

September

2024

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STEP 9

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

TRADITION 9

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

INTERESTED IN SERVICE OPPORTUNITIES?

Getting involved is easy & a vital part of recovery!

Attend the next District 14 GSR Meeting -- Meet committee chairs, ask questions, & find out where opportunities are available.

WHEN: October 13 @ 1:00 pm - 3:00 pm

WHERE: 623 Club 120 N 3rd St, Belleville, IL

WHY: Group Service Representatives and District Committee members meet to discuss business and activities related to the district.

Join via Zoom

Meeting ID: 720 074 2222

<https://us02web.zoom.us/j/7200742222?omn=85682748457>

IN MEMORIAM

KENNY “WEAVE” WEAVER

15 AUGUST 2024

SOBRIETY DATE: 10 OCTOBER 2018

HOME GROUP: OFTG



Mark Your Calendars in September!

Sunday, 9/8

Area Assembly

Head Start Family Center Building 233
Leadley Avenue, East Peoria, IL

Friday, 9/27 - Sunday, 9/29

40th Annual Fall Classic

Crowne Plaza Hotel 11228 Lone Eagle
Drive, Bridgeton, IL

THOUGHTS ON STEP 9

“Working the ninth step is a great time to let go of the demons from our past and to radically repair relationships.

Incomplete amends are the kind of things that hang over us like dark clouds; we carry them around like luggage. The longer we remain unable or unwilling or unable to replace our previous wrongs with loving repentance, the longer we prolong our suffering, and our recovery suffers as well.

Ultimately it will lead us back to root of our troubles, and return us to a chaotic and uncertain future.”

-- Anonymous --

THOUGHTS ON STEP 9

"When we make loving amends we compensate for our previous missteps. It's like Spring cleaning for the soul. When we open our minds and hearts to a new willingness to forgive and to seek forgiveness for ourselves we grow in the fellowship of AA. By acknowledging our flaws we take steps toward reconciliation with those we love but have hurt along the way. Perhaps the most important person in that transformation is the alcoholic who rediscovers their love of self."

-- Doug K. --

... contemplation corner ...

I have found through review of quotes for this issue, various publications, attending meetings, and listening to AA members it comes down to everyone who has different thoughts, but with the intent of a good outcome.

Step 9 puts 1 through 8 Steps all together if everything was correct, action taken properly and truthfully. You must take time for personal responsibility the rest of your life. These include spiritual principles, forgiveness, and a loving attitude.

Do we make direct amends or other ways depending on the situation? Do we make snap decisions or take time and talk to sponsors first? By making snap decisions have we taken the wrong path and created an awkward moment? These questions are for the reader to determine. At this point you must try to complete what amends you still have. This will help with peace of mind. Amends are not a numbers game on how many you can complete. This may do more harm than good. Amends may take years or longer depending on your thought of mind.

It all boils down to do we want a happy joyful life or a life of resentment, misery, and self-pity? If we have completed this Step 9 to the best of our ability, we have the tools available to help the ones in need. All the quotes submitted were great and reading worthy. For me personally forgiveness was the hardest and still lingers in my mind.

Will our addictive actions stay with us for the rest of our life? Only you and your higher power will know this.

John D.



Recently in my journey, I came across a TED talk on "going nowhere". Not what our minds tend to leer towards, a harrowing defeat carrying on until the bitter end, but rather a light-hearted, thought-provoking account of one travel writer's belief that "going nowhere" is the ultimate travel destination.

Pico Iyer, author of the book *The Art of Stillness: Adventures in Going Nowhere*, tells of the importance of taking a few steps back from the screen of life to see the whole picture. This man has been all over the planet and yet, he left his Manhattan apartment and moved to a small apartment in outer Kyoto, Japan where he still lives today. Without any television he can understand and with minimal attachment to technology, he lives "independent" from the world. Sounds nice, doesn't it?

"Going nowhere" is to be free from the stress of the grind, to be at home and at peace. Iyer makes clear that when he travels to a beautiful part of the world, if he wasn't in the correct state of mind when he began, he can return largely dissatisfied with his adventure. We of AA know this sensation. A stifling thought that tomorrow comes too fast or years spent drinking before became life lost. But today we have to let go to live a new life in AA.

Today, is the day we are given, thanks to our higher power. Today we can "go nowhere". AA has given us the perspective needed to step back and approach life with a warm host of friends and a connection with God. This peace, acceptance, makes our troubles seem so far away. Only through one alcoholic working with another alcoholic has this program found its way to our doorstep. We thank God everyday by living in service, providing for others that which was so freely given to us. Incredibly, that work which needs to be provided hinges on our "lost" time! Our efforts are not lost, and we can live our lives like never before.

Through the power of "going nowhere" we can help another alcoholic find their way. Sometimes, the best destination is going nowhere. Taking the time each day to read our daily readings, and meditate, we can approach our lives and those of others with new clarity and a new confidence built on faith.

Today, I will do service to another alcoholic.

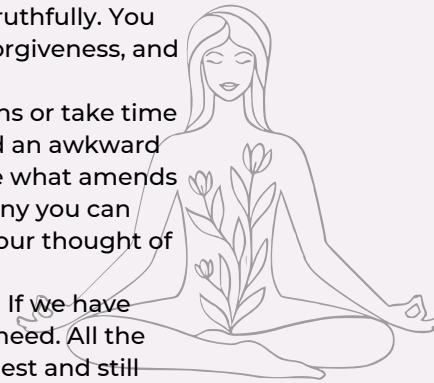
THOUGHTS ON STEP 9

"This step isn't easy, and it is not something we need to do by ourselves. But we can't let our

fears keep us from living the life we've worked so hard to reclaim! Once we've moved through our amends, we'll be able to enjoy a level of freedom that we've never experienced.

We no longer need to hide. We can look our past dead in the eye and act on the principles we've learned in the other steps; the principles that have shaped our new found lives as recovering addicts."

-- Dani C. --



TRADITION NINE

A CHECKLIST FOR GROUPS

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

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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—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

THOUGHTS ON STEP 9

"This is one of the most important parts of sponsorship and the fellowship. Amends are tricky things sometimes and can be a source of stress and consternation. The beauty of AA is that we have so many resources, so many people to lean on, listen to and learn from. They know how necessary this step is and they can share from experience the trust, love and caring that can grow out of a willingness to make amends with those we hold most dear, and thus have hurt the most. It's a rewarding part of service work when a sponsee successfully completes the ninth step of recovery. Being able to assist someone else in their journey is extremely fulfilling."

-- Chris H. --

*Thank you for
reading!*

SUGGESTIONS?

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