

## District 12 Dispatch

District 12's General Service philosophy, as derived from "A.A.'s Legacy of Service" (Bill W., 1951), is to assist its GSRs to help ensure that their groups carry the message. *"Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence.*

*Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.*

*Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer..."*



District 12 General Service is supported by the voluntary contributions of the groups it serves and is guided and directed by the Three Legacies of Recovery, Unity and Service, the guiding principles by which A.A. members recover and by which our Society functions through the principles of A.A.'s **Twelve Steps**, **Twelve Traditions** and **Twelve Concepts**.

District 12's General Service primary purpose is to stimulate A.A. members interest in general service by relying on good communication as the primary means to show that *"service can add a rich dimension to their sober lives and Twelfth Step work, and that participation is vital to the future of A.A."* (S23)

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# Step 7

## “Humbly asked Him to remove our shortcomings.”

### Principle of this Step:

HUMILITY



### The One Thing I Need To Know About Step 7:

Humility Heals Pain

### BREAKING DOWN STEP SEVEN OF AA ALCOHOLICS ANONYMOUS

So here's the thing, quitting alcohol is a big change. I think you know this by now! Moving into step seven actually involves us in the personal change of actively letting go of our shortcomings, actions and feelings that are liabilities. This change requires effort and action.

Simply asking for your shortcomings to be removed does not automatically make them go away. It is up to you to be aware and make new choices. Many people in recovery find comfort that their higher power can and does remove their character defects shortcomings when asked.

While working on the previous six steps you've been stripping away age-old layers of denial, ego, self-centeredness and other liabilities that consumed you when you were active in your disease. When we arrive at step seven we are ready to stop thinking so much about what we are going to get in life and start looking at what and how we can contribute to others in the world.

In my experience my higher power has never left me empty handed; everything I have lost has been replaced with something better. I was asked to put down the drink and the drug because my higher power wanted me to pick up something greater. This is humility to me.

### Here are some questions to help guide you through Step Seven:

*How has my understanding of my higher power grown?*

*How have the previous six steps prepared me for step seven?*

*How does being aware of my own humility help when working the seventh step?*

*How do I plan to ask a God of my understanding or higher power to remove my shortcomings?*

*How does the spiritual principle of “surrender” work for me in step seven?*

*Am I comfortable with prayer and meditation- even if it means making up my own?*

*Has my sense of perspective or “reality” been out of proportion lately?*

*Have there been times when I have been able to stop from acting on a character defect and practice a spiritual principle instead?*

*Are there any shortcomings that have been removed from my life or at least diminished in their power over me?*

### What Can I Surrender in this Step?

Belief that I can become less of my character defects on my own or remove them myself.

### MYTHS ABOUT THIS STEP

**Humility isn't necessary for recovery.** You can't see your shortcomings without stripping yourself of your ego and pride. This unfiltered look into yourself allows you to develop a humble attitude and correct your moral defects.

**Step 7 means we will not have any defects once God removes them.** Self-centered fear will still trigger our defects. The difference is that we now have a choice to follow our lust, for example, or not. We will be given a divine nudge at the onset of our defects to pray to God to change us, and God will, whereas, before Steps 6 & 7 we had no choice over our defects and were obsessed by them.

**We have the ability to remove our defects ourselves.** This sort of thing is WAY above our pay grade. We simply don't have the built-in skill sets to become less prideful, angry, greedy, gluttonous, lustful, envious, slothful or fearful on our own.



# TRADITION 7

**“Every A.A. group ought to be fully self-supporting, declining outside contributions.”**



## **Principle:** RESPONSIBILITY

### BEING SELF-SUPPORTING

One of the principals of the A.A. Groups is that each member is responsible for his or her own recovery. The first part of Tradition 7 makes it clear that responsibility extends to the members of each local group as it passes the basket for contributions to pay the rent and maintain its literature library.

If the group collects more than is necessary to meet its expenses, the group can contribute to its World Service Office, Local District, Area, or Intergroup Office which also follows this tradition by accepting no outside contributions. These contributions are important in helping to carry the message worldwide.

**Overriding Idea of T7:**  
Spirituality and Money DO Mix

### STEP-TRADITION PARALLEL

The seventh tradition is linked to the sixth tradition just as the seventh step is the natural outcome of working the sixth step. What do I do when I become entirely ready to give up my defects of character? I humbly ask God to remove my shortcomings. What do I do when I become entirely ready to give up pursuing outside contributions to my spirituality by not lending my name to related approaches or outside relationships? I avoid the problems of money, property, and prestige – carrying a message that will be believed because it is carried with a spirit of poverty and not greed.

I seek to be financially self—supporting, not wealthy. The seventh tradition, completed the seventh step this way: Father I humbly ask you to remove my major shortcomings, not placing you first in my life, but placing false Gods first, including money. Please teach me to be self-supporting in my relationship with you! “Fear” automatically results when I think I should handle any situation in life by myself. As soon as I place God first in my thinking and try to hear his voice through prayer and meditation, “fear” is removed.

### TRADITION'S INVENTORY

Are we supporting our group through our own contributions?

What is a prudent reserve and do we send surplus funds promptly to our service entities?

What is our group money spent on? Could we spend it more wisely?

Should we accept money from newcomers or visitors or favours from landlords or suppliers?

Does our treasurer report regularly enough? Does our treasurer feel sufficiently supported and are they accountable?

How much is the right amount to give for tradition seven?

Is my giving anonymous or do I make my paper money obvious and stigmatise those on a lower income?

Do we understand the ‘power of the purse’?



# CONCEPT 7

SHORT FORM:

“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.”

PRINCIPLE OF THE CONCEPT:

BALANCE

simplify.



