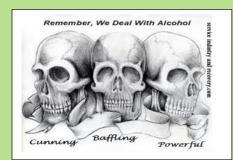


## THE MESSENGER

JULY 2024 EDITION

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## The 6<sup>th</sup> Spiritual Principal

HUMILITY

Modesty, lacking pretense, not believing that you are superior to others.

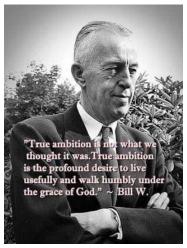
#### HUMILITY

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing against me. It is to be at rest when nobody praises me, and when I am despised, it is to have a blessed home in myself where I can go in and shut the door, and kneel to my Father in secret, and be at peace, as in a deep sea of calmness when all around and about is seeming trouble.

Words that inspired Dr. Bob and were inscribed on a plaque he kept on his desk.

..."it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."

Twelve Steps & Twelve Traditions p. 58



Humility is to be teachable.

Although I make mistakes, I am not a mistake.

### **MEETING ROOM ONE-LINERS**

from Barefootsworld.org as he trudged the road of happy destiny

Do what you can, for who you can, with what you have, and where you are.

Anger is a condition in which the tongue works faster than the mind.

A hug is a great gift – one size fits all.

If God were small enough for us to understand, he wouldn't be big enough.

Don't put a question mark where God put a period.

God doesn't call the qualified, He qualifies the called.

It's hard to stumble when you're down on your knees.

Can't sleep? Try counting your blessings.

The best mathematical equation:  $164 + (12 \times 12) + 2$  or More = Sober Alkies.

You can't change the past, but you can ruin the present by worrying about the future.

If the group wants better leaders, it only needs to pray for the ones it has.

If God is your Co-pilot - Swap Seats!



"The power in these rooms is greater than the sum total of those of us present."

"The Beat Goes On," Lodi, California, March 1987, The Home Group: Heartbeat of AA

# The highest rank we can get in A.A. is SERVICE

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