

INTO ACTION

Steps

8/9

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

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

It was characteristic of many of us as alcoholics to at least attempt to perform Steps 8 and 9 in a grandiose manner when we understood what these rungs of the ladder meant to our sobriety.

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 caution need not be a deadly or a taxing undertaking. In the first place, let's examine a meaning of the verbs harmed and amend.

(12X12 Page 80)

We might next ask ourselves what we mean when we say that we have "harmed" other people. What kinds of "harm" do people do one another, anyway? To define the word "harm" in a practical way, we might call it the result of **instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.** (12X12 Page 80)

One definition of Amends is:

". . . to change or modify in any way for the better; to recover from illness."

(I believe it was written for us!)

We have often heard that our sobriety should be founded on **"unselfish selfishness"**, which 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 (our) **true humanity (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 selfless (**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."

("If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*" - Big Book, page 76)

The alternative is retrogression. If we fail to "repair", we can only impair.

The length of the list of people we had harmed will grow with the degree of our honesty and the accuracy of our memory. We made our list in the 4th step and we add to it those we have harmed but we not on any of our inventory lists.
(Continued on page 2)

(Continued from the front page) *STEPS 8 & 9....*

We do the best we can at this particular time; more will be disclosed.

Perhaps some people do come into A.A. with a fortunate record of having harmed only a few.

We doubt, however, that anyone need turn in a blank piece of paper--not if he thinks long enough and honestly enough. What, for instance, of the business associates who took on some of our work during our absence from the office or on those days of the shakes and low efficiency? What of the friends whose time we wasted with such very boring blabber? And, too, there are those intangible but damaging effects of the example we set for others; the good we might have done but didn't; the contributions we could have made to helping someone else in some way, or just making a moment or two more pleasant--but didn't; the success of someone else we might have boosted along, but didn't.

Anyone except a saint will find that he has harmed someone, somewhere, and that he has harmed society and his fellow men by failing to do the things for which he had the time, the talent and the opportunity, but **not the sense of responsibility.**

Even the rare, quiet and so-called well-behaved alcoholic can make a list.

The ordinary variety of drunks ("rummies" as Clarence Snyder alleged), which the great majority of us are, can usually make a list from here to Timbuktu, beginning with the wife, the youngsters, the relatives and the boss, and extending on through the people we borrowed from and didn't pay back, the people we lied to--and so on and on and on.

The point here is that in order to become willing to make amends we have to admit to ourselves without reservations and without quibbling or reciting reasons why we did it, that we did commit the harm.

We have to attain the attitude in which we say to ourselves that whether or not the other person was wrong or right, we were wrong.

Maybe the person we harmed was a louse. That doesn't make our brand of lousiness any better. It's no excuse. The louse we harmed must go on the list along with the good people we've harmed.

Reaching the degree of self-analysis and honesty which carries us to a willingness to make amends to all helps to set the stage for the beginning of real progress in A.A., or real progress in any way of life.

This is part of the conditioning process for attaining honesty and humility and helpfulness; part of the process of fitting ourselves again into society; a very vital step in the rehabilitation of the alcoholic.

We know that when drinking we are selfish, self-centered, egotistical and self-dramatists. We are filled with self-pity over the great wrongs everyone has done us, how we are misunderstood, how thoughtless others are towards us.

The 8th Step is an excellent purgative (cleansing) for the kind of thinking, as well as acting, that we've been doing.

Drink long and deeply of this Step, because while it may taste very bad going down, the effects are miraculous.

Remember too, the kindly grocer who cashed our bum checks? Remember the look of anguish on the face of the boss when he had to tell us we were fired? Remember the guys in the company we let down when our part of the work was neglected? Of course we do. **But, more importantly, the A.A. program remembers and understands.**

The 8th Step was written for us when we remembered these things. "Make a list," it says. "Be willing to make amends to them all." In other words, stop being remorseful and do something about it.

The part about making a list is easy. Depending on our history, we make either a long or a short list. But the part about making amends is tough. That part takes courage and humility.

People of faith have courage and here we learn to draw on that faith, pocket our pride, send God, as we understand him, ahead, enabling us to be painstaking about this part of our development.

