

OA Desert Recovery

Step Five Principle: INTEGRITY
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By Michael A.

If I have integrity, I will keep my word. If I tell my sponsor I'll do something, I do it.

If I have integrity, I will follow through. If I tell my sponsor, I'll do something, I keep on doing it.

If I have integrity, I am integrated. I don't make an outer compliance only but choose an inner compliance, too.

Dear God, help me to be—today and every day—a person of integrity.

By Judy G.

I always imagined that I had integrity. My journey through the Steps revealed to me that there were many areas of my life where the opposite was true. Luckily the *Big Book of Alcoholics Anonymous* gave me explicit directions for recovery. It has not been an easy journey, but it has been very worthwhile. Each time I've gone through the Steps, new character defects have surfaced that I needed to address. Thank you, OA, for providing a pathway to a better life.



By Janet R.

I had to learn how to do everything without my alcoholic foods. I had to learn how to do everything without my defects! Which defect has "self" chosen to take care of 'this situation'? "Self" calls my defects into action. My need to use my defects is removed thanks to the steps. My need to use my defects subsides. My need to control people, places, and things goes away. God reveals defects. How? By revealing His will through the process of the steps. Steps four and five revealed things to me that I was not aware of. I did not know a life without these defects of character. I did not know how-to walk-through life differently than I had been doing. "Self" made up the rules for my life. "Self" told me what to do, and when to do it, and how to do it...told me that my defects were perfectly fine to use in 'a situation'. Self even made my defects look acceptable; it disguised defects as an asset. "Self" made my actions acceptable to me. Thank you, God for revealing "self" to me. It was not fun in the beginning, but it has been a lifesaver.

By Joy V'Marie

It's not an easy way to live – with integrity – but it sure is easier to live with myself when I'm honest and loyal and dependable with good judgment and I treat others with respect. I've been on the slippery, sneaky slope of life, and at the end of the day, I had trouble sleeping with myself. I wasn't just restless when my head was on the pillow – I was restless when I had my shoes on, too. This program comes with a moral compass. Honesty and integrity are intertwined throughout the Steps – I'm asked to be that way with myself, with others, and with God. And when I am, I can hold my head up high, knowing that I'm living on the right side of right and that my life will become a blessing rather than a curse.

Editor's Note: The focus for the June newsletter will be the principle for Step Six – **WILLINGNESS!** Your submissions will be gratefully received when you send an email to newsletter@oasouthernaz.org by June 15th.

~Judy



By Jody M.

Integrity is the spiritual principle for Step 5. I, for one, love Integrity which is developed by working the previous steps (if you feel you don't have it already). Yay! Integrity is doing the right things for the right reasons. Some synonyms are being fair, ethical, trustworthy, kind, and true.

Integrity is a key to success as it allows you to genuinely feel good about yourself, happy, joyous & free with peace that passes understanding! Go endorphins!

A few simple examples of integrity:

1. Keep confidences confidential.
2. Be honest, always.
3. Avoid gossip like the plague.
4. Keep your word or promises.
5. Return found items without expectation of reward.
6. Love unconditionally....

Best of all, this wonderful illuminating step is "the beginning of the end of our isolation." Once we share with God, with ourselves, and with another human being the exact nature of our wrongs, we can let go of all past resentments, shame, or guilt that kept us hiding in the past with food and join the human race, never alone again!

Keep coming back! You are important, deserving, worthy and we'll love you till you can love yourself!

HUMAN RIGHTS

- Save our children
- Invest in our children
- Make our voice strong

FREEDOM

- knowledge
- teach Morals, Morals.

BE Kind → BE HUMAN

Verbs: to help, to care, to share

we are one

Integrity

• Strive for PEACE.