



*Daily Reflection—May 1*

HEALING HEART AND MIND

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

TWELVE STEPS AND TWELVE TRADITIONS, p. 55

Since it is true that God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way.

It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace.

By revealing my secrets – and thereby ridding myself of guilt – I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.

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***A Note from Kerry H, SIG Office Manager***

Hello Family!

We have a small group of people willing to be on the Special Events Committee. If you are looking for service work, we can always use more help. No specific length of time for sobriety necessary. We're having our first meeting 5/3/2022 at the clubhouse. All are welcome to join, and ideas are always welcome!

We have a few new items at the office for sale, sponsor tokens and key chains. Stop on by for a look see and a cup of joe. The staff is always up for a chat.

Stay Blessed!



Please keep Ed R., our Roving Reporter, in your prayers as he recovers from surgery.

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## My 5th Step

*“We admitted to God, to ourselves, and to another human being the exact nature of our wrongs” (Alcoholics Anonymous World Services, 1986, p. 55).*

“Each group has but one primary purpose - to carry its message to the alcoholic who still suffers” (Alcoholics Anonymous World Services, Inc., 1989, p. 150).

“The damned-up emotions of years break out of their confinement, and **miraculously vanish as soon as they are exposed**” (*Twelve Steps and Twelve Traditions*, p. 62).

I consider the applicable 5th Step and Tradition the last up-hill battle Steps one must take on this challenging but wondrous road of recovery. However, I can be a creative person when I want to be. Although I do not recommend the rocky roads I opted for, they were the roads I traveled, nonetheless. My Step 5 consisted of three major roads (two were dead ends). In hindsight, I learned that my first 5th Step was not complete. In my very early days of sobriety, I was still really great at deceiving myself and unfortunately did not complete a full 5th Step. In essence, I did not confess everything. Unfortunately, this only led me to a regretful relapse. For my second 5th Step, I knew I had completed an exhaustive 4th Step to properly prepare me this time around. But my pride struggled ever so harder with this second 5th Step portion. My creative solution was to split up my confessions to different people. One

half I shared with my sponsor and the other half was someone at my church. In retrospect, I believe I did this because I had convinced myself that no one person could deal with all my confessions. In all honesty, I think the real culprit was pride and a fear of judgment. I did well for a couple of years. However, eventually with the helpful hand of complacency, I found myself relapsing yet again. The third time's a charm, right? In May 2019, I finally found my way back to AA and I consider myself to be truly blessed to have made it back, because not all of us do. For me, my yellow brick road was to carefully choose my sponsor and hold nothing back on my 5th Step. I did just that. I have a wonderful sponsor and from day one I have totally felt comfortable and confident that there would be no judgment.

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April YTD Financial Snapshot	
Operating Income	7857.03
Operating Expense	<u>(4186.19)</u>
Operating Gain/Loss	3758.90
Merchandise Income:	7260.46
COGS	<u>(5389.33)</u>
Merchandise Income:	1871.13
Ordinary Gain/Loss	5630.03
Other income	<u>24.30</u>
Net Gain/Loss	5654.33

5 5 5

“Faithful Fivers” are AA members who, in gratitude, contribute each month (\$5.00) toward support of the Savannah Inter-group 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)



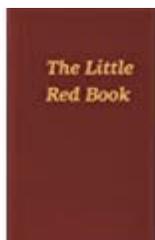
Newsletter Staff:

- Carrie S: Layout Editor
- Ed R: Roving Reporter
- Tricia W: Proof Editor
- Sharon A: Contributing Writer
- Yolanda M: Contributing Writer
- Kerry H: SIG Office Manager

Send submissions to:  
sig.office@savannahaa.com

All entries welcome!

Caitlyn C 1 yr	Robert F 7 yrs	Joanne P 28 yrs
Kristi 13 yr	Sean M 13 yrs	Daniel H 16 yrs
Ed R 1 yr	John O 20 yrs	Rodney C 7 yrs
John D 5 yr	Julian S 1 yr	Anorla L 4 yrs
David L 2 yr	Bob K 30 yr	<b>Ms Evelyn 50 yrs</b>
Sharon A 3 yrs	Kati E 17 yrs	



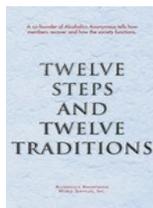
### NEW MEETING

**The Little Red Book & More Meeting**  
7 pm at the Clubhouse. A closed book study focused on reaching out to newcomers by keeping it simple.

### NEW MEETING

#### WEDNESDAY NIGHT LIVE

Saturday Night Live is hosting a new Open Step Study  
Wednesday night at the clubhouse at 10 pm.