Many A.A.s find it impossible to make full restitution to all persons. **That's not essential if you have been willing to make amends.** Sometimes, a trip across town to a person you have harmed is enough. Most people are happier to see you sober than you think.

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INTO ACTION Editorial Policy

INTO ACTION News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous. It is about, by and for the Members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine, Inc. Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

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THE DEADLINE FOR THE NEXT ISSUE OF IA IS Saturday—Sept. 21st, 2013. THE THEME FOR THE August/September 2013 ISSUE OF INTO ACTION IS: Daily Reprieve or anything you wish to submit.

INTO Action: District 11's Newsletter

Editor: David G. 815-344-6523

E-mail: Soulsurgery@comcast.netE-mail: Mattgolden81@gmail.com**2014 Spring Conference Planning Report****By Conference Chair Bob P.****July 28 District 10 Meeting****Report copied for District 11****For August 1st Meeting/dg**

The 2014 Spring Assembly Conference planning committee has been meeting on the 2nd Sunday of each month. The meetings are held at 2:00 P.M. at Joy Lutheran Church, 749 S. Hunt Club Road, Gurnee, IL. The conference will be hosted by Districts 10, 11, and 12. All A.A. members are welcome to attend.

The 2014 Spring Assembly Conference will take place on **March 28, 29, and 30 of 2014**. The event will be held at the **Holiday Inn, 6161 W. Grand Ave., Gurnee, IL. THE SEPTEMBER COMMITTEE MEETING WILL BE ON SEPTEMBER 8TH AT 2:00 P.M. AT THE HOLIDAY INN FOR A WALK THROUGH OF THE FACILITY.**

Several Alternate Chair positions are open, they are:

Alternate --- Alt Grapevine, Alt Alcathon, Alt Public Information.

A registration flyer (English on one side, Spanish on the other) has been approved and is awaiting some finishing touches. It is planned the flyer will be introduced on August 10th at the Area 20 Committee Meeting in La Fox, IL.

Committee Chair, Bob P., and Alternate Chair, Bill W., plan to visit each of the 25 district meetings in Area 20 to distribute flyers and discuss each district's participation in the Spring Assembly Conference.

Help will be needed from each district (including District 10) in the following areas:

Hospitality Suite (hosting and providing food),

Coffee (making coffee in the Hospitality Suite, monitoring the coffee stations in the hotel), **Alcathons** (people needed to lead Alcathons),

Panel Discussions (people to lead as well as participate in panel discussions),

Greeters (this is where MANY newcomers first get into service work),

Registration (people needed to work at the registration table as registrants first enter the conference),

Public Information (people needed to "get the word out" by distributing flyers and talking up the conference in general), **help will be needed in other areas as well.**

Much committee work has already taken place. The menu has been determined. A website address is established (but the site isn't live, yet). A theme has been selected. Decorations are being finalized. We are looking forward to much participation and a successful conference.

**Respectfully submitted,
Bob P. /dg**

DCM REPORT

District 11/NIA 20

August 1st, 2013

Good Day Everyone,

I trust everyone has had a nice summer so far. We tabled the July 2013 District meeting until August 1st due to the 4th of July holiday date and then a conflict with holding the meeting at the MAC on July 11th.

We attended the Summer Assembly/Post-GSC in Lake Forest on June 15th alone with

about 101 trusted servants and volunteers. Our Delegate Rich H. did a very nice presentation of his experience at the 63rd General Service Conference that was held in New York in April of this year. He talked about the agenda items, the recommendations, advisory actions and a financial report. He presented us with what others discussed and his own discussions of how and why he voted and how he felt about the actions.

Summer Assembly/Post-GSC agenda items voted on by GSR's....etc

1. Election of Area Alternate Archives Chair - **elected**
2. Bids for the 2014 Big Book Conference – **no bid as of yet – will be presented at the Fall Assembly**
3. Motion by the Service Structure VII Committee – **unanimously Passed**
4. Motion from District 10 for a Advisory Committee – **Passed**
5. Motion by Alternate Area Chair list previous Spring Conferences - **Failed**
6. Motion by Alternate Area Chair list previous Big Book Conference – **motion withdrawn**
7. Motion by Delegate to Fund Districts East Regional Forum - **unanimously Passed**

Mr. Bob P., Chairperson for the **2014 Spring Conference** is visiting us tonight and will give us up-to-date information on our progress for the **2014 Spring Conference**.

