

## Pumpkin Seeds

### Step Seven:

*"Humbly asked Him to remove our shortcomings."*

Reprinted from the 6 week OA speaker series at the Sat.  
Redbank meeting:

An OA 12 Step Journey thru the Big Book

In mid-November 2010 check the Audio Library page for recordings and  
Writings page for complete handouts

[www.oa-centraljersey.org](http://www.oa-centraljersey.org)



A woman was asked by a co-worker, "What is it like to be a recovering addict?"

The co-worker replied, "It is like being a pumpkin. God picks you from the patch, brings you in and washes all the dirt off of you. Then he cuts off the top and scoops out all the yucky stuff. He removes the seeds of doubt, hate, greed, etc. and then he carves you a new smiling face and puts his light inside of you to shine for all the world to see."

This was passed on to you from another pumpkin.

Now it is your turn to pass it to a pumpkin. I liked this enough to share it with all the pumpkins in my patch.

Author Unknown