

# Sobriety Sentinel

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Welcome!  
There is a solution



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## 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



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

After completing Step 8—made a list of all persons we had harmed, and became willing to make amends to them all—the next logical step is to make those amends if possible, and the suggestion is to do so *directly* to those who have been harmed. By making direct amends to the person harmed the temptation to skirt the issue because of embarrassment or pain is avoided.

### It's Simple But Not Easy!

Making amends may seem like a bitter pill to swallow, but for those serious about recovery, it can be good medicine for the spirit and the soul.

Step 9 is another one of the 12 steps, that initially appears most difficult, but the rewards of putting this principle into practice can be immense. The spiritual principle involved is that of forgiveness, not only from others but forgiveness of self, which can bring healing to both parties.

### What Is Step 9?

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

But those making the amends find many times that the person to whom they have harmed is more than willing to accept those amends happily—and a healing process begins not only in the relationship but in each individual.

Sometimes the injured party is not willing to forgive and forget. Regardless, spiritual progress for those in recovery depends on doing their part right and making direct amends.

This step does carry a condition—except when to do so would injure them or others. The benefit of making amends to the recovering person does not outweigh the need to do any more harm.

### What Does Making Amends Have to Do With Sobriety?

If your goal is to remain sober, then it's important to take this step to make amends when possible, because if you fail to do so, it could come back to cause you problems later.

If you know that you caused harm to others during your drinking days or you borrowed money and never paid it back, and you don't try to set the situation right, then there is a very good chance the issue will arise again and when it does it could be a trigger for a relapse.

*VeryWell Mind - Buddy T – June 2019.*

## 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?*

§ Anyone can say  
"I'm sorry"

§ Until you are willing to pay the price  
to make it right, you're not  
finished with Step 8

§ You must take whatever action is  
necessary to right your wrong  
through your behavior

**WHEN  
YOU MAKE  
AMENDS  
*Meant it!***

# Meditation and Twelve Steps

It is a no-brainer that sitting meditation can fulfill the Step Eleven “suggestion” for meditation. But the typical AA member is not a Buddhist, and does not seek formal training. Most sponsors do encourage reflective daily reading of a recovery meditation, accompanied by prayer. This is not so far from Thich Nhat Hahn’s “meditation on a fixed object” (1975), which picks a subject of personal struggle for in-depth reflection. Formal meditation typically comes later in recovery, often drawing on sources outside the program, though meditation skill may develop earlier as more counselors and sponsors engage with mindfulness. Articles such as this may be a small step in that direction. And what of the Twelve Step meeting itself? Focusing on the shared struggle to (remember to) abstain, constant emphasis on acceptance, reminders that “it’s alcoholism not alcohol-wasm,” generates a virtual pep rally for giving up egocentricity, practicing loving-kindness, and living in the present. The feeling of “we” abates, however briefly, the awful separation which underlies egotism.

## Staying out of Results

Thich Nhat Hanh teaches to “wash the dish just to wash the dish” (1975) - to focus on the experience of doing, rather than any future condition of being done. Twelve Step members are taught to “just do the footwork and stay out of the results,” and even that “the results are none of my business.” Eckhart Tolle (1997) actually traces this practice all the way back to “Karma yoga” of Hinduism. The actual practice appears to consist of withdrawing or setting aside the will for a future outcome as an object of attention and effort, focusing instead on the real-time experience of doing what one is doing. An AA member also learns to “let go and let God” or “turn it over.” The practice of theistic surrender targets the same “evils” of will (to control outcome, to be there, not here) and ego that “washing the dish to wash the dish” would train out of the Buddhist. In fact, living in the present with an attitude of service, is the consistent “fruit” of surrender as an experience and a practice. When we surrender what has already happened, and let the same “higher power” decide what will happen, we are left to deal only with the unfolding present. Surrender also replaces both material attachment and aversion with a “higher power.”

# Save the Dates

## Group 5 Meeting Update

### WE ARE BACK!!!

Group 5 Thursday night at 7PM at Frieden's Church

IS NOW BACK INSIDE THE BUILDING resuming our normal meetings.

## GRAPEVINE NEWS

Interested in submitting a story to the Grapevine, our "monthly meeting in print"?

Check out:

[aagrapevine.org/contribute](http://aagrapevine.org/contribute)

- Upcoming topics
- Writing guidelines
- How to submit



"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 1023

Kim W.	3 Years
Dan L.	1 Year
Amanda L.	1 Year

Please remember to submit birthdays from your home groups so that they can be added to the Birthday's section of the Sobriety Sentinel.

## "We Are Not a Glum Lot"

### Join District 14 for a Saturday Night Virtual Happening!!!

Trivia Questions and Attendance Prizes

OCTOBER 3, 2020 7PM-8:30PM



"The Journey (of Bill W.) and the Legacy of the Healer (Dr. Bob)"  
Presented by EAMO Archives



"Women in the Early Years of AA"  
Presented by Carol W., EAMO Archives

ZOOM MEETING ID: 898 2744 6764

For information call:

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