

booze news

area 21-district 14

august 2025

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step eight

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

tradition eight

Alcoholics Anonymous should remain
forever nonprofessional, but our service
centers may employ special workers.

long form

Alcoholics Anonymous should remain forever
non-professional. We define professionalism
as the occupation of counseling alcoholics for
fees or hire. But we may employ alcoholics
where they are going to perform those
services for which we may otherwise have to
engage non-alcoholics. Such special services
may be well recompensed. But our usual A.A.
"12th Step" work is never to be paid for.



thoughts from our membership

Releasing Resentment

I apologize for an error in last month's article. I stated that my greatest reward after detox and starting rehab was learning the Serenity Prayer, which I use daily. While this is true, I also want readers to know that beginning Step 7 introduced me to another valuable reward: the 7th Step Prayer. Becoming sober helped me live in the present instead of fearing the future. I learned that progress takes time, and my sponsor guided me to avoid incomplete efforts. I realized reluctance could keep me from making amends. Although I didn't fully complete Step 4 due to unresolved resentment and uncertainty about past harms, I now see that forgiveness is possible.

Holding onto resentment only hindered my recovery. Letting go of self-pity and embracing patience has allowed positive change to grow within me.

Building on Step 5's self-realizations, Step 8 focused me on accountability and reconciliation. In this step, I listed everyone harmed during my addiction and committed to making amends.

My ending thoughts are willingness is the cornerstone of Step 8. Willingness means recognizing my mistakes and committing myself to change. Steps 1-7 provided the foundation, while Step 8 emphasized making amends for damaged relationships as guided by principles of honesty and my Higher Power. I had to go beyond apologies to include actions, behavior changes, or seeking reconciliation. As a key part of AA's 12 steps, making amends nurtures my responsibility, growth, trust, and healing within relationships. It's a gradual process that requires patience. The duration required to complete this is uncertain, but I have sufficient time available to finish it.

What are the readers' thoughts?

John D.

August Events

FULL DETAILS FOR THESE
EVENTS ARE LISTED ON
THE DISTRICT 14 WEBSITE!



We Want to Hear
from you!



You can now submit your
own content to the
Booze News for
publication!

DISTRICT 14 MONTHLY GSR MEETING

August 10 at

1 pm

623 Club - 120 N. 3rd St. -
Belleville, IL 62220

Join via Zoom with Meeting
ID: 720 074 2222

DISTRICT 18 ICE CREAM CONE-NECTION SPEAKER MEETING

August 16, 6:00 pm - 7:00 pm

CSO, 409 Broadway Unit C-1, South
Roxana, IL

WOMEN OF INTEGRITY CANDLELIGHT SPEAKER MEETING

CHAELEKIE K. - DISTRICT 14
Friday, August 29, 6pm - 7pm

St. George Catholic School 317 E.
Maple Street, New Baden, IL

There is a brand new
submission form on the
District 14 Website where
you can submit feedback,
articles, art work, birthdays,
events, poetry, your favorite
sober stuff, literature
recommendations, sober
playlists, ANYTHING!

*Submissions will be reviewed & may be
lightly edited for clarity or space, but the
original will not be modified. Submissions
may not include harmful language, images,
or violent content. Being included in the
Booze News is at the sole discretion of the
committee. Please remember our 12
Traditions where applicable when making a
submission.*

You can always reach us via
email at:
boozenews.d14.a21@gmail.com

TRADITION EIGHT

a checklist for groups

“ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER
NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY
EMPLOY SPECIAL WORKERS. ”

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

**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.*

Pen to Paper

Journal Prompts for Clarity & Inspiration



- Who do I still need to make amends to? What holds me back?
- Have I forgiven myself for past actions? If not, what's still blocking me?
- Who in my life today demonstrates unconditional love or support?
- Who have I harmed that I'm afraid to face?
- What living amends can I make daily?
- What relationships are beginning to heal?
- How has making amends affected my recovery?

🎵 Summer of Sobriety Playlist

Recovery & Renewal

- "Start Again" - OneRepublic
- "Rise Up" - Andra Day
- "This Is Me" - Keala Settle (from The Greatest Showman)
- "Fight Song" - Rachel Platten
- "Shake It Out" - Florence + The Machine
- "The Climb" - Miley Cyrus
- "I'm Still Standing" - Elton John
- "Sober" - Pink

Hope & Inspiration

- "Brave" - Sara Bareilles
- "Keep Your Head Up" - Andy Grammer
- "Beautiful" - Christina Aguilera
- "Try Everything" - Shakira
- "Let It Be" - The Beatles
- "Not Afraid" - Eminem
- "Million Reasons" - Lady Gaga

Joyful Vibes

- "Happy" - Pharrell Williams
- "Good as Hell" - Lizzo
- "Walking on Sunshine" - Katrina & The Waves
- "Three Little Birds" - Bob Marley
- "Stronger (What Doesn't Kill You)" - Kelly Clarkson