#### Back in the Day AA Meeting

##### ZOOM ONLY

Starting May 3!  
Tuesday and Friday at 4 pm  
See our website to connect via Zoom

[www.savannahaa.com](http://www.savannahaa.com)

### NEW MEETING

#### Freethinkers Speaker/Open Discussion Steps Meeting

Thursday 6 pm at St Paul's Episcopal Church 2nd Floor  
Enter on the side of the bldg. at 34th St  
Open Speaker Discussion Meeting on the Steps  
Come one! Come All!



For me, this made the 5th Step so much easier to travail. I find it funny that she asked me a few times if I felt comfortable sharing all of my 5th Step with her and she reminded me that I could share some or all of it with someone else if need be. For me, I had no reservations this time and just wanted to get down to business and get it behind me.

I do not know where you might be on your road of recovery, but if you are on Step 5 and are struggling like I did. I want to encourage you not to give up, for that **miraculous vanishing of damned-up emotions** happened to me. Here are some of the treasures I discovered along the way after I took that courageous 5th Step: 1. I lost that deep sense of isolation. 2. I somehow began to lose that unwillingness to forgive 3. I started to lose my grips on that unwanted false pride 4. Denial started to become a distant memory 5. My much-needed spiritual healing began its journey. Finally, the secrets and emotions that kept me bound were no more - I had now discovered that new freedom I read about in the Big Book. There is now a completely new and different me. I went from a scared, prideful, selfish, jobless person to a new, not so scared, volunteer who is in her last year of Grad school. Therefore, my friend, if I can do it, you absolutely can. Now you are ready to comply with Tradition 5: "Each group has but one primary purpose - to carry its message to the alcoholic who still suffers" (Alcoholics Anonymous World Services, Inc., 1989, p. 150)



Alcoholics Anonymous World Services. (1986). *Alcoholics Anonymous* (3rd ed.). Hazelden

Information & Educational Services.

Alcoholics Anonymous World Services, Inc. (1989). *Twelve steps and twelve traditions*.

Alcoholics Anonymous World Services.

By: Sharon A



**New Coins Just in!**

**\$3.00**

**Great for gifts!!!**

**Coin gift bags**

**\$1.00**



## *AA's Three Legacies*

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



ALL OF A.A.'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. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one. A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we

have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

***Tradition Five: “Each group has but one primary purpose — to carry the message to the alcoholic who still suffers.”***

“SHOEMAKER, stick to thy last!”... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle. Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

***Concept Five: “Throughout our world services 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.”***

## 5th Tradition

Recently someone close to me got very drunk and very high and then proceeded to break seven windows in his house, get fired, get dumped, and get evicted all within a twenty-four hour period. As he nursed his spiritual wounds the following day I was there as the helping hand of A.A.

Over the course of the following weeks I brought him to meetings and pushed the program as the lifesaver it is. However, my incessant enthusiasm for the program seemed to have a strange effect on him; he was sullen and skeptical, rolling his eyes at every mention of a higher power and the steps. We eventually had a falling out as I just kept insisting that he was going to die if he didn't follow my few simple suggestions, but he wanted no more of my preaching and decided to go his own way.

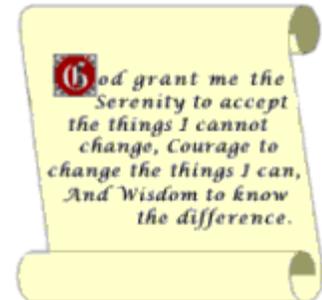
There's a saying that gets passed around the rooms when a newcomer first finds their way through our doors: *"nobody ends up here on a winning streak"*. When we first come to AA we are broken shells of our former selves. Our families have either left us or have given us the last chance of last chances, and so those first heady months are focused on one thing: putting down the drink or drug. We come to meetings, we find a sponsor, we join a home-group, we work the steps, and we do the uncomfortable work. And as we get better, we want nothing more than to share our success and teach those who are still sick to live happy, joyous, and free.

In this month of May I have been considering the fifth tradition: **Each group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.** However, when it came to my friend, I had forgotten to consider the eleventh tradition as well: **Our public relations policy is based on attraction rather than promotion.**

I was so eager to pass on the message of AA and share my success with someone else that ***I forgot to let my higher power work.*** Even though I wasn't drinking, I was trying to take back control. I was letting my defect of pride inflate my ego and from the spiritual hilltop I said to my friend, "you must do it this way, or you're doing it wrong!"

As we work our recovery and carry our message to the raw and desperate newcomer, we must remember the principle of humility. Carry the message, be the helping hand, but stay humble and let our higher power work.

By Ed R



The General Service Office has sent out a memo requesting story submissions for the Fifth Edition of our Big Book in English and a Fourth Edition of the Big Book in Spanish.

Each submission should be typed double spaced and be approximately 3500 words in 12 point font. Handwritten manuscripts should be approximately 5-6 pages.

Please include: Complete Name, Address, Email, Phone Number

If you have any questions, please write to [5BBStory@aa.org](mailto:5BBStory@aa.org)

The AA for the Black and African-American Alcoholic Pamphlet is also being updated and they are looking for new stories.

