

Sobriety Sentinel

Website: <http://tricountyaa.org/> Phone: 636-970-0013

Welcome!
There is a solution



August 2018
SobrietySentinel@gmail.com

Service Positions:

Please submit any open service positions to the Sobriety Sentinel

Intergroup: Alternate Secretary,
Alternate Treasurer, Sobriety
Sentinel Co-Chair, Office Manager

“Made a list of all the persons we had harmed, and became willing to make amends to them all.”

AMENDS

Step Eight of AA: Just Put It On The List!

Before you can rebuild relationships, you need to identify the relationships that were damaged. That's why you are making a Step Eight list. You get to take responsibility for your own part, not someone else's, and to clean up your side of the street.

This is not a list for you to keep in your head; it's the kind that you need to put down on paper. Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. You have already catalogued your character defects and moral inventory, and now you're going to examine some of the same situations from another angle and perspective.



For your 8th Step list you should include every name you think of, even if you're not sure that you owe any amends in that particular situation.

You can put your name on that list, with an awareness that the way we make amends to ourselves is the ongoing process of stopping irresponsible and self-destructive behavior.

When you feel it's pretty thorough, take the list and break it into 4 categories with your sponsor:

1. People to make amends to now. *Once on a good sober footing.*
2. People to make partial amends to in order to not injure them or others.
3. People to make amends to later.
4. People we "may" never be able to make direct personal contact.

You're going to get to practice the principle of courage while working the Eighth Step because you can't restrict your list only to those amends that you think will turn out OK. Remember to be incredibly honest, even if what you discover in the truth is painful to accept. As one of the AA old timers in my home group liked to say *"The truth is gonna set you free, ...but at first it may sting a little bit."*

- Jason W.

TRADITION 8

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?



A.A. Oldtimers...On the Eighth Step

A.A. Grapevine, June 1945, Vol. 2 No. 1

Editorial: On the 8th Step . . .

"Made a list of all persons we had harmed, and became willing to make amends to them all.

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style. And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus --"To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . . .

"There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues:

". . . to change or modify in any way for the better; to recover from illness."

It was written for us!

We have often heard that our sobriety should be founded on "unselfish selfishness", that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.

When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to "handle" alcohol and it seemed then that the step we were taking was at least in part --a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that "unselfish selfishness" was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

The principle of "unselfish selfishness" is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that --recalling the definition of the word --we may "change . . . for the better" and "recover from illness."

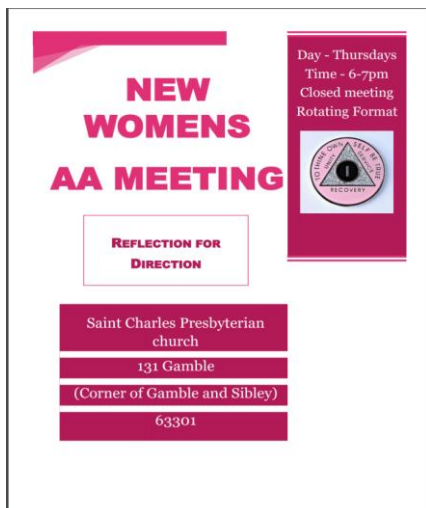
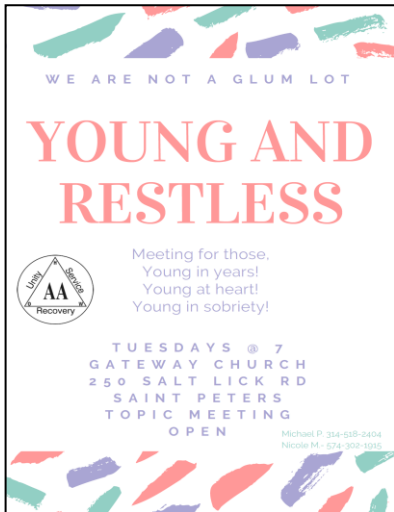
The alternative is retrogression. If we fail to "repair", we can only impair.

L. J.

Come Support

New meeting:
Campus Drive
Monday evenings @ 5:15
Open / Mixed / Step Speaker

Save the Dates



Birthdays

Group 1103

Jenya K. 6 Months

Group 124

Paul E 52 Years

Group 979

Amanda H. 7 Years
Steve B. 18 Months
Jeremy S. 6 Months
Kyla V. 6 Months

Group 495

Ronnie L 29 Years

68th General Service Conference, April 22-28, 2018

Conference Committee on Literature. Excerpt from pg 11 of 40.

7. The following text (originally included in the 1998 edition of *Living Sober*) be added to *Living Sober* following the section titled "Note to Medical Professionals":

We recognize that alcoholics are not immune to other diseases. Some of us have had to cope with depressions that can be suicidal; schizophrenia that sometimes require hospitalization; bipolar disorder and other mental and biological illnesses. Also among us are diabetics, epileptics, and members with heart trouble, cancer, allergies, hypertension, and many other serious physical conditions.

Because of the difficulties that many alcoholics have with drugs, some members have taken the position that no one in A.A. should take any medication. While this position has undoubtedly prevented relapses for some, it has meant disaster for others.

A.A. members and many of their physicians have described situations in which depressed patients have been told by A.A.s to throw away the pills, only to have depression return with all its difficulties, sometimes resulting in suicide. We have heard, too, from members with other conditions, including schizophrenia, bipolar disorder, epilepsy and others requiring medication, that well-meaning A.A. friends discourage them from taking any prescribed medication. Unfortunately, by following a layperson's advice, the sufferers find that their conditions can return with all their previous intensity. On top of that, they feel guilty because they are convinced that "A.A. is against pills."

It becomes clear that just as it is wrong to enable or support any alcoholic to become re-addicted to any drug, it's equally wrong to deprive any alcoholic of medication, which can alleviate or control other disabling physical and or emotional problems.

Submitted by Julie S.