

Step 7

Identifying Fear

The chief activator of our defects has been self-centered fear...

Twelve Steps and Twelve Traditions pg. 76

When I feel uncomfortable, irritated or depressed, I look for fear. This “evil and corroding thread” is the root of my distress: Fear of failure, fear of others’ opinions; fear of harm, and many other fears. I have found a Higher Power who does not want me to live in fear, and as a result the experience of A.A. in my life is freedom and joy.

Daily Reflections pg. 196

District 48

July 2023 Newsletter

Addiction	vs.	Recovery
It’s all about me and what I want		“How can I be of help to others?”
Lying, cheating and manipulating to get what I want		Willingness, honesty and open-mindedness allow me to get what I need.
“I can take care of myself!”		“There is something bigger than me.”
Rationalize, justify and minimize when I am wrong.		Owning my part, admitting my faults and trying to grow from them.
Projecting a false image of myself.		I am no better and no less than anyone else.
Hide and deny my fears so as not to appear weak		Acknowledging my fears and limitations and asking for help.

Contact Us

Online:

WWW.AA.ORG

www.district48aa.org

www.area59aa.org

By Phone:

888-493-4424

By Mail:

G.S.O.

PO Box 459

Grand Central Stations

New York, NY 10163

SAVE THE DATE:

PENNSCYPAA

July 14-16

Langhorne PA

Sunlight of the Spirit

Aug, 11-13th

York PA

District 48 Picnic

Sept. 9th

S. Williamsport



ANNIVERSARIES

Mark O. 35 years! Charlie P. 40 years!

Harley 6 months! Shawn N. 90 Days!

Bert C. 16 years!

Don N. 16 years!

*Sunday night
meeting at
American Rescue
Workers is in
need of support*

“One day you will tell your story
of how you overcame what you
went through and it will
become someone else’s survival
guide.”

-Brene Brown





