

Sobriety Sentinel

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

Welcome!
There is a solution



September 2018
SobrietySentinel@gmail.com

STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

“Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and make amends for them.”

– John. J. McCloy

Humility is the freedom from pride or arrogance and having the quality or state of being humble. In the Ninth Step, we will focus on the spiritual principles of humility, forgiveness and love.

We gain humility as a result of taking a good look at the damage we did to others (and ourselves) and accepting responsibility for it. After acknowledging to ourselves what we’ve done, we take responsibility for making it right. There is



nothing quite like experiencing increased humility while making amends in your Ninth Step and recognizing the self-empowerment and self-love that comes with it.

While doing our amends and experiencing being forgiven, we begin to see the value in extending it to others. It feels good to practice forgiveness and just let go of resentment! Positive reinforcement is a great motivator to practice the spiritual principle of forgiveness as much as possible. By forgiving others we start to recognize our own humanness, and it gives us the capacity to be less judgmental than we were in the past. We become aware that since we usually mean well, we can extend that belief to others. It’s interesting to note, that when someone does actually harm us, we’ve learned that holding resentments only serves to rob us of our own peace and serenity, so we tend to forgive them sooner rather than later. It’s good stuff.

– Jason W.

Intergroup

Open Service Positions:

- Alternate Secretary
- Alternate Treasurer
- Sobriety Sentinel Co-Chair
- Office Manager

Please submit any open service positions to the Sobriety Sentinel

TRADITION 9

A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those we serve.

- 1. Do I still try to boss things in AA?*
- 2. Do I resist formal aspects of AA because I fear them as authoritative?*
- 3. Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?*
- 4. Do I exercise patience and humility in any AA job I take?*
- 5. Am I aware of all those to whom I am responsible in any AA job?*
- 6. Why doesn't every AA group need a constitution and bylaws?*
- 7. Have I learned to step out of an AA job gracefully when the time comes?*
- 8. What has rotation to do with anonymity? With humility?*



A.A. Oldtimers...On the Ninth Step

A.A. Grapevine, July 1945, Vol. 2 No. 2

Editorial: On the 9th Step...

"Made direct amends to such people wherever possible except when to do so would injure them or others."

Like others of the Steps, Number Nine is closely related to Number Three --"to turn our will and our lives over to God as we understood Him." If we have accomplished this step to any measurable degree, we have attained at least a small measure of humility and a realization of our dependence on Him.

Having prepared a list of all people we have harmed and brought ourselves to the point where we are willing to make amends to them, our Ninth Step is one calling for positive action. There is a world of difference between being willing to do a thing and actually doing it. How many times in the pre-A.A. state have we said "I am sorry, I won't do it again" and felt that that constituted complete amends.

A sincere apology, with a true explanation to the person harmed, of what we believe to be the reason for our past actions can quite frequently readjust personal relations --but the A.A. realizes that this cannot take care of the ones we have really hurt and invariably these are the ones we should and do love most.

Most of us had at least a few years of real pathological drinking behind us when we first learned of the Twelve Steps. Those terrible years are the ones that become repulsive to us as we progress in our new-found life program for order and happiness-- years in which our every action was influenced by alcoholic thinking, with all its implications. It naturally follows that whatever our state in life may be, those close to us bore the brunt of our outrageous behaviour. How can one make amends to a dear wife, son or daughter or parent who through no fault of their own truly suffered physically and financially and more important, mentally, the humiliation and embarrassment of going through life with a drunkard? A simple "I am sorry; it won't happen again" is not enough. It is not enough for us and it is not enough for the aggrieved person.

Direct amends, by all means, is a must, in restoring physical property to the rightful owner, paying debts willingly within our ability to do so and retracting the lie that hurt a reputation; but the real amends are made in scrutinizing our day-in and day-out conduct and keeping that conduct "on the beam." The loved ones whom we have hurt don't want their "pound of flesh." Whether they are still in daily contact with us or not, amends are best made to them by restoring the love and confidence and respect they once had for us by the action of right living. With that thought clearly in our minds that "first drink" is an improbability, even an impossibility and the well-rounded, good life we all yearn for becomes readily visible to us.

B. H.

Forest Hills, New York

Save the Dates

Grapevine Workshop

October 28, 2018
1:00 pm - 3:00 pm

Central Service
14 Sunnen Suite 144
Maplewood, 63143

We'll show you how to write your own Grapevine story.

2018 Fall Area Assembly

Saturday, October 20, 9:00 am -
Sunday, October 21, 4:00 pm

Doubletree Hilton – Chesterfield
16625 Swingley Ridge Road
Chesterdfield, 63017

Two-Day Election Assembly



"I may be a little late, honey. Charlie's in town and wants me to have a New Year's E drink with him."

Birthdays

Group 124

Greg J. 6 Months
Scott S. 6 Months

Group 979

Laura K. 27 Years
Mike K. 23 Years
Tim R. 8 Years
Lee L. 5 Years
Monica R. 9 Months

Group 1103

Kim G. 21 Years
Mandy G. 4 Years
Nicki T. 1 Year

Group 228

Jack L. 50 Years
Beth J. 2 Years
Kevin B. 2 Years

Group 340

Tommy M. 6 Months
John M. 26 Years

NEW WOMENS AA MEETING

REFLECTION FOR DIRECTION

Saint Charles Presbyterian church

131 Gamble

(Corner of Gamble and Sibley)

63301

Day - Thursdays
Time - 6-7pm
Closed meeting
Rotating Format