I attended the **2014 Spring Conference Planning Committee meeting** held on July 14th at the Joy Lutheran Church in Gurnee. The 2014 Spring Conference is hosted by Districts 10, 11 & 12 and the Theme is, **“Living in 10, 11 & 12”**. District 11 is glad to be part of the 2014 Spring Conference. **Bob's report to his District 10, copied for us at District 11, is available on page 3 of this issue of INTO ACTION.** Should you wish to volunteer or should you need any further information please see me or contact Bob P.

Also we are pleased to welcome Ray M., past NIA 20 Delegate to our District 11 meeting tonight and he will give us up-to-date information on the 2013 Illinois State Conference be held at the Hyatt Regency Shamburg, August 23rd to the 25th, 2013.

During the Summer Committee Meeting, being held on August 10th in LaFox, IL (Elburn), there will be discussion on the Candidates standing for 2014-2015 AREA positions. Our Area Chair, Kelly L. mentions that if a member does not present themselves at the summer committee meeting, they are still able to stand at the fall assembly and vice versa if someone states they intend to stand for a position, it does not mean they have to stand for that position at the fall assembly election.

Don't forget about our **23rd Annual Bridge The Gap Workshop September 6th, 7th & 8th** at the Hyatt Regency Schaumburg, Schaumburg, IL.

I would like to have our District 11 Officer/Committee members elections in October if everyone agrees. Other Districts have done this and it gives the rotating or newly elected Officers/Chairs & Alternates two months to get acclimated to their new position.

Event information available at District 11's web site: <http://aa-nia-dist11.org/>

Under the Events tab

**Respectfully Yours in Service,
David G.**

DCM District 11--NIA 20

June Report

Corrections Report: Carol H. Chair, Jim R. Alt Chair
Last month we received a letter from a former inmate at McHenry County jail who is currently incarcerated at Decatur Correctional Center. The letter requested Big Books for the Decatur and Logan Correctional Centers because they had none. It wasn't until recently they did not have any AA meetings brought into their facilities either, another part of her request was to get the word out that there is a need for volunteers to bring AA meetings to them. How did this inmate know who to contact with her request? Partially because she had many years of experience in the program, had done service work as a GSR and gotten involved before she relapsed and made different choices. The other reason is that she was given a business card while at the McHenry County Jail with our area PO Box address, and website information.

Fortunately we are blessed with abundance and able to send both of these prisons a case of Big Books because the prisons in southern Illinois do not have a lot of funds available to support the needs.

(Continued on page 5)

(Continued from page 4) **Corrections continued**

Also what we see with this case and many that the inmates from McHenry County Jail are sent to prisons in southern Illinois and they need our support. This is why the pick can funds go directly to the NIA Corrections Chair who distributes Big Books where they are needed so please keep sending in the money collected from those pink cans.

We had our quarterly Corrections Committee meeting on Monday May 20th at the Crystal Lake ALANO Club. Of the seven members in attendance we had one new volunteer. Our next committee meeting will be held at the same place on Monday August 19th.

We now have two Spanish speaking AA volunteers attending the men's meetings at the jail. The meeting is held in that same room as the main meeting but is a break out group in another corner of the gym where our meetings are held.

This month we lost two female volunteers and have been in service at the jail for several years so we are still looking for additional volunteers' open spots.

Anyone interested in being a Correction volunteers or have any questions please contact Carol Hubner, (815) 715-8514 or send an email to corrections@aa-nia-dist11.org.

Answering Service Report – District 11 - June 2013

Total Calls – 66 (27% Decrease in calls as compared to June 2012)

Call Details

Meeting Information - 37
Open Meeting Information - 3
Speak To AA Member - 9
NA - 0
12th Step Calls - 6
Questions About AA - 2
Out of District Calls - 0
Al-Anon - 0
Need a Ride - 1
Treatment Information - 3
Bridge the Gap - 0
Spanish Speaking – 1

Calls per Day

Monday - 9 Day, 1 Night
Tuesday - 8 Day, 0 Night
Wednesday - 7 Day, 1 Night
Thursday - 15 Day, 2 Night
Friday - 8 Day, 1 Night
Saturday - 8 Day, 1 Night
Sunday - 5 Day, 0 Night

LCM Report: Ryan R. Chair, OPEN Alt

Call Response Times

0–10 Minutes - 38
11–20 Minutes - 15
21–30 Minutes - 5
Over 30 Minutes - 4

- **Day is 7am to 7pm.**
- **Night is 7pm to 7am**
- **Hang Ups - 0**
- **Refused Call Back Number - 3**

Looking to set up a committee in order to keep group information updated seeing that it's a lot of work for one person to do.

