

OA Desert Recovery

Step Seven Principle: HUMILITY
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By Becki B

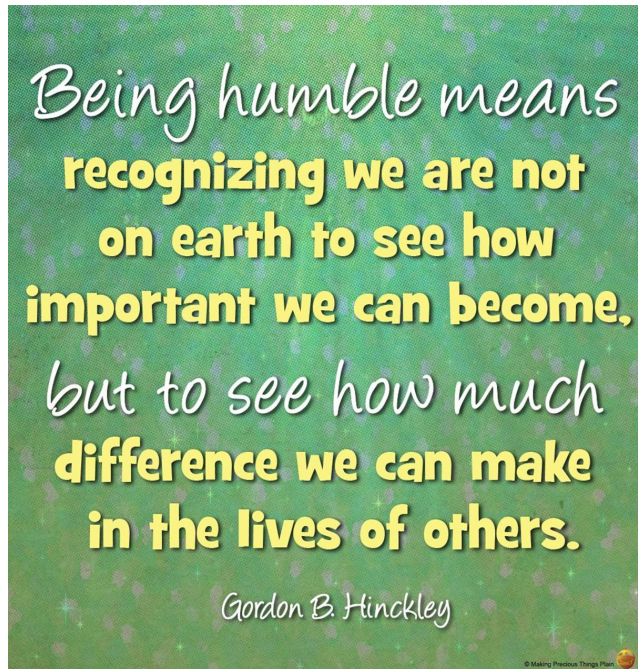
Step 7. HUMILITY - Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.

Humility snuck up on me in recovery. One of the paradoxes of the program is that if I see the worst in me, I can find the best. My thoughts were feelings of insecurity, frustration, anger, and low self-esteem. These were buried inside, beneath an outer layer of arrogance. Fortunately, inside is where the guidance of God is found. Humility meant giving up control enough to realize that God loves me, whatever my weight. God loves me despite the times my ego reared up. I remember, when I was new in the program, I heard Franklin W speak about the fourth column on the Fourth Step inventory. I immediately did an inventory and read it to my sponsor. She said my main defect was lack of self-esteem. At the time, I did not recognize the damage that my reaction to low self-esteem could do. To lift self-esteem, I had to remain humble enough to live God's will as much as possible. Walking in God's way for a while left a trail of God's peace behind me, and I no longer saw only the mistakes.

By Janet R

Humility—A Desire to seek and to do God's will.

A crippling handicap had been my lack of a desire to seek and to do God's will. It was only by repeated humiliation that I was forced to learn something about a *desire* to seek and to do God's will. To gain vision of a desire to seek and to do God's will as *something to be desired for itself*, took me a long, LONG time. Where a desire to know and do God's will stood for a forced feeding of humble pie, it now began to mean the nourishing ingredient which could give me serenity. Then, in OA, I looked and listened. Everywhere I saw failure and misery transformed by a desire to seek and to do God's will. During the learning process, the most profound result of all was my change in attitude towards God. With a *desire* to seek and to do God's will, I asked him to remove my shortcomings.



By Judy G

In thinking about the difference between humility and being humble, I was led to the dictionary. This is what I found:

“Humbleness and humility both refer to the quality of being modest. While humbleness can also mean the state of being or feeling low in rank, as in ‘The humbleness of his upbringing accustomed him to living simply’, humility only refers to having a modest opinion of oneself.”

I’m embarrassed to say that pre-OA, I used to arrive at meetings with the attitude of, “Well, the star has arrived! Pay attention to me! What I have to say is of great import!” Each of the lessons I’ve learned in Twelve Step work has helped make me a better member of the human race. I have received sure knowledge that I belong square in the middle of the pack (not worse, and most definitely not better, either!). Clearly a little dose of Humility was long overdue, and today I’m grateful for the lessons learned!

