



***Daily Reflection—April 1***

**LOOKING WITHIN**

*Made a searching and fearless moral inventory of ourselves.*

— TWELVE STEPS AND TWELVE TRADITIONS, p. 42

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the



Savannah in Bloom, Rokach Photography, allenrokach.com.

unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to resolve them, they become fewer and fewer.

From the book *Daily Reflections*  
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***A Note from Kerry H,  
SIG Office Manager***

Hello Family! What's in your Tool Kit? Why Step 4 of course! This is where all the action begins. We have already 1. Admitted 2. Came to Believe 3. Made a decision. Now it's time for 4. Action! Write it all down. Get it all out. Examine it. We don't know what to fix if we don't dig deep and take a look inside. We hope you are enjoying your newsletter and if you have something you want to share, please send it to [sig.intheloop@gmail.com](mailto:sig.intheloop@gmail.com)

Stay Blessed!

Kerry H

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### *Working through Step Four*

#### **“Made a searching and fearless moral inventory of ourselves”**

When approaching the fourth step, I remember thinking, “What a daunting, *overwhelming* task this will be. I would rather have tackled Mount Everest!

The support and encouragement of my sponsor became paramount. Sensing my hesitancy, she suggested I take baby steps. For me this meant completing one section at a time over a 1 to 2 week period. This helped. The task became manageable for me.

Through the process of completing my inventory, I discovered I needed help from my Higher Power, whom I choose to call God. He helped me be completely honest with myself and helped me remember things I had forgotten or suppressed. He helped me every time I asked, so much so that I got

writer’s cramp!

Upon completing my inventory, I felt I had ditched two 20 pound bags—it would have been sweet if that had been physical weight too. But that’s alright. I am now so grateful for the help of God and my sponsor. I surely would not have been able to do it without them.

Sharon A.

To help make this inventory a bit easier, you need to work with your sponsor and perhaps use one of the worksheets listed below to build your list. Many other varieties of worksheets are available as well that adhere to the guidelines in the Big Book. The SIG office has some guides for Step Four published by Hazelden. Inquire at the office.

#### Step Four Worksheet sample links:

<https://12stepwork.files.wordpress.com/2010/02/4thstepresentments.pdf>  
[http://stepsbybigbook.net/show\\_docs.php?Type\\_ID=4](http://stepsbybigbook.net/show_docs.php?Type_ID=4)  
<https://step12.com/step-4.html>

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entries welcome!

You know you're an alcoholic when...

You have to hold onto the lawn to keep from falling off the earth.  
The job interferes with your drinking.  
Your doctor finds traces of blood in your alcohol stream.  
The back of your head keeps getting hit by the toilet seat.  
You can focus better with one eye closed.

5 5 5

“Faithful Fivers” are AA members who, in gratitude, contribute each month (\$5.00) toward support of the Savannah Intergroup Office. The Faithful Fivers idea came about by remembering how many of us wasted many times that dollar amount in far less time during our drinking careers. Enrollment is always open! Send name, address, phone to [sig.office@savannahaa.com](mailto:sig.office@savannahaa.com)

## AA's Three Legacies



### *Step Four: “Made a searching and moral inventory of ourselves.”*

“Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are.

We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.” —Twelve and Twelve, p. 42-43.

### *Tradition Four: “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”*

“Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened.

Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps

and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand

of fire, only to emerge unharmed, and we think, wiser. These very deviations created a vast process of trial and error, which, under the grace of God, has brought us to where we stand today.” —Twelve and Twelve, p. 46.

### *Concept IV*

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in

reasonable proportion to the responsibility that each must discharge.

The principle of “Right of Participation” is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also

the trustees, and the directors and staff members of A.A. World Services (i.e. G.S.O.) and The AA Grapevine.

In the same way, the boards of these two operating entities include as voting members not only trustees, but also nontrus-

tee directors and paid administrators and staff members.” — The Twelve Steps for World Service, p. 8

Calendar—Meetings:

Intergroup:	6:45 Club	1st Tues
Grapevine:	7:15 Club	Last Tues
Treatment:	6:45 Club Pavilion	3rd Thurs
PI/CPC:	6:30 Club	3rd Wed
Corrections (CFC):	7:00	2nd Tues
District:	7:00 Zoom	Last Tues

Remembering our Lost Brothers in Sobriety:

Please take a moment to remember our Brothers who we lost in March.

- Gunner J    Garden City
- Stephen C    Early Bird
- Tony P       Savannah Group
- Errol W      Liberty County

These men made their mark on our hearts and touched so many people. If you would stop for a moment to say a prayer for the families and friends, as they all will be greatly missed.

Please note: Any donations made must be addressed to the appropriate group and sent to:

- SIG: 6205 Abercorn St. Ste 110 Sav 31405
- CFC: PO Box 14093 Sav 31406
- District 5 Fund: POB 60493 Sav 31420

Checks made out to Coins for Cons cannot be cashed; please make out to CFC or Correctional Facilities Committee.

**Book of the Month:**



*AA in Prison: Inmate to Inmate*  
 Stories that reflect the experience of AA members who found their way to Fellowship while in prison.

Regularly \$2.50, available for \$2.00 from SIG Office



Limited offer! New tokens, but only 11 in stock due to close out. Selling for

\$2.50 each and the back is engravable. Contact SIG office.



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**The Twelve Rewards of the Twelve Step Program**

We can all have Hope, instead of desperation;  
 Faith, instead of despair;  
 Courage, instead of fear;  
 Peace of Mind, instead of confusion;  
 Self-respect, instead of self-contempt;  
 Self-confidence, instead of helplessness;  
 The respect of others, instead of their pity and contempt;  
 A clean conscience, instead of a sense of guilt;  
 Real friendships, instead of loneliness;  
 A clean pattern of life, instead of a purposeless existence;  
 the love and understanding of our families, instead of their doubts and fears;  
 and the freedom of a happy life, instead of the bondage of an alcoholic obsession.

All this and more through AA, are we grateful enough?  
 Gratitude will continue the miracle of your sobriety, I found that out.

as written by Ann C. of Niles, Ohio - sober April 1, 1948