Schedules Report: Ryan R. Chair, OPEN Alt

Looking for an alternate. Personal computer crashed and Microsoft is being contacted so that the product key for publisher can be reactivated. In the meantime Carol H. has a computer with publisher on it so updates can be made.

Newsletter Report: David G. Chair, Matt G. Alt Chair

The issue is out and available. The deadline for the Oct/November issue is September 21st. the theme is "Daily Reprieve" &/or submissions concerning any topic are welcome.

Webmaster: Doug W. Chair, OPEN Alt

Webmaster: We would like to make a motion that District 11 adopts a set of guidelines similar to those used by NIA's webmaster for submissions to our events page on our website. The guideline will read as follows:

FULL MOTION ON LITERATURE TABLE

ALCOHOLICS ANONYMOUS
BRIDGING
THE
GAP

23rd Annual Workshop Weekend

September 6-8

Hyatt Regency Schaumburg

1800 E Golf Road Schaumburg, Il 60173

The Twenty-third Annual Bridging The Gap Workshop Weekend will consist of presentations and discussions on BTG topics of interest to the registered participants such as "Starting a BTG Committee", "Creating a Volunteer List", "Making Presentations to Facilities". Participants will be A.A.'s involved or interested in 12th step work through various General Service and Intergroup Committees like Treatment, Corrections, CPC, PI, H&I, etc. Professionals involved with BTG work will also present. A.A.'s from across the U.S. and Canada will attend, many sharing their experiences on BTG topics.

Any questions contact

coordinator@btgww.org

www.BTGWW.org

(Continued from page 2) **STEPS 8 & 9...**

It's human nature to root for the horse that's behind in the race. It makes people feel *good* when you show enough courage to come up to them and tell them you have been *wretched*.

Making a list of things you did wrong is a good idea anyway. Just to look at the foolish and terrible things **we do gives us pause to think.** If we go further and try--we mean *really try*--to do something about them, we get a far greater satisfaction than we deserve. The 8th Step is close to the 4th Step. It's practical and simple. **If you found in the 4th Step that you were selfish, look at your list from the 8th Step and see who you harmed through selfishness. Then do something about it!**

"Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed others, we can now commence to ransack memory for the people to whom we have given offense." {12X12 Page 81 (See 12X12 pages 80-82 for more traits.)}

The 8th and 9th Steps convinces us that A.A. is a program of action. If you think it was hard to admit you were an alcoholic, see how you feel when you go to the people you have been avoiding to tell them you have been wretched but/and regretful enough to want to change. That's not easy, √ Just Do It!

We cannot describe the wonderful satisfaction that comes if you go through with 8 and 9. Even the air seems cleaner. Yes, Steps 8 and 9 are lulu's, but it pays off at the welcome rate of about 100 to one. Ask those who have already experienced it.

EVENTS

07/19-21 32nd Annual East Central Regional Conference, Paper Valley Radisson, 333 W College, Appleton, WI,
920-733-8000, Bob 414-690-4991

08/10 NIA Summer Committee Meeting hosted by District 21,
Lord of Life Church,

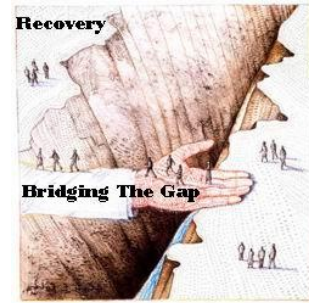
40W605 IL Rte 38 @ LaFox Rd, La Fox, IL,
Nicole dist21dcm@comcast.net

08/23-25 2013 Illinois State Conference, hosted by NIA Districts 22 & 23, *Hyatt Regency Schaumburg, 1800 E Golf Rd, Schaumburg, IL,*
Larry 847-702-1952 or Allen 630-830-6145