All deadline submissions are due by October 31, 2022

Stop by the office for the full flyer



Calendar—Meetings:

Intergroup:	7:00 pm Zoom	1st Tues
Grapevine:	9:00 am Zoom	2nd Sun
Treatment:	6:45 pm Pavilion	3rd Thurs
PI/CPC:	6:30 Club	3rd Wed
Corrections:	7:00 Zoom	2nd Tues
District:	7:00 Club	Last Tues
Newsletter:	4:30 Club	2nd Mon

**Savannah Area Intergroup**  
 Office hours—M-F, 10-4  
 6205 Abercorn St., Suite 110  
 Savannah, GA 31405  
 912-356-3688 (24 hours a day)  
[sig.office@savannahaa.com](mailto:sig.office@savannahaa.com)  
 Newsletter entries: [sig.intheloop@gmail.com](mailto:sig.intheloop@gmail.com)

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

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

New Years Eve Fund: PO Box 13436 Sav 31416

Make check out to Georgia Alcoholics Anonymous

Memo line: NYE Committee

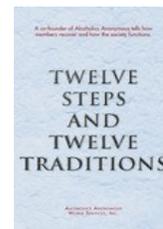


**Book of the Month**

**Twelve and Twelve**

SOFT COVER

**\$1 off**



**Fifth Step Prayer**

**Higher Power, My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and You.**

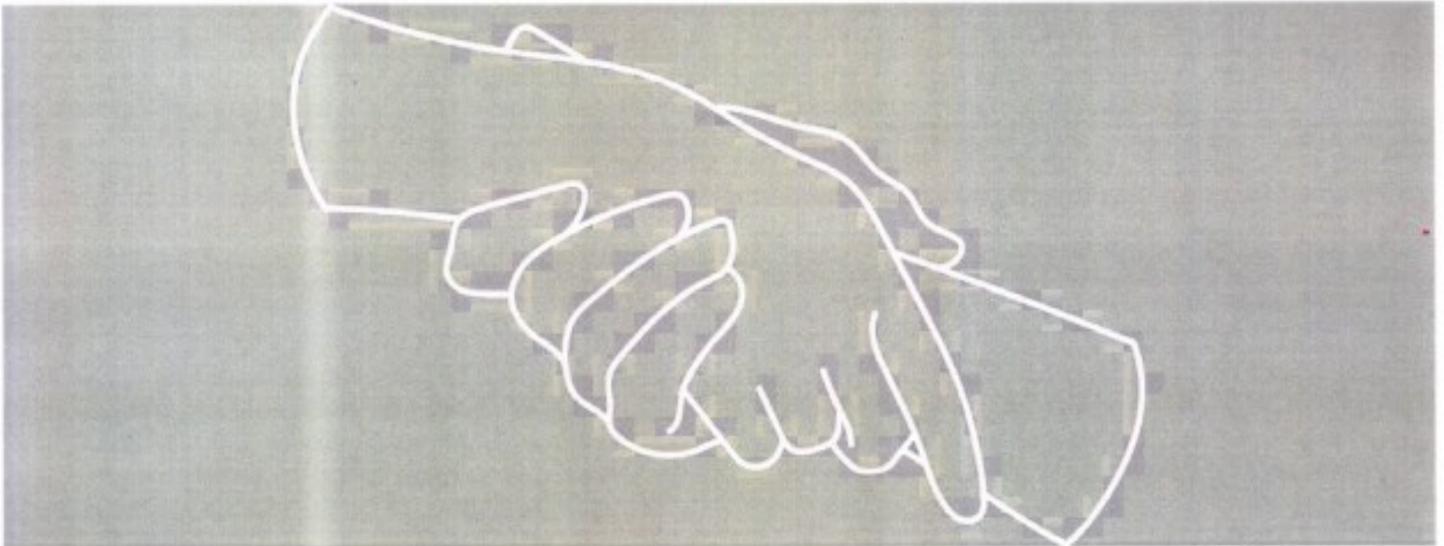
**Assure me, and be with me, in this Step.**

**For without this Step, I cannot progress in my recovery.**

**With Your help, I can do this and I do it for You.**

**ZONE A - ANNUAL HOOTENANNY  
JOIN US FOR A DAY OF**

**FELLOWSHIP**  
*& Fun*



*Guest Speaker*

**JEFF H**

**OF NEW MEN'S GROUP  
SPEAKER WILL START AT  
1:00 P.M.**

*Event*  
**TIME**

**MAY 28TH, 2022  
12:00 P.M. - 4:00 P.M.**

**LUNCH TO BE SERVED  
AT 12:00 P.M.**



*Event*  
**INFORMATION  
ACTIVITIES FOR KIDS**

**CORN HOLE**

**MUSIC**

**POWERS BAPTIST CHURCH  
1101 US-80 E, EDEN, GA 31307**  
\*Childcare will be provided during the meeting.