

VIRGINIA AA, DISTRICT 8, HAMPTON

September 2022

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

6:30 PM @ St Mark's United Methodist Church



### Step 9:

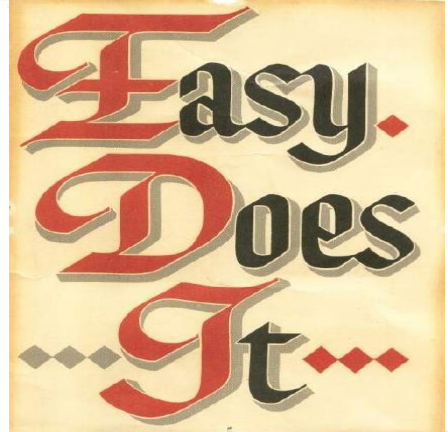
***“Made direct amends to such people wherever possible, except when to do so would injure them or others.”***

#### My thoughts on the 9th Step

The biggest challenge that I faced with completing the 9th step was fear. I was able to identify this character defect as a result of completing a thorough inventory with my sponsor. Unfortunately identifying my fear of making amends to those that I had harmed was still a long ways away from taking action. As a practicing alcoholic I had spent a lifetime of planning and thinking about doing things, only to put off real work to a more convenient time. This convenient time just never seemed to arrive. Step nine requires action without delay. This was the exact opposite of my preferred strategy. I did not know it at the time, but as I began to make amends to those closest to me, I was learning a new behavior. A behavior that relied on faith in a process that required selfless action and service and not just thinking.

When I did things to hurt my family I always felt sorry even though many times it was difficult to say the words “I’m sorry”. My sponsor helped me understand that the amends process was about taking action to “make things right”, no matter what was asked of me. I did not get to say “I’m sorry” and make promises. I had to be willing to do what ever it took in order to correct any wrongs that I had done. My sponsor helped me place a priority on the people and organizations that I had identified from my inventory. He also provided me with some guidelines on how to complete the amends process.

He stressed the importance of face to face interactions whenever practical. It is equally important to inform the person the specific reason that you would like to speak with them. This allows an individual the choice of whether or not they want to speak with you. If the answer is no, so be it . Maybe the opportunity to make amends will come at a time of their choosing. The most important aspect of the 9th step is that it should only be consider after completing the first 8 steps with the guidance of a sponsor. The character defect of self- (interview continued on page 2)



#### A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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## 9th step thoughts continued:

centeredness can be difficult to overcome without the insight that the first 8 steps and a good sponsor provide. Finally, the alcoholic must recognize the biggest barrier to completing step 9 is fear. Overcoming fear by taking action is essential for living a happy and sober life.

**Step 9 of A.A.** is a biggie. It is the culmination of all the previous steps, which have guided us through the process of admitting our character defects and taking responsibility for changing them.

In [Step 8](#), we were tasked with creating a list of all those to whom we had caused harm as a result of our substance use disorder. Now, with Step 9, we take that next step and actively begin the process of making amends to them.

As scary as this might seem, to possibly face rejection by those unwilling to forgive us, Step 9 is an act of courage. This step will help us break the chains of guilt, shame, and remorse that would otherwise hold us back on our recovery journey.

### Working Step 9 in Alcoholics Anonymous

As flawed humans with our prideful natures, it isn't easy to come clean about how our bad behaviors had hurt people that we care about. It takes courage and humility to push through thick layers of guilt and make a sincere apology to someone.

But the rewards of Step 9 are immense. One [study](#) out of the University of Miami reported just how powerful making amends is in healing *both* parties. The study shows how immensely positive the resulting psychological effects are following conciliatory gestures.

When approaching Step 9, it is important not to rush the process. It is not a step you want to just cross off the list so you can move on to Step 10. No, Step 9 is a step you will want to carefully, methodically work through. Each human being that you have identified as deserving of a heartfelt apology is worthy of a sincere effort.

Before setting up the meeting, take the time to think about what you want to say. Make sure you are specific and thorough when making amends. Issue a humble, heartfelt apology, including an offer to do whatever you can to make things right.

Step 9 is a next step in the process of arriving at a spiritual awakening. Completing Step 9 doesn't just end with a simple apology. It requires you to move through your life in a different way, one in which you take swift responsibility for your shortcomings and missteps. As these new attitudes and commitments take hold, relationships with everyone in your life will improve and strengthen.

# UPCOMING EVENTS

MARK YOUR CALENDARS

## ANNOUNCEMENTS

- ♦ **The Buckroe Men's Group 12 Step Workshop begins on Saturday September 10th, 2022.** The workshop will last between 3 and 4 months each Saturday between 9 and 10:15 AM at First United Methodist Church of Fox Hill 1 Salt Pond Rd. For more information contact Andy at 757-713-5225 or akutsch@live.com.
- ♦ **The Survivor's Group of AA has RELOCATED to Providence Church 731 Little Back River Rd**
- ♦ **New Home Group Members Needed—Hand of Hope Group:** Thursdays at Noon at St. Paul's Lutheran Church 807 W Mercury

**Need An AA Service Opportunity?**



## Ninth Step Prayer

~Ninth Step Prayer~

Higher Power,  
I pray for the right attitude to make my amends,  
being ever mindful not to harm others in the  
process.  
I ask for Your guidance in making indirect  
amends.  
Most important, I will continue to make amends  
by  
staying abstinent, helping others, and growing in  
spiritual progress.

**If you have an event or an announcement that  
you would like to include in the newsletter or con-  
tent that you would like  
to see please email your request to**



**Chris O. at [newsletter1.district8.va@gmail.com](mailto:newsletter1.district8.va@gmail.com)**

# NOT A GLUM LOT

Name: \_\_\_\_\_

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## Step 9 Word Search

N	U	V	F	F	A	T	R	T	T	N	N	H	O	H	A	O	V	M	U
Q	B	W	J	Q	R	I	R	D	Z	U	Q	A	Z	F	G	H	R	T	L
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D	E	V	R	Q	S	T	A	C	S	O	V	M	L	K	J	B	B	F	D
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AMENDS  
REASONABLE  
HUMILITY  
REMORSE

DIRECT  
CAREFUL  
FEAR  
HARM

JUDGEMENT  
FAMILY  
GUIDANCE  
DAMAGE