIRTHDAY

JUNE BIRTHDATES

GLENDIA H.	6/30
DAVE B.	6/02
JOE C.	6/28
ROBIN	6/13

JULY BIRTHDATES

GLENN P.	7/26
C.C	7/25
FRED G.	7/27
YVETTE S.	7/18
SHERMAN E.	7/9
BILL L	7/6
LINDA T.	7/14
CRUZE	7/06

Question Of The Month STEP 7 (cont.)

WHICH SHORTCOMINGS HAVE BEEN REMOVED FROM MY LIFE OR DIMINISHED IN THEIR POWER OVER ME?

14. Fear from myself and high self-esteem.
(ANGELIQUE J.)

15. Being so judgemental & critical has been diminished. 2 day I have to look at me & fear is no longer paralyzing me. (ANITA E.)

16. Self righteousness has been diminished so that I can accept people for who they are. (SHIRLEY S.)

17. Violence has been removed. I no longer have to put my hands on people. Today I call the police. Greed has been diminished. Greed use to drive me to do or make decisions that I regretted in the long run.(TONY G)

18. The desire to use drugs has been diminished. I've had to deal w/my husbands accident and also my business finances. Today I DONT HAVE TO USE ABOUT IT. 'We can grow in spite of our pain or perhaps, in response to it' (HELEN G.)

19. Anger, I am slower to anger and quicker to forgive.
(PETE D.)

20. Being judgemental has been removed. GOD has blessed me to allow people to go thru their own process. Selfcenteredness has been diminished, to day I can be considerate of others and their feelings. (SONJA T.)

21. My most glaring shortcoming greed has been diminished. My other short-comings and defects spawn from greed like over eating, too much sex, etc. I've asked GOD to remove self-servingness to replace with the willingness to serve others. (JEFF M.)

22. Inferiority, when I use to see things, I thought I wasnt able to achieve them so I'd give up. Today I am able to go for things anyway.(BENNY LEE)

23. My sleeping with women that I do not like and the feelings that come behind me acting out on the defect of character. (PERCY P.)

24. My arrogance. I have learned to put my brian in gear before I put my mouth in motion. (MICHAEL B.)

25. The shortcoming of fear has not been removed.
(ARNOLD A.)

Sub-Committee Info.

Literature

The 3rd Tuesday of every month, 7:30pm@ K.A.M. Alliance 11451 Michigan Ave. is our Sub-Committee meeting, Please come out. Service work is always welcome.

Public Relations

A Note from P.R. Committee:

SCA P.R. committee would like to thank everyone that has submitted their group update forms. We received updates from 40 out of the 57 groups in SCA, and those groups that needed to be updated were, but we still need your help!!! Were trying to make the SCA part of the directory as accurate as we can, so please submit your forms to a P.R. member, or bring them to Area ASAP!! Its very important that we have the most updated directory possible. We also need members to help us find out if these meetings are still open or closed.

P.R. August 9th 2008, Speakerthon has been postponed until a later date.

Again thanks for your help!!!

In Loving Service,

SCA Public Relations Sub-Committee

Recreation & Activities

Recreation & Activities wants to thank the support of NA again. "Recovery is a delicate thing. It grows best in a stable, supportive environment. Each of us and each of our groups play a part in maintaining that stability". That's why SCA's Recreation & Activity Sub-committee asks group to donate to the 20th Annual SCA Picnic, **Sunday-August 24, 2008**, Sunrise to Dusk, **Grove #4, 84th and Western Forest Preserves**. Groups for **Mon.-Breads & the likes, Tues.-Condiments, Wed.-water-pop, Thurs.-Chips, Fri.-Sweets, cakes, cookies & etc., Sat.-Meats, Sun.-Fruit**. Drop-off points will be announced at a later date. "Today we seek solutions not problems, because we're learning that old ideas and ways won't help us to stay clean or to live a better life". What Can I Do? If you have questions, comments or concerns, please call: **Fred G. 312-218-5580, Shirley E. 773-443-0644 or Eric T. 773-615-0068.**