

Sobriety Sentinel

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

Welcome!
There is a solution



August 2020

STEP 8

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



Sobrietysentinel@tricountyaa.org

Literature@tricountyaa.org

Would you like to submit an AA - related story or article? When submitting, please use the Sobriety Sentinel link above.

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

7TH TRADITION and DIGITAL CURRENCY

Online meeting spaces make it difficult to “pass the basket.” Some groups have set up digital contribution accounts with services like Venmo, PayPal, Google Pay, etc. to deal with this problem. Now might be a good time to review an essential piece of AA literature, “Self-Support: Where Money and Spirituality Mix.” Each group is autonomous and might consider taking a group conscience on whether digital contributions are an option, and which platform (or mix of platforms) best suits their group’s needs.

Our regular meeting locations still have operating expenses...

Our meetings facilities may rely on our regular rent to help pay their rent, utilities, and employees

Meeting supplies will still be needed when our meetings reopen – coffee, paper products, literature, refreshments. And after an extended closure, we may experience a large influx of people who are motivated to re-join the fellowship in person.

Zoom meetings cost to run over a 40 minute limit.

- We provide zoom accounts and assistance for online meetings.

Intergroup and the General Service Office still have operating expenses such as:

- Websites – which we may now rely on more than ever!
- Phone service, space for literature

Our Districts and Areas still have expenses...

Regular expenses to support the work of committees and events that will take place when the crisis has passed are still there.

Web services support for groups

Expenses for venues for events that have been cancelled may still need to be met, since any income from the event won’t be there to support the pre-payment of reservations, cancellation fees, etc. The expense of re-arranging for venues to reschedule events is very real.

Now, how does our Group go about collecting digital contributions?

Read [The A.A. Group Treasurer](#) to learn about the role of treasurer within the group. Here you will learn the importance of selecting a treasurer, how to safeguard and distribute group funds, what a “prudent reserve” is, and more!

Group bank account vs Treasurer’s personal account – Your group likely has this sorted out already. For smaller groups, treasurers tend to use their personal bank account and account for group funds using a spreadsheet. A larger group might have a bank account established in the name of the group. *For more information on how to set up a group bank account, see this [Guide to Obtaining a Tax ID Number](#).*

Digital payment options – [Venmo](#), [PayPal](#), [Zelle](#), [Cash App](#), [Google Pay](#), [Stripe](#), and [Apple Pay](#) are all viable options.

Take a group conscience – A group conscience is recommended as each member who wishes to contribute will need to open an account with the chosen service. Many members may already have a service they use and prefer.

Consider the costs and benefits of each platform – each service has varying fees for money transfers depending on the users’ chosen method of payment (debit, credit, checking account, etc.). Some may have a more user-friendly interface than others.

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.

Save the Dates

(Zoom meeting as needed)

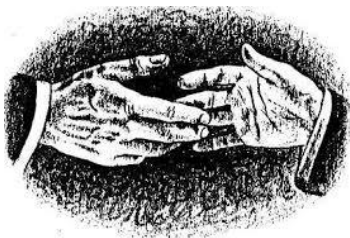
Tri-County Intergroup Meetings

The Tri-County general meetings for secretaries/IR of all member groups and the public at large will be held every 3rd Sunday of the month at 12:00 PM

It is suggested the GSR's attend.

Meetings held at the Intergroup Office located at:

**2020 Campus Drive
St. Charles, 63301**



Do you have an AA-related story or activity you would like to share?

Please submit them to:

sobriety sentinel@tricityaa.org

Please submit by the 15th of each month.

July Birthdays

No Birthdays Submitted

Seeking to Serve?

The Tri-County Intergroup is looking for volunteers for:

12-STEP CALL LIST: The Tri-County Intergroup 12-Step Committee "mans" the 24 hour A.A. Hotline. There are positions for men and women to answer these calls, which can be forwarded to your personal phone. The system is set up to roll from one number to the next until someone from the 12-Step Call List answers. You may be asked for meeting times and locations and general guidance on finding the resources to assist these newcomers. 12step@tricityaa.org

A Quick Announcement:

Half of Group 338 has been meeting remotely in the park until St. John's Church reopens. With the prospect of weather changing moving into the fall, we've decided to move to Campus Office starting Sept 7th- Mon-Friday 7a-8a, rotating format.

All welcome- social distancing and masks are required by steering committee.

Jeff C.