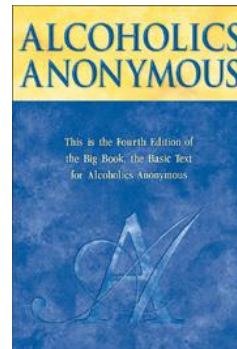
09/06-08 Bridging the Gap Weekend Workshop
Hyatt Regency Hotel, Schaumburg, IL,
coordinator@btgww.org

09/14 NIA Fall Assembly
Lord of Life Church, 40W Rd, La Fox, IL



10/05 A Way Out 13th Anniversary Party, *Libertyville Civic Center, 135 W Church St, Libertyville, IL,*
Bruce 773-807-3647

10/19 NIA Fall Committee Meeting hosted by District 10,
Lord of Life Church, 40W605 IL Rte 38 @ LaFox Rd, La Fox, IL



10/26 2013 Big Book Conference hosted by District 62, *St. Luke's Church, 63 Fernwood Rd, Montgomery, IL 60538,*
Michelle 630-639-8366

10/27 District 10 & 12 Fall Breakfast, *Saddle Ridge, Waukegan 11/15-17*

East Central Regional Forum hosted by Area 22,
Fort Wayne, IN

12/04 NIA Winter Assembly hosted by District 61, *Lord of Life Church, 40W605 IL Rte 38 @ LaFox Rd, La Fox, IL*

2013 Illinois State Conference

Hosted by NIA Districts 22 & 23

Hyatt Regency Schaumburg
1-888-421-1442 – Room Rate = \$89.⁰⁰
AUGUST 23 – 25

OUR SOLUTION IN ACTION
Conference Only \$20.⁰⁰
Conference & Banquet Only \$53.⁰⁰

Larry S. 847-702-1962 or Allen J. 630-830-6145
Al-Anon contact: Colleen H. 224-629-6453

A FELLOW SHARES HIS THOUGHTS ON PRESCRIPTION MEDICATIONS

Something I hear around the tables from time to time is how abhorrent it is to use psych meds. The thought is that you can't be sober if you use "mind-altering substances" – even those prescribed by a competent physician and taken as prescribed. This idea is trumpeted from the rank-and-file right up to some of the real spiritual giants of AA. In nearly every case the person or people decrying the use of psych meds are not, in fact, doctors themselves. So, where does this come from?

Most of its proponents point to a story in the Big Book entitled "Doctor, Alcoholic, Addict" in the 3rd edition; ("Acceptance Was the Answer" in the 4th edition). Many of these well-meaning people point to the passage on page 411 (4th ed.) in which the author states that he "...can't work my AA program while taking pills, nor may I even have them around for dire emergencies only. I can't say "Thy Will be Done" and take a pill. I can't say "I'm powerless over alcohol, but solid alcohol is OK". I can't say "God could restore me to sanity, but until He does, I'll control myself -- with pills." Giving up alcohol alone was not enough for me; I had to give up all mood- and mind-altering chemicals in order to stay sober and comfortable". It should be noted that this story from the Big Book is one man's experience, strength and hope. It is not part of the program of recovery outlined in the first 164 pages of the Big Book, the Doctor's Opinion nor Dr Bob's Nightmare. When I hear this kind of non-meds "commandment" I remember how it felt when I'd heard that Bob M had hanged himself. I remember the desperate tour of every hospital in Lake County two weeks prior to that, trying to get him admitted because he'd had no sleep for 14 days and was totally off his meds and quite agitated. I remember feeling like I'd failed him, somehow. His wasn't the first suicide I'd experienced in AA, nor would it be the last.

Even Bill W had experienced what happens when a man chooses the ultimate solution to his seemingly endless misery. He was also quick to point out that people of medicine had value in recovery. He said, in part; "God has abundantly supplied this world with fine doctors, psychologists and practitioners of various kinds. Do not hesitate to take your health problems to such persons.

