

THE *Caterpillar*



APRIL
2000

The Rewards of Honesty

After reaching a point of reality doing the first Three Steps, I moved on to the Fourth Step very cautiously as I was afraid of what I might find out about myself. It took lots of prayer asking God to help me look at myself honestly regardless of the pain I might encounter. After a while, my honesty with myself was rewarding as reality moved in. The potential of what might have been moved out and became of lesser importance. I found it very hard to work this Step as I had not looked at myself, my reactions to everything, or at the fact that I tried to make life work on my terms. Many realities about myself and my past survival tactics began to surface and are still surfacing. The fear that was under so much of my thinking began to subside as God showed me some of the ways I had lived, thought and acted that hurt me and

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those around me. I am grateful for this step to look at myself realistically.

Moving to Step Five was also difficult as now I was told to be honest with God

and another person. I knew I hadn't really hidden anything from God as He knows me inside out. I had however, hidden me from other people with a cheery platitude here and a big smile on my face at all times, except when my face was swollen from hours of crying. Even then I smiled as best I could. A friend I dearly trusted heard my Fifth Step and was an attentive listener. She did not condemn me or elevate me to be something less or more than I am for which I was and am grateful. This part turned out to be relieving in that now one

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person really knew what was going on inside of me—which helped me to feel fully human and fully alive.

Then on to Step Six which required humility and lots of it. I had asked God to help me in many ways during my life. You will notice the me. For a while I wanted God to help me remove all my defects of character. The realization hit me that God really is the only one who has the power to do this in me and humility on my part was the key. God has and does remove my defects of character. Then, they come back

one at a time and I am required, for my own sanity and healthy living, to humbly ask Him over and over to do it again and again in order to live peacefully. I am grateful for the above Steps as sanity and peace have become a large part of my life. It is necessary to do these Steps over and over so God has the power in my life. Thank you all for being there for me and letting me share. ▲

—Theresa B.

Just Do It!

Working the Steps have been really important to my recovery.

For myself, I have worked several

Fourth Steps. When God lets me know of my past, I get busy and do a Fourth and Fifth step on them. I thank God that all was not revealed at first.

I used *Blue Print for Progress*, wrote my life story and used a number of other formats in doing Step Four—all of them good. The important thing it just do it.

Step Five I did and still do with my sponsor when the need arises. Talk about a relief and lighter shoulder when it was done. Wow! I failed on the first try, however, finding no "good stuff" and was told to go back and find at least ten good qualities about myself. Now when I get stuck in a bad place, she tells me to get out pencil and paper and get the gratitude list out.

Step Six is a hard one for me. There are two defects I have a hard time with on a daily basis. I pray everyday to get entirely ready to have them removed. I know God will help me to become ready and willing to change. God will also fill me with better assets. ▲

—Anonymous

FUNDRAISER NEWS

The "Back to Basics" Al-Anon Workshop, held on January 15, proved to be a success. Approximately 133 people were registered. A profit of \$686.00 was made and donated to the AIS Office.

A garage sale was held on March 25 at Magnolia Methodist Church. Proceeds

amounted to \$750.00 and were also donated to the AIS office.

Many thanks to volunteers and participants for both of these events. A special thanks goes out to all who contributed items for the garage sale. ▲