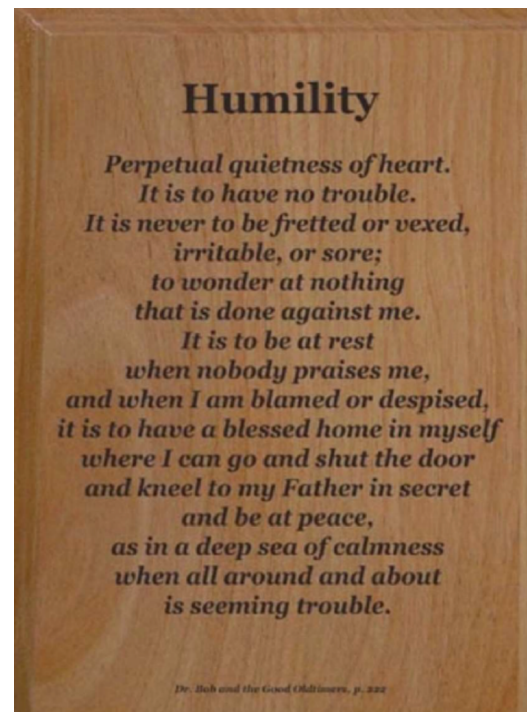
Humility!

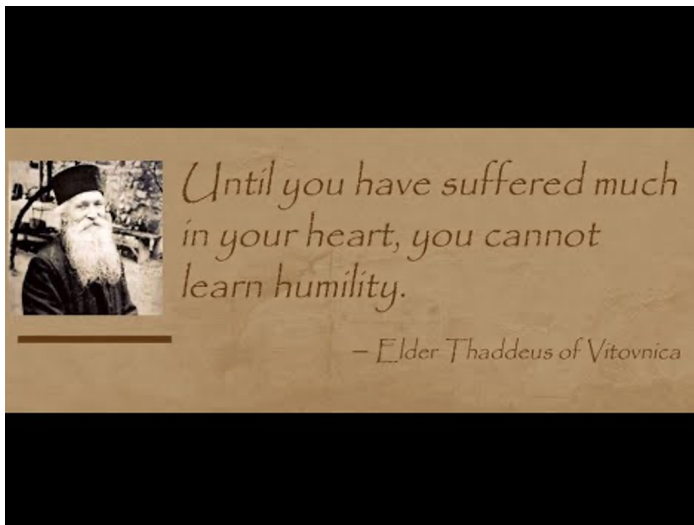
By Jenny R

Humbly Asked Him to Remove My Shortcomings

With the practice of Step Seven, I acquired the same humility I experienced in Step One, realizing and accepting my utter powerlessness to remove my food obsession without Divine Help. I carried this same humility into Step Seven, admitting my powerlessness to remove my shortcomings, no matter how hard I tried. Only humbly surrendering them to God for removal gives me the freedom from their crippling effects on my spiritual growth. Seeking God’s help refines my character. I find that I am now more compassionate, understanding, and accepting of myself and others.

Dr. Bob’s plaque on Humility is a goal to strive for:





By Lisa L

Humility! Such a confusing word. When I first came into the program, I would hear a lot about Humility, and it seemed like everyone had a different definition of this word. Wanting to learn everything I could about OA, because I am willing to do whatever it takes to succeed with my abstinence, I had to figure out what this word meant for me.

Humility comes from the purity of the heart. Humbly asking GOD to remove my defects of character is an example. Letting go of my ego and being humble as I do my Fifth Step with another person would also be examples. Therefore, by staying true to ourselves and staying right-sized, we are practicing humility. We must place humility before anything else in this program, because staying in “self” will block us from our Higher Power thus interfering with our recovery.

I heard at a meeting that Humility isn't thinking less of ourselves, but thinking of ourselves less often.

By Joy V'M

Humility. I'll admit it. I looked up the word to make certain that I knew what it meant. Leave it to Webster and his kin to use the word to define the word – huh? But a more helpful phrase was also listed: "freedom from pride or arrogance." That made good sense to me. Whenever I am free from these two antisocial behaviors, I can connect with others. I am more genuine – real – easy to approach – welcoming. Who wants to spend much time with a know-it-all or a haughty dissembler or someone whose nose is either up in the air or in everyone else's business? The two attitudes which I can exercise to replace pride and arrogance are gratitude and acceptance. When I am thankful, I am upbeat and not focusing on what may be in the way, or worse yet, focusing just on me. When I accept others, I am embracing their uniqueness, their particulars, their essence. I'm not judging them. My hugs are sincere and let the person know that I'm on their side. By adopting that attitude of humility, I'm reining in the part of me that needs close guidance and steady control.

Editor's Note: The focus for the August newsletter will be the principle for Step Eight – **SELF-DISCIPLINE**. Your submissions will be gratefully received. Send them to newsletter@oasouthernaz.org by **August 15th**, please. ~Judy