

Sobriety Sentinel

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

Welcome!
There is a solution



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

Step 9 requires the recovering alcoholic to be willing to go to any lengths to make amends. The individual must be willing to take this step no matter how severe the personal consequences. If making amends requires the person to report a past crime, he or she must be willing to go to jail to complete this step on the road to recovery. The spiritual aspect of the mandate encourages the recovering individual to seek strength and guidance to do the right thing from a higher power and from the others engaged in the program.

The way a recovering alcoholic transitions into the 9th step of Alcoholics Anonymous is to take the list he or she created of people harmed from step 8 and divide the list into four



categories. These categories determine the way the person approaches the process of making amends. The first category should include all of the people to whom the person can make full amends as soon as he or she is sober. The second category should include those people to whom the person will make partial amends, because full restitution would cause more harm than good.

The third category should include the people who should not be contacted until a full and certain recovery has been achieved. This might include a child who could be disappointed if a recovery process results in a relapse. Last, the fourth category should separate out anyone to whom it is impossible to make amends, such as a person who has since passed away. The guiding principal of this step is to make full amends at the earliest opportunity, as long as such action is feasible, proper, and will not cause additional harm.

Making amends must involve sincere efforts to apologize. The notion of being sincere involves adopting the right attitude before making an approach. A recovering alcoholic in the program is encouraged to forgive himself or herself and to forgive the person on the list for any actions done in retaliation. Step 9 should be pursued according to a plan that does not assign blame and allows the person who has been harmed the freedom to respond, even if the response is angry or unforgiving.

A recovering alcoholic who successfully completes step 9 can find the process has built a bridge to new relationships with friends and loved ones. It can also help to remove the guilt and shame of past actions that can act as a stumbling block to full recovery.

American Addiction Centers – July 2019

September 2019
SobrietySentinel@gmail.com

Intergroup

Open Service Positions:

- Literature Rep
- Technology Committee (January 2020)
- Treasure (January 2020)

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?*





JOIN CHUCKYPAA FOR
NIGHTS FULL OF FRIGHT

ALL HALLOWS' EVE CAMP OUT 2019

OCTOBER
25th - 27th

**\$40 FOR FOOD
AND A BUNK BED
CHECK-IN AT 5 PM
FRIDAY**

**PRIZES • FOOD
MUSIC • PANELS
GAMES • MEETINGS**

**CUIVRE RIVER STATE PARK
678 STATE ROUTE 147
TROY, MO 63379
SITE: CAMP CUIVRE**

MORE INFORMATION ON BACK

Save the Dates

Group 976 Has Moved!

The meeting location for Group 976
Facts or Feelings has changed.

Our new location is 131 Gamble St.,
St. Charles, 63301

Questions?

Contact Missy P.
314.766.2303

August Birthdays

Group 340

John M.	27 Years
Bob M.	2 Years

Group 1023

Gina	6 months
Kim W.	2 Years

Group 1103

Nicki T.	2 Years
Kim G.	22 Years

Tamara D.	3 Years
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COSTUME CONTEST & PARTY

ALL HALLOW'S
EVE CAMP OUT 2019
SCARE OR BE
SCARED

Grab a pillow, twin sheet, blanket or sleeping bag and join us for the night or whole weekend! 5 cabins that sleep 24 people per cabin. Electric, showers, restrooms, no A/C or heater.



Kayak, canoe, paddle board rentals, and offsite tent camping handled by State Park. You may bring your own floating device.

REGISTER NOW AT - CHUCKYPAAACAMPOUT.EVENTBRITE.COM

QUESTIONS? EMAIL WEARECHUCKYPAA@GMAIL.COM

ONLINE registration ends October 24th. Call Stevi W. @ 314.226.7140 to register after or find us at the registration table when you arrive.

