

VIRGINIA AA, DISTRICT 8, HAMPTON

SEPTEMBER 2023

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

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



Step 9 :

“ Made Direct Amends to such People Whenever Possible ,Except When to do so Would Injure Them or Others.”

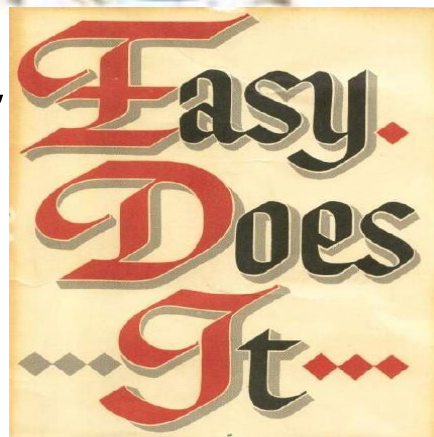
Step 9

The purpose of Step 9 of AA is to take responsibility for the harm you've caused yourself and others as a result of drinking alcohol.¹ This step may provide you with peace of mind, serenity, and healing between yourself and others.

The [Alcoholics Anonymous](#) "Twelve Steps and Twelve Traditions" book states: *The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.*¹

- **Take your time.** Use your best judgment in disclosing your defects. You don't have to reveal them all at once, nor should you. People may take some time to process and understand your admissions.
- **Don't say anything that will harm others.** It defeats the purpose of making amends if what you say will cause further pain and suffering.

Don't mistake carefulness for avoidance. Practice good timing when making amends but don't use that as an excuse to delay reconciliation.



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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Step Nine:

Understanding AA Step 9

Step 9 states that AA members to make “direct amends to... people wherever possible, except when to do so would injure them or others.” If you are working the 12 Steps in order, you will have already made a list of people you have harmed in Step 8 .

Some people will be easier than others to approach due to the relationship you have with them, how close you live to them, or other factors. In some situations, attempting to make amends may cause more harm than good. Such situations may allow for partial restitution only. And in some cases, you may not be able to make direct amends at all. However, you can still take action in all of these situations to satisfy the concepts of Step 8 and 9 and progress in your step work.

Each person’s experience of addiction and recovery is unique. Just like each person needs an individualized approach to alcohol addiction treatment, your approach to making amends in AA may look completely different from someone else’s. When choosing to make amends, exercise careful consideration of yourself and others to ensure you avoid causing further harm in your recovery efforts. Before you approach these people or Institutions and exactly how you intend to make amends, reflect on your efforts at recovery and the intent behind making amends.

If you have devoted the necessary time and energy to the first 8 steps, you should have a solid foundation from which to approach making amends in Step 9. Your [relationship with a higher power](#)—no matter [how you define it](#)—can help you to remain open and willing, even as you acknowledge hard truths about pain you have caused to others.

Be prepared for difficult reactions from others. While many people are receptive and supportive to attempts to make amends, some are not. And some people in your life may not be receptive on your timeline. Communicating about the way you harmed others can evoke strong emotions. Try to react empathetically rather than defensively.

Making direct amends means actively confronting your behavior with the person who you harmed. Many people begin making amends as soon as they join AA. In some cases, simply opening up a conversation with a friend or family member about your history of alcohol use can begin the process of making amends.

However, even if you feel extremely motivated to make direct amends, it is advisable to take your time with this step. Make sure that you are comfortable with your progress during recovery and that both you and the other person are ready to engage in the process.

How you start these conversations depends on your relationship with the person you harmed and the circumstances in which you plan to make direct amends. When making direct amends, it is usually best to do so after a sustained period of sobriety and while in a calm state of mind.

UPCOMING EVENTS

MARK YOUR CALENDARS

Wakefield Campfire Conference September 22nd thru 24th at Wakefield Camp info on aahamptonva.org website

Buckroe Men's Group 29th Mens Workshop starts Sept. 30 , 2023 at 9:00 am to 10:15 at First United Methodist Church of Fox Hill 1 Salt Pond Rd. Will last 4 months

Bethany Group Celebrates 50 years with picnic and speaker on October 21, 2023 at 11:30 am with fellowship, Food at 12:00 and speaker 1:30 Speaker Elijah S.

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. .

NOT A GUM LOT

Name: _____

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S O Q Z D I R F C H W P S O V A X Z B G
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AMENDS
DIRECT
RESTITUTION
HONEST

HUMBLE
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IMMEDIATE
HARM

APPROACH
INJURE
RIGOROUS