THE BOARD CAN OVERRIDE THE CONFERENCE WHEN NECESSARY

The charter and bylaws of the General Service Board (GSB) ARE legal documents. The charter of the General Service Conference (GSC) IS NOT. Period!

Because of that, there may be times where the Conference has, shall we say, gone off the deep end, and the Trustees (legally or otherwise) need to reel them back in through the vetoing of a Conference action.

The Trustees have “legal authority,” where the Conference only has “moral authority.”

## ONE THING YOU NEED TO KNOW:

The Board Can Override the Conference When Necessary

This is a fun Concept because it can be misleading. I talks about our General Service Board having complete power to do what they wish in our world service affairs. This is true. They can because legally, they have the right to and our General Service Conference doesn't.



Are you getting nervous yet? It really is a delicate balance of power because we have to remember that the “ultimate authority” of our world service affairs is the groups themselves as our Second Tradition and our First Concept remind us. We hold the power of the purse strings and a board has very little to manage if there's nothing there to fund it. We've not had to come to this yet and hopefully never will.

“If therefore, in the years ahead, the Conference will always bear in mind the actual rights, duties, responsibilities, and legal status of the general Service Board, and if the Trustees in their deliberations will constantly realize that the Conference is the real seat of ultimate service authority, we may be sure that neither will be seriously tempted to make a “rubber stamp” out of the other. We may expect that in this way grave issues will always be resolved and harmonious cooperation will be the general rule.”

## WHAT THIS CONCEPT MEANS

Were the Conference delegates to become corrupt, they could withhold funding. They could also push decisions with which the Board was not comfortable. On the other hand, corruption in the General Service Board could result in abuse of the veto power. So, how does this system of balance ensure a lack of corruption? Simple—those involved hold their positions dearly. They operate on the principles and values of AA, including trust and responsibility. Of course, this trust only works because the Conference and the General Service Board share a mutual sense of respect. As Bill puts it:

*“If...the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees...will constantly realize that the Conference is the real seat of ultimate service authority...neither will be seriously tempted to make a ‘rubber stamp’ out of the other... In this way, grave issues will always be resolved and harmonious cooperation will be the general rule.”*

Respect often breeds cooperation better than most other motivators. By contrast, let's say AA was run by the power of fear. The Conference would still potentially avoid corruption, and they would still not make senseless recommendations for fear that their ideas would be vetoed. However, fear might actually keep them from making any recommendations at all. Since they respect the Board, the delegates, and the primary purpose of AA, the Conference makes only suggestions that they feel will benefit all those affected by them. Without this sense of trust and respect between the primary service holders of AA, the organization would cease to function.

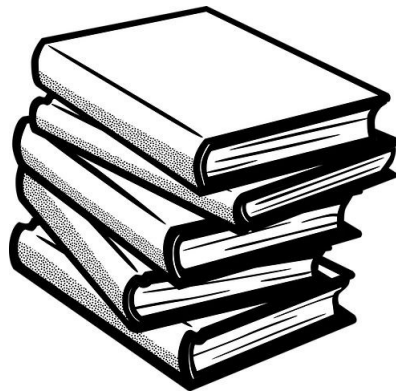




- 6-19-2025 District 12 Meeting 6:30 pm
- 7-3-2025 A.A. International Convention—Vancouver
- 7-17-2025 District 12 Meeting 6:30 pm
- 8-3-2025 Area Committee Meeting—Aitkin MN
- 8-28-2025 International Convention of Young People in A.A.—Minneapolis
- 9-19-2025 West Central Forum—Omaha NE
- 10-4-2025 Area Fall Assembly—Ely MN

## TWIN PORTS INTERGROUP

- Reading library stocked with all AA books and literature
- Flyers and announcements for events
- Volunteer opportunities galore
- Meeting directories



2024 W 3rd St  
Duluth MN 55806  
218-727-8117



Twin Ports Area Intergroup is here to help anyone who has a drinking problem.

Our sole purpose is to carry the message of Alcoholics Anonymous and to be of service to A.A. Groups in Northern Minnesota & Wisconsin.

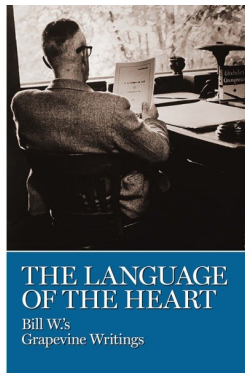
### Contribute to the Newsletter

- Your personnel story
- Anniversary or pot luck at your Home Group—Flyers are needed
- Events for the web site
- [ahlgrenscott@yahoo.com](mailto:ahlgrenscott@yahoo.com)

### The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## Must Have!!



## Daily Reflections

7-3 Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times.

7-4 Deep down in every man, woman and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself.

7-7 Primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

7-24 Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.

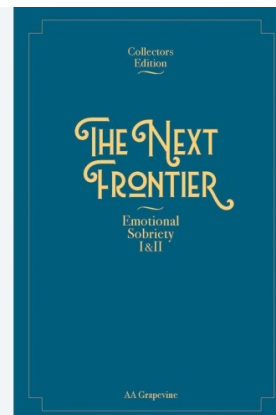
7-30 He has struck something better than gold. . . He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.

7-31 God grant us the serenity to accept the things we cannot change, Courage to change the things we can, And wisdom to know the difference.

## Month of July in A.A. History

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| July 1939 | Warren C. joined A.A. Cleveland, caused debate because he was not hospitalized. |
| July 1939 | Dr Tiebout gives Big Book to Marty M. who promptly throws it back at him.       |
| July 1962 | 'Victor E' cartoon first appeared in Grapevine                                  |
| July 1965 | 1st "La Vigne", Canadian Grapevine, published.                                  |
| July 2000 | 20 millionth copy of Big Book given to Al-Anon in Minneapolis                   |

**"The only problem we ever really have is separation from God."**



I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.