

Seeking to Serve?

Tri-County Intergroup
in need of a
Literature Committee
Chairperson

If interested, call
Julie S.
314-409-5492



"Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake."

– Twelve Steps and Twelve Traditions, p. 77

July Birthdays

Group 124

Paul E. 53 Years

Group 164

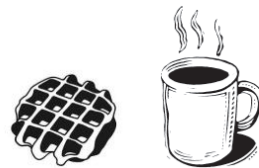
Brenda B.. 12 Years
Deb D. 17 Years
John A. 28 Years

Julie S. 22 Years (June)
Donnie W. 30 Years (June)

Check It Out!

CHUCKYPAA

Waffles & Coffee Breakfast Potluck



Where: 212 Club

When: 1st Sunday of the month @ 10:30 am

204 West Pitman Street

Suite G

O'Fallon, MO 63366

Suggested Donation \$6



Sobriety Sentinel

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

Welcome!
There is a solution



August 2019
SobrietySentinel@gmail.com

Intergroup
Open Service Positions:

Literature Committee
Chairperson

Please submit any open service positions
to the Sobriety Sentinel

STEP 8

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

Repairing Burned Bridges:

Here are some questions to help guide you through working Step Eight:

Are there resentments in the way of your willingness to make amends?

Are you hesitating in any way before working on the eighth step- if so why?

Why is it valuable to determine the exact nature of your wrongs?

Why is it so essential that you are very clear about your responsibility?

Are there people to whom you owe an amends who may be a



threat to your safety or about whom you are concerned in some other way?

Why is simply saying, "I'm sorry" alone not sufficient to repair the damage that you've caused?

Why is only changing your behavior not sufficient to repair the damage you've caused?

Do you have amends to make that are financial and therefore you do not want to make them?

Do you have amends to people who have also harmed you?

Finishing Step Eight of Alcoholics Anonymous

There's a level of honesty in working the 12 Steps that some members of AA exalt in, because of the freedom it brings. The reason one of our slogans is "happy, joyous and free!" is because without alcohol in our lives we have freedom to take a deep breath and exist in the day, relieved of that feeling of waiting for the other shoe to drop, the jig to be up, or the police to come knocking.

Remember this: focus on a comprehensive eight step list, then let prayer and meditation the time for forgiveness to come. When you forgive, you heal. When you let go, you grow.

Jason Wahler – March 2018

"Our real purpose is to fit ourselves to be of maximum service to God and the people about us." AA p. 77

HOW IT WORKS: INSIDE THE SERVICE STRUCTURE OF AA

WORK SHOP

9-14-2019

11 to 4:30 p.m.

Chapel of the Cross Lutheran Church

907 Jungermann Rd, St Peters, MO 63376

Sponsored by Districts 14, 19, 20 & Tri-County

Three Breakout Sessions: The Group,
The District, and The Area

Lunch & Babysitting will be Provided

AA Attendance Prizes
Handicap Accessible

RSVP to Gretchen J @ (314) 550-8872 or
Jan C. @ (636) 219-5878

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.