Most give freely of themselves, that their fellows may enjoy sound minds and bodies. Try to remember that though God has wrought miracles among us, we should never belittle a good doctor or psychiatrist. Their services

are often indispensable in treating a newcomer and in following his case afterward" (*Alcoholics Anonymous*, page 133). We're instructed to do what our doctors tell us, the caveat being that we be totally honest to them about the nature of our disease. Bob was sober...he's also dead. I lived with and through one of his earlier episodes with whatever demons fueled his psychosis. I knew they were real, and I knew that he would one day self-destruct if he continued to believe that he "wasn't truly sober if he took 'mind-altering substances'". Of course, Bob had also fallen prey to the common misconception that once he felt better he no longer needed to take the medications. This misconception has proven to be disastrous for patients with mental health issues as well as other health issues both in and out of AA.



To be fair, I also know of many people who abuse their prescription drugs while claiming sobriety in AA. There are also a number of members who take medications which may be indicated for non-alcoholic/drug addicted patients. This happens primarily because the patient has not been completely forthcoming about his or her condition. According to both the Big Book and the pamphlet "*The AA Member; Medications & Other Drugs*" (P-11); being completely forthright with the physician is considered to be indispensable. Both publications emphasize the need for taking medications "as prescribed by a physician".

So, when I have the opportunity to work with a man who has troubles anchoring himself in reality I recommend that he talk to a doctor about his trouble. If necessary; I'll drive him there. I urge him to be as honest as he possibly can about what is going on in his life – including his being in a 12-step program. Until the world starts to rotate counter-clockwise again for him, I'm not sure if we can accurately determine if he actually belongs in AA or not. I am not playing doctor; I am doing what any concerned friend would do for a friend who is obviously in trouble. In this way I have the chance to pay back a little to Bob.

Peace

Doug W.

NIA 20, District 11

Step 8 & 9 OBSTACLES:

1. RELUCTANCE TO FORGIVE.
2. NON ADMISSION OF WRONGS TO OTHERS.
3. PURPOSEFUL FORGETTING.

1. If we are now about to ask forgiveness for ourselves, why shouldn't We start out by forgiving them, one and all. (12/12 page 78)

We are preparing to make a face-to-face admission of our wretched conduct to those we have hurt. (12/12 page 78)

2. These were where we had damaged others who were still happily Unaware of being hurt. == fear conspired with pride. (12/12 page 79)

Fear conspired with pride hindered our making a list of all those we had harmed.

In many instances we shall find though the harm done others has not been great, the emotional harm we have done ourselves has!

Very deep, sometimes quite forgotten damaging emotional conflicts persist below the level of consciousness. (12/12page 80)

3. Our drinking never hurt anybody but ourselves.

A. Families-- no- we always paid the bills; we seldom drank at home.

B. Business associates-- no- we were usually on the job.

C. Our reputations-- no- we were certain that few knew of our drinking.

4. Remaining the victim and not growing through it spiritually.

Types of Amends

There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all. 12X12 p 83- Financial Amends; writing a letter; practicing the principles in all our affairs.

Heard Around the Tables

District 11's Wisdom and Witticisms

- My sponsor says that PUSH means: Pray Until Something Happens Before I worked the steps, my approach was: Pout Until Someone Helps!
- "You have to know the past to understand the present."
- Learn to See yourself coming
- If tears could build a stairway and memories a lane, I would walk right up to heaven and bring you back again.
- "My disease wants me dead. But, it will settle for low-grade misery.
- My job is to not give my disease what it wants, but to focus on my recovery. Because my recovery absolutely insists on being happy, joyous, and free."
- When we become one with God, the power of our past is broken.

PATIENCE WITH FAMILY IS LOVE.

PATIENCE WITH OTHERS IS RESPECT.

PATIENCE WITH SELF IS CONFIDENCE.

- It was Dr. Timeout who said that, "surrender rather than compliance, paves the way for the spiritual awakening which he and many of us believe is the "act of giving up one's reliance on one's omnipotence."
- G R A C E = Gently Releasing All Conscious Expectations.

Hard work spotlights the character of people:

SOME TURN UP THEIR SLEEVES,

SOME TURN UP THEIR NOSES,

AND SOME DON'T TU

A rum hound arriving home after a wet night on the town discovered a burglar trying to jimmy open the front door. "Listen, buddy," he whispered, "I'll unlock it if you'll go in 1st."

Remember....

RULE 62

Don't take
Ourselves
so seriously!!

