

Outside the Bottle

District 16 Newsletter

December, 2021



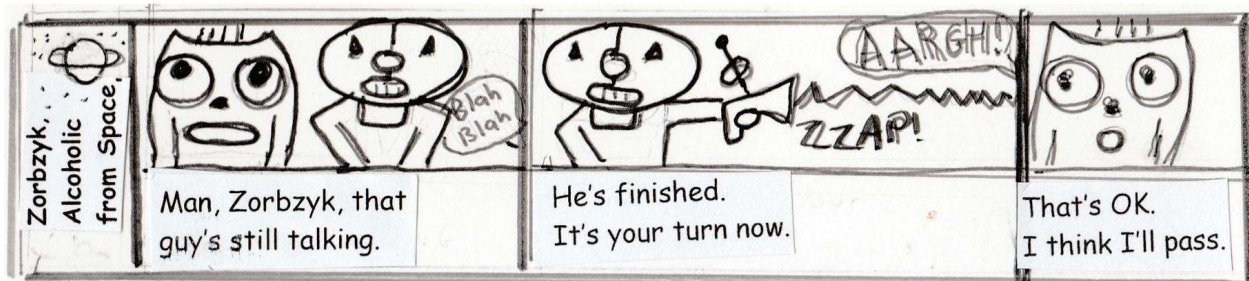
STEP 6

Step Six as interpreted by JU Step 6 says: "Were entirely ready to have God remove all these defects of character." The 12 and 12 (I highly recommend this book!) says that this is the step that separates the men from the boys. In more equalitarian terms, that's really meant to say is that this step Distinguishes between mature, experienced individuals and rookies. By walking thru steps 1-5 we've been building a passageway to a healthier, happier life, and step 6 is when we walk thru it. But what does "[w]ere entirely ready to have God remove all these defects of character," even mean? By the time you've finished step 5, you should have a pretty darn good idea of those destructive attitudes and feelings that played a huge role in your drinking in the first place. Steps 4 and 5 are a lot of exhausting work! All of that nasty business of identifying faults and admitting to things!!! Thank God that's over. But as the Cage the Elephant song goes..."ain't no rest for the wicked!" Identifying our shortcomings and admitting them is not the end of the process. One of the analogies I've liked best for this process is the idea that eliminating our character defects is similar to weeding a garden. Mankind has been battling weeds ever since we began making use of the land. Some might say that weeds are ugly but harmless. For some weeds that may be true.

Heck, some weeds are even kinda pretty with little purple flowers on them. But other weeds like poison ivy and thistle will scratch you and cause rashes. Left to their devices, weeds will deprive your flowers or cucumbers or whatever you have in your garden of water, light and nutrients. Some weeds even produce substances that are toxic to your plants. Eventually, weeds will squeeze out the things you actually want in your garden. But we all know that even though weeds are a natural part of gardening...we don't have to accept them. So what do we do? We yank it out. Then there's another weed and we yank that one out. And another and another and... it just seems like a never-ending process. So, we pay our kids to start yanking weeds on the weekends, but they never get the whole thing by the root...so we have to go back to doing it ourselves.

The same is true for our character defects. We all have valuable and desirable traits that we want to flourish, but they can't because our character defects (like weeds) are preventing their growth. We've got to keep weeding them out and addressing them each time they resurface so that our good qualities can grow. So we get it...our character defects are like weeds. But what does it mean, "entirely ready"??? Well, to me, first we become willing: that means to detect and let go of any resistance. When we see a character defect, we look at it and ask ourselves "Am I willing to let this go?" "Am I willing to be a new person?" "Am I willing to not even know who I am anymore without this defect?" So you ask yourself: "am I willing to go there?" When you can say yes, you're READY! To be entirely ready simply means that we're willing to make your best effort and put the work in to turn these character defects over. Putting off dealing with character defects restricts your serenity and places you in a vulnerable position to relapse. So I recommend that you don't delay. Get ready and go! Get with your sponsor and update the list of character defects you dug up in steps 4 and 5. If you don't have a pretty clear idea of what you need to fix, you can't work steps 6 and 7.

Keep on trudgin' by Phil R.



Announcements & Anniversaries

If your group is hosting an event, or if you or someone you know is celebrating an anniversary,

please contact the newsletter and we will announce it on this page.

EVENTS

Area 33 meeting, December 12st @ Noon

This is a virtual event

New GSR Orientation 11:00 AM

District 16 Meeting, Fourth Thursday @ 7:00 PM

Current information regarding in person and virtual meetings can be found on the area 33 website: [Alcoholics Anonymous \(aa-semi.org\)](http://aa-semi.org)

Outside the Bottle is the newsletter of District 16. The newsletter contains announcements, meeting changes, events, news and information around the district, short articles on sobriety and recovery, and even some humor.

All AA members are invited to submit material to the newsletter.

Please send correspondence or contributions to
clevebro@yahoo.com

Remember this is your newsletter help us make it better- all suggestions or comments are gladly welcome



A Sincere thank you to
all newsletter
contributors!

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